



## **Effectiveness of gooseberry juice with honey and guava juice with honey compared with control on clinical signs and symptoms of nutritional deficiency among adolescent girls**

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**Abstract :** The aim of this study is to Effectiveness of gooseberry juice with honey and guava juice with honey compared with control group on clinical parameters among adolescent girls studying in selected government schools at Dharmapuri, Tamilnadu. **Methods:** Pre test and post test design was used for this study. 255 iron deficiency anaemic adolescent girls were selected from schools at Dharmapuri district Tamilnadu. The samples were divided in to 3 groups by purposive sampling technique. Experimental group I (n = 85) were received 25 ml of gooseberry juice with honey, experimental group II (n = 85) were received guava juice with honey and control group (n = 85) were not received any intervention. Clinical signs and symptoms of nutritional deficiency like eyes, lips, tongue, skin, teeth, gums, nails, pallor were measured as pretest, intermittent(21 days) and post test(45 days). **Results:** There was a significant differences between control and experimental group I and II. Moreover experimental group I( gooseberry juice with honey) is more effective in improving clinical signs and symptoms of nutritional deficiency. **Conclusion:** Gooseberry juice is more effective than the guava juice which helps in iron absorption and reducing the anaemia.

**Key words :** Anaemia, Adolescent girls, Effectiveness, Honey mixed Gooseberry juice, Honey mixed Guava juice.

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