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## Blood Pressure and Body Composition in Adult Bania Females of **Punjab**

Sharda Sindhu and Kanta Kumari<sup>1</sup>

Department of Human Biology and Human Genetics, Guru Nanak Dev University, Amritsar 143 005, Punjab, India
<sup>1</sup>Department of Physiology, Medical College, Amritsar 143 005, Punjab, India

KEYWORDS Blood Pressure. Body Fat. Fat Free Mass. Bania Females. Punjab

**ABSTRACT** In 120 adult females of Punjab, aged 20 to 45 years, the relationship among blood pressure, total body fat and fat free mass was studied. The highly significant correlations were observed between blood pressure and total body fat but no significant correlation existed between fat free mass and any measure of blood pressure.