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This thesis is a creation of and by some suffering souls, searching for some kind of relief from any source and a well-meaning clinical endocrinologist, who was desperately striving to give meaning to the truths given by molecular mechanisms of disease and the God sent guide (Dr. Michael) who made the tunes vibrate in unison.

And, here it is, the work of a decade, behind which, there are many souls pushing the wheels. Their names don’t matter, as the sun lightens our day, everyday, without any expectation of a citation or reward. This study has taught me about the well-being hormones who are constantly at work to heal
the suffering. Thus, I feel this earnest effort has kindled the fire and future times will bring to limelight many truths about these hormones and their efforts may be channelised to heal the suffering. I realize that I have a path long and tough to trod, but I am assured to succeed, as I know that the hormones, the cytokines and the receptors are walking with me.

Dr. C.V.Krishnan