ACKNOWLEDGEMENT

Praise be to Almighty Allah, the most beneficent, merciful, who has made my dream come true. Words are not enough to express my heartfelt thanks and gratitude to all those who have made significant contributions in the successful completion of this thesis work.

It is a great pleasure to express my unbound gratitude and indebtedness to my respected Chief Supervisor and Professor Dr. P. L. Sharma, M.D., Ph.D. (Lond.), FAMS., Director-Professor, Department of Pharmaceutical Medicine, Jamia Hamdard, New Delhi. His esteemed guidance, immense involvement, inquisitive outlook, incessant encouragement and invaluable suggestions enabled me to accomplish this thesis with zest and zeal.

Thanks are also due to my Co-Supervisor, Dr. N. Saha, M.D., D.M., Clinical Pharmacologist, Ranbaxy Clinical Pharmacology Unit, Majeedia Hospital, New Delhi, for his contribution in the planning and conduction of the clinical part of this project work. His constant encouragement, healthy criticisms and amicable nature, was indeed of great help during my project work.

Thanks are also due to my Co-Supervisor, Dr. Tausif Monif, Ph.D., Group Leader, Clinical Pharmacology and Pharmacokinetics (CPP), Ranbaxy Research Laboratories, Gurgaon, for his instigation in setting up a chromatography laboratory in the Department of Pharmaceutical Medicine, Jamia Hamdard. His gubernatorial and introspective nature was exceptionally perceivable during my project work.

My sincere thanks to Dr. Srikanth, Biostatistician, Ranbaxy Research Laboratories, Gurgaon, for his significant contribution in the generation of randomization schedule and in the statistical analysis.

I wish to express my profound gratitude to philanthropist and visionary our great Late Janab. Hakim Abdul Hameed Saheb, Founder and Former Chancellor of Jamia Hamdard.

I would like to thank Dr. Alauddin Ahmed, Former Vice-Chancellor, Dr. Q. G. Ali, Former Registrar, Brig. Zafar, Former Director,
Maintenance and Establishment and Dr. Zafar, Former Dean, Faculty of Pharmacy, for their perpetual support and constant encouragement for our course.

I wish to thank the Vice Chancellor, Mr. Siraj Hassan I.A.S. and the Dean, Faculty of Pharmacy Dr. R. K. Khar, under whom our program runs.

I sincerely thank Dr. S. C. Bhatia, Former Director, Dr. V. Srivastan, Former Group Leader, and Mr. Arjun Roy, Former Biostatistician, CPP, who were instrumental during the inception of this work.

I would like to express my heartfelt thanks to all the volunteers who participated in this study.

I thankfully appreciate and acknowledge the financial assistance given by Ranbaxy Research Laboratories, Gurgaon in the form of Senior Research Fellowship during my doctoral study period.

My thanks are due to Ms. Saroj Bhatia, Clinical Nutritionist, who helped me plan out the constitution of different diets. I would like to thank Mr. Mohd. Yaseen, Proprietor, Khana Khazana Caterers, for fully co-operating in the precise preparation of all the breakfasts.

The staff at the Ranbaxy Clinical Pharmacology Unit, where the clinical part of the project work was carried out, was of immense help. Ms. Anita, Dr. Jain, Mr. Rao, and Mr. Philip helped in project implementation. Mr. Manish and Mr. Deepak were instrumental in volunteer recruitment. Ms. Shanti, Mr. Pradeep, Mr. Vijayender, Mr. Cyril, Ms. Promila, Ms. Annie and Ms. Indu helped in the procedural part. Mr. Bala, Mr. Munnalal and Mr. Mukesh were also helpful.

My special thanks are due to Mr. Arshad Hussain Khuroo, whose immense involvement and altruistic nature helped me to complete the analysis in time. My thanks are also due to Mr. Bapuji, Mr. Navneet, Mr. Ganesan, Ms. Arpana, Ms. Tanvir, Mr. Baig, Mr. Anirudh, Mr. Manpreet, Ms. Poonam and Mr. Sajid for their help.
My departmental colleagues Dr. S. K. Kankanwadi, Mr. A. Bagati, Vinay, Shahid, Nayyar and Noopur all contributed to the successful completion of the project.

It would be appropriate for me to remember all my teachers and in particular Dr. B. K. Razdan, Ex-Dean, Birla Institute of Technology, Ranchi, who had incepted my interest in Clinical Pharmacokinetics.

The blessings of my parents and family members have always helped me in lot more ways in achieving laudable fruition. I pay my reverence to them and thank for the whole shebang. I would like to sincerely thank my best friend Gopal who was always with me at both good and bad times. I would like to thank all my friends who have helped me in some way or other.