ACKNOWLEDGMENTS

It will always be a matter of pride and honour for me to be a student of Jamia Hamdard, New Delhi. Words fail me as I try to thank our Late Hakim Abdul Hameed Saheb for his immeasurable contribution to the field of education. I want to thank the Vice chancellor, Mr Siraj Hussain and the University for providing me an opportunity to work here.

First and foremost, I would like to express a deep sense of gratitude and regards to my guide, Prof. S. P. Agarwal. Hard work, perseverance, and targeting nothing less than the "best" are keys to success; this I learnt from him. His principles and discipline are unmatched and a source of motivation for all those who get an opportunity to be associated with him.

A special and respectful thanks to my co-guide, Prof. Roop K. Khar, Head, Department of Pharmaceutics. His friendly nature, helpful attitude, being present when needed most and dedication to work have been beyond comparison. As a supervisor, he inculcated in me the habits of independent thinking and time management besides developing self confidence.

I place on record my gratitude towards Prof. Mohd. Ali, Dean, Faculty of Pharmacy for provision of facilities and advice whenever they were required.

I would like to take this opportunity to express my deep sense of appreciation and regards towards Prof. Shibnath Ghosal who has been a pioneer of modern research on Shilajit and Dr. D.B.A. Narayana for his inspirational and stimulating thoughts which inspired the present work.

Very special thanks are due to Dr. Rama Mukherjee and Dr. Praveen Khullar for their unstinting support towards completion of my dissertation.
I would be failing in my duties if I do not acknowledge the wholehearted support of Mr. Rajesh Bhaskar, Dr. Rajesh Agarwal, Mr. Ravi Kochhar and Mr. Naresh Sharma. They provided me with a constant influx of ideas and were available whenever I needed them. I thank them for all that they have done for me.

I want to pay my sincere respect towards my teachers, Prof. M.S.Y. Khan, Prof. K.K. Pillai, Prof. R. Zafar, Prof. Asgar Ali, Dr. Alka Ahuja, Dr. Kanchan Kohli and Dr. Musheer Ali for their inspiration and guidance throughout the course of this project.

My sincere gratitude is due to my seniors, colleagues and friends, Dr. Farhan Jalees, Dr. Sanjula Baboota, Dr. Yasmin Sultana, Dr. Javed Ali, Dr. Mohd. Aquil, Dr. Sushma Talegaonkar and Dr. Prabhat Mishra for their invaluable assistance and constant support. They were always there in my hour of need and ever present in testing times.

This work would have failed to take its shape had it not been for the support, affection and care shown by Ritesh, Rahul, Ajmal, Sachin, Bhavesh, Ajay and Suresh. They were with me through out this long and arduous journey. Heartfelt thanks are due to all of them.

I am extremely thankful to Ranbaxy Research Laboratories for allowing me to use their facility for carrying out the comparative bioavailability studies in healthy human volunteers and to Dr. Shubhangi Desai and Dr. S. K. Sharma for supervising the studies. Thanks are due to Mr. Sarfaraz, Mr. Ravi and the entire CPU staff for their support during the study.

I am extremely thankful to Dr. M.Y. Khan, Dr. Wasim Javed, Dr. Alim and Mr. T.A.K. Ghori for helping me out with the x-ray diffraction studies.

My colleagues and friends in the lab, especially Mrs. Alka, Amita, Atul, Aftab, Ashutosh, Bharat, Biju, Deepali, Harmeek, Jasjeet, Khalid, Kshitij, Naseem, Nitin,
Onkar, Shweta, Satina, Rajeshwari, Ziya provided a very pleasant atmosphere in the lab and it was a joy working with them.

Grateful acknowledgement is made to CSIR and AICTE for the financial help and support provided for the work.

I am grateful to Dabur Research Foundation for the generous gift samples of shilajit, Ranbaxy Laboratories Ltd. and Lee Pharma for the gift samples and working standards of itraconazole, acyclovir and ketoconazole, Lipoid Gmbh, Germany for the gift sample of egg lecithin, Norit, Netherlands for the gift samples of activated carbon and Ion Exchange India Ltd. and Thermax Ltd. for the gift samples of Ion exchange resins.

I would also like to thank the non-teaching staff of Department of Pharmaceutics and other departments of the Faculty of Pharmacy for their timely help and assistance whenever required.

I don’t want to demean the love and support of my wife, Anubha, by thanking her, but cannot bypass mentioning the open ended help, support, confidence and a driving force I always find in her. My daughter Anushka, nephew Mehul and niece Dirgha, who shared the time, they deserved, very intelligently and understandingly, wouldn’t even know how enormously they have helped me. The strong confidence of my parents in me needs to be mentioned. I am lucky to have a loving and a co-operative family, who elevated me in the most testing times.

In the end, I want to thank the almighty for getting me to a stage to be able to write all this and pushing me towards the fulfillment of a long cherished dream.

Rajesh

Khanna Rajesh