Acknowledgements

Any research work involving a number of experiments, instrumentation, drugs, materials, tested and untested/untried ideas and concepts cannot be carried out without the goodwill, help and cooperation of a number of institutions and people who contribute to this work. Culmination of the work is the right time to thank them all.

"You can want to do the right things
and you can even want to do it for the right reasons.
But if you don't have the right guidance you can never hit a right target"

Words can not express my deep sense of gratitude to my guide and mentor Dr. Ramesh K. Goyal MSc.(Medical),Ph.D.,F.I.C.,F.I.C.N.,F.I.P.S.,F.A.M.S., Professor Department of Pharmacology, L.M College of Pharmacy, for his constant untiring guidance, invaluable suggestions, constructive criticism, encouragement and advice during the course of this work. Words could not be adequate to express the crucial nature of interactive help I have received from his learned personality. To work under his guidance, has been an inspiration and experience for me, to be remembered forever.

I am thankful to Dr. D. D. Santani M Sc. (Med), Ph.D., M.B.A., F.I.C., C.I.C. Professor and Head, Department of Pharmacology, L.M College of Pharmacy, for his extra mile support throughout the course of study.

I thank Dr. M. C. Gohel, Principal, L.M College of Pharmacy for providing the facilities necessary to carry out this work.

I am grateful to Council of Scientific and Industrial Research, New Delhi for awarding Senior Research Fellowship.
I am grateful to Dr N. S. Dhillon and Dr Y.J. Xu, St Boniface Hospital Research Center, Winnipeg for providing the facilities and guidance to carry out the studies on C2C12 myoblasts.

I am also grateful to Dr. J.B. Gupta, Ranbaxy Research Laboratories, Gurgaon for providing the facilities and to Dr. Geeta Sharma and Dr Sunanda for helping with the studies on 3T3-L1 adipocytes and making my stay comfortable during this period.

I gratefully acknowledge the suggestions of Dr Sudarshanam and the help of Ajay for the synthesis of vanadium complex.

I am thankful to Dr Shekar for helping with the photographs and interpretation of the histopathological study and to Dr B.B. Lohrey, Sydus Cadila, Ahmedabad for granting permission for the same.

I am grateful to Dr J.H. McNeill and Softcaps Pvt Ltd, Chennai for the gift samples of BMOD and chromium picolinate.

I am grateful to Anita madam for always being there to listen, advise and appreciate. A special mention of thanks to Bhatt sir for all his help.

A special thanks to all the friends for their patience and help during the ups and downs of my research tenure.

This work would have had been an uphill task, were it not for the patience, understanding and caring shown by my parents, brothers and bhabhi.

Nothing is possible without the blessings and the graces of the Almighty. His will be done.

September 2002

Urmila Shinde