ACKNOWLEDGEMENT

I thank all who in one way or other contributed in the completion of this thesis. First, I give thanks to God for protection and ability to do work.

This thesis is the beginning of my journey into the area of research. I have not travelled in a vacuum in this journey. This thesis has been kept on track and seen support and encouragement of numerous people including my well wishers, my friends, colleagues and various institutions. At the end of my first journey, I express my thanks to all those who contributed in many ways to the success of this study and made it an unforgettable experience for me.

I would like to express my sincerest appreciation to Dr. M. Y. Khan (Professor), Department of Biotechnology, Babasaheb Bhimrao Ambedkar University, Lucknow, whose thoughtful consideration and guidance has been valuable. Without his guidance, support and inspiration during the most critical period of my PhD journey, I would not have been able to accomplish this study.

I feel fortune to accomplish my research work under the guidance of Dr. Varsha Gupta (Assistant professor) Department of Biotechnology, Chhatapati Sahu Ji Maharaj University, Kanpur, for her valuable guidance, scholarly inputs and consistent encouragement, I received throughout the research work. This feat was possible only because of the unconditional support provided by Ma'am. A person with an amicable and positive disposition, Ma'am has always made herself available to clarify my doubts despite her busy schedules and I consider it as a great opportunity to do my doctoral programme under her guidance and to learn from her research expertise. Thank you Ma'am, for all your help and support.

I take this opportunity to express my deep sense of gratitude and respectful regards to Dr. Jaya Prakash Gupta (Orthopaedic Surgeon) C.H.C. Shivrajpur, Kanpur, who made clinical diagnosis of Rheumatoid arthritis patients and gave me untiring help during my study.

I thank my DRC members Dr. D.R. Modi (Associate professor), Dr. Sangeeta Saxena (Associate professor), Dr. G. Sunil Babu (Assistant professor), Dr. Anand Prakash
(Assistant professor) and Dr. Monika Sharma (Assistant professor) for their helpful suggestions and comments during my progress report presentations.

It is great opportunity to express my sincere thanks and regards to Dr. Dinesh Singh Centre of Biomedical Research, Sanjay Gandhi Postgraduate Institute of Medical Science, Lucknow for providing his constant support for in nuclear magnetic resonance analysis.

I would like to owe a special word for my deepest gratitude and regards to Dr. Vishal Chand (Assistant professor) Department of Biotechnology, CSJM University Kanpur. His valuable suggestions and moral support help me to complete this task, I shall always remain thankful to him.

I was lucky to have colleagues who were always ready to help at times of need. I fondly remember the way Mrs. Gunjan Misra, Mr. Sipahee Lal Patel and Mr. Dinesh Kanaujia helped me during the laboratory work and analysis. We were always together during ups and downs. Without their help and support this work would not have been possible.

I would also appreciate Mr. Atul Rawat and Mr. Durgesh Dubey Centre of Biomedical Research, Sanjay Gandhi Postgraduate Institute of Medical Science, Lucknow who continuously helped me for the technicalities of the experiments of nuclear magnetic resonance.

My deep appreciation goes out to the M.Sc. dissertation students Arun, Ashish, Vaishali. Their excellent work in laboratory has made an invaluable contribution towards my PhD.

My thanks go in particular to with whom I started this work and many rounds of discussions on my project with him helped me a lot. I wish to thank my best friends, Mr. Saurabh Bhatti and Mr. Rohit Gupta for his love, care and moral support.

My efforts remain incomplete if I do not express my gratitude and indebtedness to my parents whose blessing stood by me during all odds and for their constant inspiration and encouragements and for their loving patting at times of achievements and always correcting me at times of needs. It would have been impossible to reach the present destination without their support. I owe a lot to my brother Abhishek Yadav for his constant care and affection.
I would like to thank my wife, **Reena Yadav** for her love and care. To those who indirectly contributed in this research, your kindness means a lot to me. She was always with me, cheering me up and stood by me through the good times and bad.

I am extremely grateful to my little son, **Vatsal Yadav (Vashu)** who was so well behaved and cooperative and never fretted about me not being able to spend time with him. Thank you for being such a darling and I promise I will compensate for all the lost fun.

I take this opportunity to sincerely acknowledge the Indian Council of Medical Research (ICMR), Government of India, New Delhi, for providing financial assistance in the form of Junior Research Fellowship and Senior Research Fellowship which buttressed me to perform my work comfortably.

**SPECIAL ACKNOWLEDGEMENTS**

My special acknowledgements go to all those people who made possible the difficult task of ‘Blood collection’ for my experiments. My warm appreciation is due to **Dr. Jaya Prakash Gupta** for providing all the necessary facilities and help for the collection of blood. I feel highly indebted to **Dr. Manoj Katiyar** and **Dr. Avinash Singh** for his help in blood collection. Words are short to express my deep sense of gratitude towards my following members of department **Dr. Varsha Gupta, Dr. Neerja Srivastava, Dr. Vishal Chand, Dr Shalini Verma Dr. Shaswat Katiyar, Dr. Dharam Singh, Dr. Swasti Srivastava, Mr. Sipahee Lal Patel, Mr. Dinesh Kanaujia**, who willingly and selflessly donated blood for my experiments during my research endeavor.

(Vivek Kumar)