PREFACE

Stress is being enormously studied and investigated worldwide as it is related to almost all diseases. The objective of this research is to further enhance the knowledge of stress and to investigate new herbal antistress medicines. Based on traditional ethnomedical information, *Vitis vinifera* and *Cichorium intybus* were selected to assess their antistress activity. This study consists of nine chapters and each chapter is presented systemically for easy understanding.

In introduction chapter, general information of stress is explained. In literature review chapter, detail scientific information about stress and antistress medicine is presented to understand the basic concept with mechanisms. In experimental investigations chapter, various methods have been presented to establish relationship between stress and antistress therapy with body system. In experimental results chapter, the statistical results of this investigation are explained with the help of graphical representation. In discussion chapter, the obtained results are rationalized with the basic concepts and mechanism of stress. In summary chapter the complete research work is presented in brief. In conclusion chapter the observation of research work is embodied with the recommendations of *Vitis vinifera* and *Cichorium intybus* as new antistress medicines.

(SHAMEER PASHA)