CONTENTS

SL.	DESCRIPTION	PAGE		
NO.	4 137000000000000000000000000000000000000	NO.		
Chapter 1. INTRODUCTION				
1.	Adaptogens	1		
1.1	Neuroendocrine system	3		
1.2	Stress	6		
1.3	Physiology of Stress	7		
	• •	11		
1.4	Drugs Known for Adaptogenic Effects	22		
1.5	Mucuna at A glance	23		
1.5.1	Mucuna pruriens.	23		
1.6.	Tagara at a Glance	39 41		
1.6.1	Granthika Tagara -Nymphoides macrospermum.	41 42		
1.7	Research envisaged	42		
	CL AMATERIAL CAND METILODS (NIM.			
	Chapter 2. MATERIALS AND METHODS (N.Macrosperm	um)		
2.1	Pharmacognostical parameters for N. macrospermum	48-52		
2.2	Preliminary phytochemical studies	53-55		
2.3	Evaluation for Adaptogenic Activity	56-70		
2.4	Evaluation of selected successive extracts of roots	71		
2.5	Acute toxicity studies of successive extracts	72		
		. —		
2.6	Evaluation of adaptogenic activity of successive extracts.	72		
2.7	Development of comparative HPTLC fingerprint profile of the extracts of roots of Nymphoides macrospermum and Valeriana wallichi.	73		
2.8	Identification of Valepotriates.	75		
2.9	Determination of content of marker from roots of Nymphoides macrospermum	75		
2.10	Isolation and characterization of constituents from bioactive extract.	75		

CONTENTS

Chapter 3. MATERIALS AND METHODS (Mucuna pruriens)				
3.1	Pharmacognostical parameters	77		
3.2	Preliminary phytochemical analysis	78		
3.3	Acute toxicity studies of successive extracts.	78		
3.4	Evaluation of total methanolic extract and successive extracts of roots of <i>Mucuna pruriens</i> for Adaptogenic activity.	78		
3.5	Development of comparative HPTLC fingerprint profile of the extracts of roots and seeds of <i>Mucuna pruriens</i>	79		
3.6	Determination of content of marker from roots of Mucuna pruriens	80		
Chapter 4. RESULTS & DISCUSSION (N.Macrospermum)				
4.1	Pharmacognostic evaluation	81-89		
4.2	Preliminary phytochemical studies	90-91		
4.3	Evaluation for Adaptogenic Activity	92-100		
4.4	Evaluation of selected successive extracts of roots			
4.5	Evaluation of adaptogenic activity of successive extracts.	101-113		
4.6	Development of comparative HPTLC fingerprint profile of the extracts of roots of Nymphoides macrospermum and Valeriana wallichi.	114-126		
4.7	Identification of Valepotriates.	127-132		
4.8	Determination of content of marker from roots of Nymphoides macrospermum (Quantification of Betulinic acid)	133-140		
4.9	Isolation and characterization of constituents from bioactive extract.	141-153		

CONTENTS

Chapter 5. RESULTS & DISCUSSION (Mucuna pruriens)				
5.1	Pharmacognostical Evaluation	154-159		
5.2	Preliminary phytochemical analysis	160-161		
5.3	Acute toxicity studies of successive extracts.	161.		
5.4 5.5	Evaluation of total methanolic extract and successive extracts of roots of <i>Mucuna pruriens</i> for Adaptogenic activity.	161-179		
5.6	Development of comparative HPTLC fingerprint profile of the extracts of roots and seeds of Mucuna pruriens	180-195		
5.7	Determination of content of marker from roots of Mucuna pruriens	196		
5.7.1	Quantification of Beta sitosterol	197-203		
5.7.2	Quantification of L-dopa	204-215.		
Chapter 6. SUMMARY AND CONCLUSION 216				
Chapter 7. BIBLIOGRAPHY		232-245		
PUBLICATIONS				