CONTENTS

1.	Introduction	1
1.1	Recent trends in herbal medicines	1
1.2	Need for systematic investigation of plants	4
1.3	Plant Adaptogens	5
1.4	Screening methods for adaptogenic activity	9
	1.4.1 E. coli induced abdominal sepsis	9
	1.4.2 Carbon clearance test	9
	1.4.3 Cyclophosphamide induced myelosuppression	9
	1.4.4 Anoxia tolerance test	10
	1.4.5 Forced swim test	10
1.5	Selection of plants for study	10
1.6	Review of literature on the selected plants species	11
1.7	Research envisaged	13
1.8	Reference	14
2.	Experimental	21
2.1	Pharmacognostic studies	21
	2.1.1 Collection and identification of plant material	21
	2.1.2 Macroscopic examinations	21
	2.1.3 Microscopic examinations	21
	2.1.4 Preparation of powdered material	22
2.2	Proximate analysis	22
2.3	Phytochemical studies	24
	2.3.1 Successive solvent extraction	24
	2.3.2 Qualitative evaluation of successive extracts	24
	2.3.3 TLC profile of extracts obtained by successive solvent extraction	24
2.4	Preparation of selective extracts	25
	2.4.1 Preparation of extracts of leaf galls of P. integerrima	25
	2.4.2 Preparation of extracts of rhizomes of H. spicatum	25
2.5	Fractionation of selective extracts	25
2.6	Estimation of phenolic and flavonoid content of different	25

extracts of P. integerrima	
2.6.1 Estimation of total phenolic content	26
2.6.2 Estimation of total flavonoid content	26
TLC studies on the extracts and their different fractions	27
HPTLC fingerprint profile of active extracts and fractions	27
Isolation of compounds from extract of P. intigerrema and I spicatum	H. 28
2.9.1 Isolation of compounds from ethyl acetate fraction methanol extract of <i>P. intigerrema</i>	of 28
2.9.2 Isolation of PI-1and PI-2 from the flavonoid fraction ethyl acetate fraction of methanol extract of <i>Pistacia integerrim</i>	29
2.9.3 Isolation of PI-3 from the phenolic fraction of ethyl aceta fraction of methanol extract of <i>Pistacia integerrima</i>	te 29
2.9.4 Isolation of compounds from methanol extract of a spicatum by column chromatography	H. 29
2.9.5 Isolation of HS from the methanol extract of Hedychiu spicatum	m 30
Identification and characterization of isolated compounds	30
2.10.1 Physico-chemical characterization	30
2.10.2 Characterization by spectral analysis	30
2.10.3 Assessment of % purity of isolated compounds by HPLO	C 30
Estimation of identified compounds by HPTLC	30
2.11.1 Quantification of Kaempferol from H. spicatum	30
2.11.2 Quantification of Quercetin from methanol extract of integerrima	P. 31
2.11.3 Quantification of Gallic acid from methanol extract of integerrima	P. 32
In vitro antioxidant activity of extracts and fractions of integerrima	P. 32
2.12.1 DPPH free radical scavenging activity	32
2.12.2 Reducing power assay	33
2.12.3 Scavenging of hydrogen peroxide	33
2.12.4 Hydroxyl radical scavenging activity	33

2.13	Biological screening of extracts and fractions	33
	2.13.1 Acute toxicity studies	34
	2.13.2 Adaptogenic activity	34
	2.13.2.1 E. coli induced abdominal sepsis	35
	2.13.2.2 Carbon clearance test	35
	2.13.2.3 Cyclophosphamide induced myelosuppression	36
	2.13.2.4 Anoxia tolerance test	36
	2.13.2.5 Forced swim test	36
2.14	Statistical Analysis	37
2.15	Hepatoprotective activity in vitro	37
	2.15.1 Isolation of rat hepatocytes	37
	2.15.2 Trypan blue dye exclusion method	37
	2.15.3 Primary cultures of rat hepatocytes	38
2.16	References	40
3	Results and discussion	44
4	Summary and conclusion	195