

PREFACE

This thesis on “Preparation, phytochemical investigation and evaluation of anti-diabetic activity of polyherbal extract” aims at giving an insight at various aspects of the chronic disease named as diabetes mellitus and the risk factors that lead to it; the various ways it develops in the human body; the old and new approaches to treatment, both from a pharmacological and a computational (bioinformatics approach) point of view; ways to prevent and to manage the diabetes complications; how to improve the lives of the diabetic patients who are faced with not only physical but also psychological problems; statistical data from around the world which focuses on epidemiology and outlines the issue of the cost of diabetes. The entire thesis work has been divided into nine chapters, which fulfill four objectives as follows:

Chapter 1 deals with the general introduction to diabetes mellitus and its relation to oxidative stress and antidiabetic activity of medicinal plants, the phytochemical composition of polyherbal extracts (polyphenols, flavonoids, and others), gut microbiota dysbiosis, and the enrichment of beneficial short-chain fatty acids through the gut microbiome. It also covers the general strategy adopted for antidiabetic activity and highlights the motivations and significance of research work. The objectives of the thesis work are also part of Chapter 1. **Chapter 2** presents the literature survey covering strategies for selection of medicinal plants with antidiabetic activity, extraction, purification, and characterization of phytochemicals. It also covers the classification of polyphenols and flavonoids related to diabetic management and therapeutic applications. **Chapter 3** describes the research objectives and plan of work, which include step-by-step differentiation of the work.

Chapter 4 presents materials and methods adapted to perform this work. This includes various techniques involved in extraction, purification, and characterization. *In vitro* and *in silico* evaluation of phytochemicals from polyherbal extract (PHE) as an antidiabetic agent and antidiabetic activity evaluation through gut microbiota eubiosis by phytochemical gut microbiota metabolite brain axis. **Chapter 5** deals with all the results of *in vitro*, *in silico*, and *in vivo* studies of PHE with the involvement of short-chain fatty acids through beneficial gut microbiota enrichment. **Chapter 6** presents the discussion of the whole studies with phytochemicals like polyphenols and flavonoids and the evaluation of the antioxidant potential of these through antidiabetic activity in traditional ways as well as in a newer way with the eubiosis of gut microbiota. **Chapter 7** deals with the conclusion of the whole study, which focuses mainly on the antidiabetic evaluation of PHE through various approaches. **Chapter 8** deals with future aspects of the study involving clinical trial studies on human volunteers. **Chapter 9** presents a brief overview of publications during the experimental work and findings.

Finally, our study strengthened the possibility that PHE and possibly gut microbiota metabolites from this investigation could one day be novel medications and approaches in the field of pharmacological intervention for diabetes. When taken as a whole, the encouraging PHE reported in this study may prove to be a lead medication option in the future that helps with diabetes management.