II. OBJECTIVES

1. To analyze the nutritional composition of selected herbs and spices.
2. To estimate an *in vitro* antioxidant component and activity of samples.
3. To evaluate the antibacterial potential of samples.
4. To study the effect of borage supplementation in non insulin dependent diabetes mellitus without complication.
5. To observe the antioxidant potential of shallot in cigarette smokers.
6. To study the effect of borage supplementation on eight different mood state.
7. To evaluate the effect of ginger and valerian supplementation on weight gain, food intake and blood parameters in adult wistar rat.