As the incidence of diabetes is increasing worldwide, more and more people are turning towards natural remedies for diabetes management in addition to their ongoing treatment. This book lucidly highlights the understanding of the role of natural supplements in diabetes. The authors have clearly highlighted the reasons and the basis of each and every snippet of knowledge provided in the literature. Each chapter has been written diligently with great emphasis on a simple language. This book will not only be useful to doctors but also to nutritionists, diabetes educators and also to the general population who has an interest in diabetes.

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Fundamentals of Clinical Trial and Research  
RAJEEV SAINI  
Paras Medical Publisher; Hyderabad.  
Pages: 231; Price: Rs. 250/-

Research is an integral component of all medical disciplines. This multi-authored book is organized into 23 chapters covering topics related to design of clinical trial, regulations governing such trials, financial management, data handling, ethics and good clinical practice. An exhaustive glossary is the asset of this book; the definitions are well written and easy to understand. The book has focus on drug trials, and covers the topics of drug development process and documentation quite well. A table or box outlining requirements under Schedule Y of Drugs and Cosmetic Rules would have enhanced the utility of the chapter on regulatory aspects. The chapter on ‘Design of Clinical Trial’ is written in simple language but lacks examples. Presenting information with examples is needed at other places too.

For a multi-authored book, some amount of duplication is expected. Information about phases of clinical trials and ethical aspects, including informed consent, is presented in many chapters by different authors. The chapter on ‘Globalization of clinical research’ is written twice (by different authors with a slight change in name). Fortunately, there is not much contradiction of information at different places. I recommend this book for clinical researchers, young research scientists, and students enrolled under clinical research training courses.

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