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Estimation of phytochemicals and evaluation of their antimicrobial & antioxidant activity In *Nardostachys jatamansi*

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Phytochemicals are non-nutritive plant chemicals that have protective or disease preventive properties. They are nonessential nutrients, meaning that they are not required by the human body for sustaining life. It is well-known that plant produces these chemicals to protect themselves but recent research demonstrate that they can also protect humans against diseases. *Nardostachys jatamansi* is incense, a sedative and an herbal medicine said to fight insomnia, birth difficulties and other minor ailments.

The medicinal properties of the plant are due to the anti oxidants present in the plant. My Present studies deals with the identification of phytochemicals and there quantitative estimation, antimicrobial activity of *Nardostachys jatamansi* and its important medicinal qualities provided one does not play around with poisonous plants they are totally free of harmful side effects - unlike the modern drug industry

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