



# AYUSHDHARA

An International Journal of research in AYUSH & Allied Systems

## INSTRUCTION TO AUTHORS

### Aim and Scope

AYUSHDHARA is an international peer reviewed Bi-monthly open access journal publishing print and online versions (**RNI Registration No: TELENG/2014/60297**). AYUSHDHARA focused towards the publication of current research work carried out under Ayurveda, Yoga, Unani, Siddha and Homeopathy, Allopathy systems of medicine and Pharmaceutical Sciences.

### AYUSHDHARA publishes the following manuscript types:

1. Original Research Articles
2. Review articles
3. Book Reviews
4. Short Communications/ Research Letter
5. Case Studies
6. Letter to the Editor/Correspondence

### Manuscript preparation:

The manuscript should be prepared in English using "MS Word" with 1 inch margin on all sides (Top, Bottom, Left and Right side) of the page. "Times New Roman" font should be used. The font size should be of 10pt but main Title should be of 16pt bold sentence case, main headings should be of 11pt bold sentence case, subheadings should be of 10pt bold sentence case. Manuscript should be concisely typewritten in 1.0 spaces in A4 sized sheets. The pages shall be numbered consequently. The length of Review/Science Education article should not exceed 12-15 manuscript pages to include figures, tables and references. No abbreviations or acronyms shall be used in the titles or Abstract acronyms except for measurements. There shall not be decorative borders anywhere in the text including the title page.

### Sequence for Manuscripts Submission:

- \* Title Page
- \* Authors and Co-Authors details and their affiliations
- \* Abstract (150 to 200 words)
- \* Keywords
- \* Introduction
- \* Materials and Methods
- \* Results and Discussion
- \* Conclusion
- \* Acknowledgement (optional)
- \* References

**Original Research Articles:** Original Research papers should present new experimental studies in elaborate form that constitute a significant contribution to knowledge. A research paper should be arranged into the following sequence.

**TITLE:** All manuscripts should start with a title page. The title should be as short as possible on the first page, which provides precise information about the contents, followed by names of author (s), affiliations (s) and institutional addresses.

**AUTHOR NAMES:** All author names must provide their full name (surnames first) and mentioned below the title. Designations of the authors with full contact details like address, phone number and email to be mentioned. The Corresponding author of the manuscript must be marked with an asterisk (\*) and should be listed first. In addition, the corresponding author must indicate his or her complete mailing address, phone number, fax number and email address at the lower left of the title page.

**ABSTRACT:** Abstract should not be more than 200 words and be informative, completely self-explanatory, briefly present the topic, state the scope of the experiments, indicate significant data, important observations and conclusion. Standard nomenclature should use; abbreviations and references should be avoided.

**KEYWORDS:** All the manuscripts should include keywords. Keywords reflecting the major features of the work should be inserted about four to six. These keywords will be used for the indexing purpose.

**INTRODUCTION:** Introduction should include background of the subject, earlier works carried out, signify the relationship with the proposed work and aims and objectives of this study.

**MATERIALS AND METHODS:** It should be complete enough to allow experiments to be reproduced. All the procedures should be described in detail. For example, diagnostic methods, description of the eligibility of the inclusion and exclusion criteria, methods adopted for the study along with the references to the established method, dosage, route of administration should be mentioned in detail.

**RESULTS AND DISCUSSION:** The observations of the study must illustrate with figures or tables wherever necessary. The research with appropriate statistical analysis described in the methods section should be self explanatory.

**CONCLUSION:** The major findings of the work highlighting its importance, relevance and their usefulness of the study shall be summarized. The conclusions of this study must discuss a short summary and further scope in the field should describe in this context.

**ACKNOWLEDGEMENT:** All acknowledgments be typed in one paragraph directly preceding the reference section and may include supporting grants, presentations, and so forth.

**REFERENCES:** References should be in Vancouver style and numbered consecutively in the order in which they are first mentioned in the text. Cite the references in the text by the appropriate number with superscript e.g. [1], [2, 3], [4-6], [7, 8-10] and the numbers should be within square brackets. References cited only in tables or figure legends should be numbered in accordance with the sequence established by the first identification in the text of the particular table or figure. Avoid using abstracts as references and do not cite any references in conclusion section.

**The commonly cited types of references are shown here:**

### **Journals**

**Format: Authors. Article title. Journal title. Date of publication; Volume (Issue): Page no**

#### **Example:**

1. M Ozaki, Y. Adachi, Y. Iwahori, and N. Ishii, Application of fuzzy theory to writer recognition of Chinese characters, *International Journal of Modelling and Simulation*, 18(2): 1998, 112-116
2. Parija S.C, Sambhasiva Rao R, Stool Culture as a Diagnostic Aid in the Detection of Entamoeba histolytica in the Faecal Specimens. *Indian J. Pathol. Microbiol.* October,1995; 38(4): 359-363.

### **Books and Other Monographs**

**Format: Author. Title. Edition. Place of Publication; Publisher; Date of Publication. Page no**

#### **Example:**

Mukhopadhyaya GN. *The Surgical Instruments of the Hindus*. Vol. - 2. Calcutta; Calcutta University Press; 1913. p. 225-230.

### **From Websites**

#### **Example:**

Hypertension, Dialysis & Clinical Nephrology [homepage on the Internet]. Hinsdale (IL): Medtext, Inc.; c1995-2001 [cited 2001 Mar 8]. Available from: <http://www.medtext.com/hdcn.htm>

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Tables should be typed in MS word table format (with rows and columns visible) and be numbered consecutively in numerals and bear a brief title in capital letters normal face and must insert in within the text. Abbreviations should be defined as footnotes in italics at the bottom of each table.

### **Figures**

Figures must be on separate pages in JPEG format but not inserted within the text and bear a brief title in lower case bold face letters below the figure. Photographs, drawings, diagrams and charts are to be numbered in one consecutive series of the numerals in the order in which they are cited in the text and abbreviated as Fig. 1, Fig. 2 etc., Photos or drawings must have a good contrast of dark and light. Legends of figures should be brief, but complete and self-explanatory so that the reader can easily understand the results presented in the figure.

### **Review Articles**

Reviews are systemic critical assessments of literature and data sources in a particular field. Usually, reviews are invited from researchers with considerable experience in the field concerned. The purpose of these manuscripts is to discuss in detail the existing state of knowledge, critical analysis of different opinions, and up-to-date developments on the subject of current interest.

### **Book Reviews**

Introduction, Author's recognition, Subject matter of book at a glance, Analysis of particular methodologies and techniques mentioned in the book, Chapter Discussion, Indices, Practical aspects, Demerits of the text, Conclusion.

### **Short Communication/ Research Letter**

Original research work that does not fulfill the criteria for a full-length research paper can be published as a short communication or research letter.

#### **For Short communication**

Prepare the manuscript exactly as described under Research Paper category.

#### **For Research letter**

Prepare the manuscript exactly as described under Research Paper category without any subheadings.

#### **Case Studies**

Clinical cases with unusual presentation of a disease as well as unreported adverse drug reaction cases can be submitted under this category. The authors must be able to provide a statement that the patient described in the case report has given their informed consent for the case report to be published. The case reports should include unstructured abstract, key words, introduction, case report, brief discussion and conclusion with references.

#### **Letter to the Editor/Correspondence**

Comments on previously published articles in the AYUSHDHARA or are relevant brief reports of preliminary data that can be published if they provide new insights. Letters must have a title.

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#### **Manuscript Review Process**

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After the review, the necessary changes and comments on the manuscript will be sent to the author within 3 weeks from the time of submission. Even after the 1st review, if the requirements of the editor are not fulfilled, will go for 2nd review and so on.

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