



ISSN: 2393-9583 (PRINT)
ISSN: 2393-9591 (ONLINE)
RNI No: TELENG/2014/60297

AYUSHDHARA

International Journal of research in AYUSH & Allied Systems
<https://ayushdhara.in>

Certificate Of Publication

Is hereby awarding this certificate to

TAMANNA LOCHAB, ASHUTOSH GAUR, ALOK KUMAR ASTHANA, MONIKA ASTHANA

In recognition of the publication of the Review Article entitled

“CIRCADIAN RHYTHM DISRUPTION AND DINACHARYA: A KRIYA SHARIR PERSPECTIVE ON SLEEP DISORDERS IN THE DIGITAL ERA”

Published in AYUSHDHARA Journal
VOL 13, ISSUE 2: MARCH - APRIL 2026

EDITOR-IN-CHIEF
AYUSHDHARA

PUBLICATION MANAGER
MAHADEV PUBLICATIONS