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Kottakkal
25-2-2023

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अ	आ	इ	ई	उ	ऊ	ऋ	ए	ऐ	ओ	औ	अं	अः												
a	aa	i	ee	u	oo	r̄	e	ai	o	au	am	ah												
क्	ख्	ग्	घ्	ङ्	च्	छ्	ज्	झ्	ञ्	ट्	ठ्	ड्	ढ्	ण्	त्	थ्	द्	ध्	न्	प्	फ्	ब्	भ्	म्
k	kh	g	gh	ng	c	ch	j	jh	nj	t	th	d	dh	n	t	th	d	dh	n	p	ph	b	bh	m
य्	र्	ल्	व्	श्	ष्	स्	ह्	ळ्	क्ष्	क	का	कि	की	कु	कू	कृ	के	कै	को	कौ	कं	कः		
y	r	l	v	ś	ṣ	s	h	ḷ	kṣh	ka	kaa	ki	kee	ku	koo	kr̄	ke	kai	ko	kau	kam	kah		

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Article must be clear in delivering the idea. It should be devoid of any grammatical mistakes. Ayurvedic and Sanskrit terms must be in italics.

Manuscripts must be typed double spaced with margins of one inch (2.5cm) at the top, bottom and the sides and all pages numbered starting from the title page. 12 pt Times New Roman font must be used and remain uniform throughout the text.

There is no need of translating the fundamental words of Ayurveda in English. Eg. Doshas-humors, agni-bio fire etc.

Research articles, review articles and short communications must be limited to 4,000, 5000 and 2000 words in length respectively.

Structure of the manuscript

(i) **Title page:** This page should contain title of the article with affiliation and addresses of all the authors, including corresponding author with an asterisk. E-mail ID of the corresponding author should also be provided in the title page.

(ii) **Abstract:** Second page should contain a well structured abstract of 6-7 sentences or maximum 300 words for full papers and reviews (200 words for short communications). It should contain the key points of the article. Introduction, materials and methods, results and conclusion are to be well reflected in the abstract. There is no need of references here. Expansion of the abbreviations used in the abstract is to be given in brackets..

(iii) **Key words:** A list of up to six relevant keywords should be given. No need of adding general terms. Do not use plural terms. Keywords are important for indexing and searching your article.

(iv) **Abbreviations:** Abbreviations which are not standard ones should be explained in the first page of the article. If unavoidable in the abstract it must be defined at their first mention. Consistency of abbreviations has to be maintained throughout the article.

(v) Introduction: Objectives of the investigation with enough background of the study must be stated in the introduction. The significance of the work in relation to the earlier ones has to be explained with relevant references. Introduction can be concluded with the aims and objectives of the study.

(vi) Materials and methods: The materials and methods section describe in detail all the materials that have been used to conduct a study along with the procedures adapted has to be included.

Adequate details of the methodology (study design) of the work should be provided so that others can reproduce it. Previously reported methods can also be cited with adequate references. Modifications done to it have to be described. It is in this section, that ethical approval, study period, sample size, grouping, evaluation criteria, exclusion criteria and statistical methods etc. are to be described in sequential manner.

Study Designs:

Selection and Description of Participants: Describe the method of selection of the observational or experimental participants (it may patients or laboratory animals, including controls) clearly. Their eligibility and exclusion criteria are to be explained. A clear description of the source population is also necessary. In case specific apparatus used, give the manufacturer's name and address in parentheses. Procedures involved in the study are to be given in sufficient detail so that other workers are able to reproduce the results. References to established methods, including statistical methods are to be provided.

Reporting of randomized clinical trials needs present information on all major study elements, including the protocol, methods of randomization, concealment of allocation to treatment groups and the method of masking (blinding), based on the CONSORT Statement

(vii) Observations & Results

It should be very clear and precise. This section should include the findings of your study. Presentations of the findings include: tables, charts, graphs, and other figures. But these should be kept to the minimum.

Statistics:

As far as possible to quantify the research findings statistical analysis is essential. Try to present them with appropriate indicators of measurement error or uncertainty (such as confidence intervals). Losses to observation (such as, dropouts from a clinical trial) should also be reported. Do not forget to specify the statistical methods used in analyzing the results. Define the statistical terms, abbreviations and most symbols. Specify the computer software used.

(viii) Discussion

This section includes the interpretation of the results. It is a contextual analysis of the data explaining its meaning in sentence form. It should be in an organised manner from general to specific. Your findings are to be linked to the literature. It should also be converted to theory, then to practice if appropriate. Results from other studies can be compared. If it is not consistent with your findings, possible reasons can be explained. Limitations of your study have to be revealed so that reviewers and readers understand that you have considered your experiment's weaknesses. If there are any inconclusive results, that also can be explained. Additional experiments needed, can also be suggested.

In core, discussion is nothing but what your results may mean for other researchers in the same area, researchers in other areas, and also the general public. Can your findings have an application? How do you relate the findings with previous studies, are also a thought to be added in the discussion.

(ix) Conclusion

Introduction gives a first impression to the reader, while conclusion provides not the last but lasting impression. This can be done with highlighting key points in your findings. Conclusion also places your study within the context of past research about the same topic.

After restating the research topic its importance can be summarised. One sentence may be enough for this. The thesis of the research can be put up next.

Even though you write same matter that was mentioned in the introduction, the wording should be different. Main points of your paper have to be summed up, next. Main points of your arguments with their significance can be stated. The conclusion should offer a new insight and creative approaches for framing another research problem based on the results of your study.

(x) Acknowledgments

This section should include credit to technical assistance, financial support and other appropriate recognition for the research work reported.

Due acknowledgment has to be given to all those who helped the author intellectually, academically or professionally. In certain occasions credits for images are also to be given.

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All entries in the reference list must correspond to references in the text and vice versa. The list of references should be on separate page. Authors bear the complete responsibility for the accuracy and completeness of the references.

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Article

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Pathak, N.N. (1997). Agroforestry and environmental protection: A short critique. *Indian Journal of Forestry*, 20(1): 149-153.

Books (Monograph)

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Theses and Dissertations

Joshi, M.C. (2005). *Ecological survey of the vegetation in sand dune region round about Pilani, Rajasthan*. Ph.D. thesis. University of Rajasthan. 315p.

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Chaudhary, A.S. (1970) Seminar-cum-Workshop on the Genetic Improvement of Forest Tree Seeds in India, Dehradun, 7-12 February 1970. *Proceedings*. Dehradun, FRI and Colleges. 215p.

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Kapoor, M.L. and Kedarnath, S. (1970). Induction of tetraploidy in *Dalbergia sissoo*. In: Seminar-cum-Workshop on the Genetic Improvement of Forest Tree Seeds in India, Dehradun, 7-12 February 1970. *Proceedings*. Dehradun, FRI and Colleges. pp. 200-215.

Patent

Parliament, T.H. (1986). U.S. Patent 4618501

Personal Communications

Vancik, H. (Faculty of Natural Sciences, University of Zagreb), personal communication.

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AIMS AND OBJECTIVES

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Works from allied Indian knowledge systems like *Nyaaya*, *Vaiśeshika*, *Saangkhya*, *Yoga*, *Vedaanta* and *Poorvameemaamsa* in relation to *aayurveda* is included in the journal. Information from other ancient branches of Sanskrit knowledge systems like *Hastyaayurveda*, *Aśvaayurveda*, *Vrkshaayurveda*, *Vaastutantra*, *Aagama*, etc. if scientifically interpreted may be considered for publication. Outcome of literary researches related to *aayurveda* texts so as to enrich the study of evolution of *aayurveda* will also be accepted for the journal.

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