



1.0 Aim and Scope

Journal of Ayurveda Medical Sciences (Abbreviated as J Ayu Med Sci) is a Peer Reviewed Quarterly Journal for Rapid publication of original and scientific information on Ayurveda and all Traditional & complementary therapies practiced worldwide. Manuscripts providing experimental evidences for the science behind Ayurveda, Yoga & Naturopathy, Siddha, Homeopathy, Unani and Folk medicine are the top priorities of the journal. Original research articles on ethnobotany, pharmacognosy, phytochemistry, standardisation, quality control, *in vitro* & *in vivo* screening, pharmacological studies, toxicological studies and clinical trials of drugs from all the aforesaid traditional medical sciences will be considered for publication. Other than original articles, information in the form of editorial, case report, short communication, review article, notes on classical concepts, opinion, letter to editor etc will be made online rapidly on acceptance by peer review method. The results of the research must be obtained employing internationally acceptable experimental protocols supported by appropriate statistical analysis.

2.0 Standard publication ethics

The journal strictly follows 'highest standards of publication ethics' without compromising on quality. Substandard articles are immediately rejected on editorial review. 'Double blind peer review' is another advantage of publishing in J Ayu Med Sci. The journal offers 'Rapid publication' so that the articles will get acceptance/rejection within a short time period and the accepted articles will be lined up on the website under 'In Press' section. Now, along with PDF, full text of the articles is also available on 'FullTxt.Org' giving more visibility, citation and popularity of article published.

3.0 Editorial Policy

Manuscripts are accepted with the understanding that the authors have not violated any ethical practice followed in preparation and publication of biomedical manuscripts. Author/s is/are responsible for all the statements made in their work and should be willing to defend them publicly, if challenged. The journal reserves the right to make any further formal changes and language corrections necessary in a manuscript accepted for publication.

4.0 Plagiarism

Every article will be scanned for plagiarism before accepting it for publication. It is suggested that the authors check the manuscript for percentage of plagiarism in their manuscript to make it less than 10%. The editors may reject/ request revision of the manuscript for plagiarism before passing it to peer review.

5.0 Peer review

All the articles submitted to JAMS will be first submitted to editors for possible consideration of the manuscript for publications. The editors will next communicate the manuscript to peer review with two potential reviewers. The manuscript will be accepted for publication after evaluation of reviewed manuscript by editors. If it is acceptable the same will be notified to the corresponding author to make the minor/major revisions in the manuscript.

6.0 Article processing fee

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7.0 Manuscript preparation

7.1.0 Covering Letter

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Disclose all possible conflicts of interest (e.g. funding sources for consultancies or studies of products). Full contact details with postal

address, phone numbers (mobile & landline) and email IDs of the corresponding author must be clearly mentioned. The importance of the paper may be briefly indicated. A list of potential reviewers (not exceeding 5) with their phone numbers and email IDs should be included. The suggested reviewers must be working in the same area dealt with in the manuscript. However, the chief editor will decide whether to use the referee name for the submitted paper or not.

7.1.1 Copyright Form

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All manuscripts are considered to be the property of JAMS from the time of submission. If JAMS is not publishing the paper, it releases its rights therein at the time the manuscript is rejected following the editorial/peer review or retracted by the authors. Manuscripts published in JAMS become the sole property of HRGS. The corresponding author, on behalf of all authors, signs a copyright transfer form at the time of submission of the manuscript.

7.1.2 Graphical abstract

A pictorial format of paper needs to be provided by authors using high resolution figures or tables employed in the manuscript. Refer recent articles published in the journal for format.

7.3.0 Article structure

Manuscript template can be downloaded from <http://jayumedsci.com/content/downloads>

Manuscripts must conform to the "Uniform Requirements for Manuscripts Submitted to Biomedical Journals" <http://www.icmje.org>.

Manuscripts must be written in English. English equivalents of Sanskrit/other language words must be mentioned in bracket. Authors should prepare their manuscripts exactly according to the instructions given. Manuscripts which do not follow the format and style of the journal may be returned to the authors for revision or directly rejected. Manuscripts must be submitted by online manuscript management system only (See submission).

Page layout & styles

Page size A4 Portrait 8 ½ X 11

Font Times New Roman 8 pt in text as well as graphics

Margins 1.5 cm left and right, 1.25 cm top and bottom

Page number at bottom middle Times New Roman 7 pt

Line spacing 1.15

Footer / Headers None

Title 18 pt Times New Roman, bold, centre justified

Authors 9 pt Times New Roman bold, centre justified

Corresponding author designated with an asterisk (*)

Affiliation 8 pt Times New Roman, centre justified (only Department/Organization/ Address/Place/Country with PIN/email).

Author for Correspondence: 8 pt Times New Roman centred - giving designation, complete address and a valid e-mail of the corresponding (main) author.

Abstract structured to Introduction, Methods, Results and Conclusion; 8 pt Times New roman, full justification Normal - maximum 250 words

Text 8 pt Times New roman, full justification - 1.15 line spacing between paragraphs.

Heading Major headings (Abstract, Keywords, Introduction, Materials and Methods, Results and Discussion, Acknowledgements, References) in lower case left-justified, 10 pt bold, intermediate headings should be in italics, sentence case, left justified, 8 pt, sections and subsections numbered eg 1.0 Introduction, 2.0 Materials and Methods, 2.1 Preparation of drugs etc.

All text should be fully justified. Please put all primary section titles and sub headings in lower case letters and subheading in Lower Case letters. Do not use the tab key to indent blocks of text such as paragraphs of quotes or lists because the page layout program overrides the left margin with its own, and the tabs end up in mid-sentence.

Tables to be incorporated at the end of Manuscript. Correct: Table 1. Incorrect: Table No. 1.

Figures /Graphs should be incorporated at the end of the manuscript with proper labelling at the end of the manuscript. Correct: Figure 1. Incorrect: Figure No. 1.

They should be created with a program that allows you to save them as gif, jpg or tiff format. Figures, tables or other materials copied verbatim or adopted from previously published materials, the author must have written permission from the copyright holder of that material (publisher and/or authors) for reproduction in your article. A copy of the permission release must be submitted with the manuscript. It is the author's responsibility to obtain permission. Graphs to be included from excel and it should be editable. Non-editable graphs will not be accepted.

All Sanskrit words should be written in roman transliteration with the diacritical marks. They should be translated to English and mentioned within brackets next to original term. Provide the translated term at the time of first use, there after use only the Sanskrit term uniformly all over the text.

Indo-Romanic Equivalents of Devanagari Alphabets

अ	a	ट	ṭa
आ	ā	ठ	ṭha
इ	i	ड	ḍa
ई	ī	ढ	ḍha
उ	u	ण	ṇa
ऊ	ū	त	ta
ऋ	r̄	थ	tha
ए	e	द	da
ओ	o	ध	dha
औ	au	न	na
ं	m̄	प	pa
:	ḥ	फ	pha
क	ka	भ	bha
ख	kha	म	ma
ग	ga	य	ya
घ	gha	र	ra
ङ	ṅa	ल	la
च	ca	व	va
छ	cha	श	śa
ज	ja	स	sa
झ	jha	ष	ṣa
ञ	ña	ह	ha
		क्ष	kṣa
		ज्ञ	jña

A research article for publication in J Ayu Med Sci typically should include the following in the order given below:

- Title
- Affiliations
- Abstract
- Keywords
- Introduction
- Materials and Methods
- Results and Discussion
- Conclusion
- Acknowledgements
- Conflict of interest
- Contributors
- References
- Tables (Title at the top captions at bottom)
- Figures (Title at the top caption/legends at bottom)

7.3.1.0 Abstract

Should be structured and limited to 250 words. A brief summary of the research should be given under the subheadings Introduction, Methods, Results, and Conclusion.

7.3.1.1 Key words

Not more than six keywords are required. Words appearing in the title should not be given as keywords, instead, alternative words, if any can be included. They should be written left aligned, arranged alphabetically in 12pt Times Roman, and the line must begin with the words Keywords boldfaced. A 12pt space should separate the keywords from the affiliations.

7.3.1.2 Introduction

Description of the research area, pertinent background information, and the hypotheses tested in the study should be included under this section. The introduction should provide sufficient background information such that a scientifically literate reader can understand and appreciate the work to be described. A detailed review of literature is not at all required under this section. The specific aims of the project should be identified along with rationale for the specific experiments and other work performed. The introduction MUST include in-text citations including a few references pertinent to the background and justification for the study.

7.3.1.3 Materials and Methods

Materials and/or subjects utilized in the study as well as the procedures undertaken to complete the work. The methods should be described in sufficient detail such that they could be repeated by a competent researcher. The sources of all major instruments and reagents used (kits, drugs, etc) must be given with parentheses. Illustrations and/or tables may be helpful in describing complex equipment or elaborate procedures. The statistical tool used to analyze the data should be mentioned. All procedures involving experimental animals or human subjects must accompany a statement on ethical approval from appropriate ethics committee.

7.3.1.4 Results and Discussion

Data acquired from the research with appropriate statistical analysis described in the methods section should be included in results section. The results section should highlight the important results obtained. Data should be organized into figures and tables. Qualitative as well as quantitative results should be included if applicable. Discussion section should relate the results section to current understanding of the scientific problems being investigated in the field. Description of relevant references to other work/s in the field should be included here. This section also allows the author to discuss the significance of the results - i.e. does the data support the hypotheses you set out to test? This section should end with new answers/questions that arise as a result of the author's work.

7.3.1.5 Conclusion

Final output of the study should be included as conclusion in not more than 3 sentences.

7.3.1.6 Acknowledgements

Those who have helped the authors carry out the study and/or prepare the manuscript but have not made significant intellectual contribution to deserve authorship must be acknowledged. Mention all applicable grants and other funding that supported the work.

7.3.1.7 Tables

Tables should be numbered with Arabic numerals according to their sequence in the text, and have a short self-explanatory heading. Use SI units. Tables should include only horizontal rules at top and bottom of the content. Authors should keep in mind the page layout of the journal when designing tables. Tables that fit onto one printed page are preferred. Detailed explanations of symbols, units, and abbreviations should be given below the table.

7.3.1.8 Figures

Figures should be numbered with Arabic numerals according to their sequence in the text, and have a short self-explanatory heading. Figures for final production should be submitted as editable electronic files to the editorial office as MS Word. Please pay particular attention to the guidelines below. The editorial office cannot undertake preparation of manuscripts and illustrations not conforming to journal style. Manuscripts of insufficient quality will be returned immediately without refereeing. A high standard of illustration (both line and photo) is an editorial priority. All illustrations should be prepared for printing to fit A4 page with 1 cm margin. The authors should keep in mind that the title is placed at the top of the figure and the caption will be placed at the bottom. Figure(s) must be numbered consecutively in the text. Compound figures with more than one micrograph or photo should be referred by a single figure reference (e.g. Figure 1), and individual parts should be labelled as 1.1, 1.2, 1.3 etc without Fig. or Figure in the bottom of individual parts. Lettering of title and contents should be Times New Roman, 8 pt; foot notes should be Times New Roman, 7 pt. Descriptive labelling in the figures should be clearly readable, and all lettering should have a minimum published size of 7 pt (2.1mm) for labelling items on photographs or in line art is recommended and a maximum size of 10 pt is suggested. Use a scale bar to indicate magnifications and place in the lower right corner if possible. Computer prepared photographic images must be at a minimum of 400 dpi at the final publication size. Lower resolution will result in pixilation and poor quality images.

Computer drawn figures are accepted provided they are of high quality. Please note that graphs produced by many statistical packages are rarely adequate. In particular, letter quality on axes and captions are often poor. Such figures should be exported into an accepted graphics package and lettering rendered using a text function. Authors should note that .dot, .bmp, and .pat fills should be avoided. Do not use postscripts fill patterns as these are often based on bit map patterns that result in screening patterns during final reproduction. When filling illustrations, use fills such as lines, tints or solids. Line width minimum is 0.25 pt (0.09 mm). Also avoid the use of bitmap scans to render text and detail. Text should be saved as text at a minimum text size of 6 pt (2.1 mm). For graphs, Excel graphs are also acceptable. Note that vertical axes must all be at the same scale especially when the paper compares them. Otherwise they should be produced as separate figures. Avoid 3D plots when presenting 2D data. All tables and figures must be placed in appropriate places in the manuscript and when this is not possible, appropriate place must be indicated in the manuscript. Please note good quality figures must be submitted as separate files as said above.

7.3.1.9 Table and Figure foot notes

They should be single spaced and typed in Times New Roman, 7 pt. Explanations should be brief and authors should keep in mind that captions/legends will be placed below figures.

7.3.1.10 References

In-text citation

Flavonoids have been isolated and characterized from many medicinal plants used in malaria endemic areas.^[1-2] However, controversial data have been obtained regarding their antiplasmodial activity, probably because of their structural diversity.^[3,5,6] More recently, several flavonoids have been isolated from *Artemisia afra*^[7] and *Artemisia indica*^[8] two plants related to *Artemisia annua*, the famous traditional Chinese medicinal plant from which artemisinin is isolated.

Standard journal article

Halpern SD, Ubel PA, Caplan AL. Solid-organ transplantation in HIV-infected patients. *N Engl J Med* 2002;347(4):284-7.

Organization as author

Diabetes Prevention Program Research Group. Hypertension, insulin, and proinsulin in participants with impaired glucose tolerance. *Hypertension* 2002;40(5):679-86.

Journal article on the Internet

Saraswathy A, Shakila R, Sunil Kumar KN. HPTLC Fingerprint Profile Of Some *Cinnamomum* Species. *Phcog J* 2010;2(8):211-5. Available from: <http://phcogj.com/content/hptlc-fingerprint-profile-some-cinnamomum-species>.

Note: Plants/Insects/Marine organisms/Microorganisms, *in-vivo*, *in-vitro* should be in italics even if it occurs in main title.

Personal author(s)

Murray PR, Rosenthal KS, Kobayashi GS, Pfaller MA. *Medical microbiology*, 4th ed. St. Louis: Mosby; 2002.

Editor(s), compiler(s) as author

Gilstrap LC 3rd, Cunningham FG, VanDorsten JP, Editors. *Operative obstetrics*, 2nd Ed. New York: McGraw-Hill; 2002.

Author(s) and editor(s)

Breedlove GK, Schorfheide AM. Adolescent pregnancy. 2nd Ed. Wiczorek RR, Editor. White Plains (NY): March of Dimes Education Services; 2001.

Chapter in a book

Meltzer PS, Kallioniemi A, Trent JM. Chromosome alterations in human solid tumors. In: Vogelstein B, Kinzler KW, Editors. *The genetic basis of human cancer*. New York: McGraw-Hill; 2002; p.93-113.

Conference proceedings

Harnden P, Joffe JK, Jones WG, Editors. Germ cell tumours V. *Proceedings of the 5th Germ Cell Tumour Conference*; 2001 Sep 13-15; Leeds, UK. New York: Springer; 2002.

Thesis

Senol FS. Pharmacognosic research on some *Salvia* species growing in Turkey. M.Sc. Thesis, Institute of Health Sciences, Gazi University, Ankara, Turkey, 2009.

Website information

Cancer-Pain.org [homepage on the Internet]. New York: Association of Cancer Online Resources, Inc.; c2000-01 [updated 2002 May 16; cited 2002 Jul 9]. Available from: <http://www.cancer-pain.org/>.

Referencing Ayurvedic Classics

Text from a classic

Sharma S, editor, (1st ed.). *Ashtanga Samgraha of Vagbhata, Sootra Sthana*; Dravadravya Vidnyaniya: Chapter 6, Verse 10-16. Varanasi: Chowkhambha Sanskrit Series, 2006; 37-38.

Verse /Text in a commentary on classic

Sharma S, editor, (1st ed.). *Commentary Shashilekha of Indu on Ashtanga Samgraha of Vagbhata, Sootra Sthana*; Dravadravya Vidnyaniya: Chapter 6, Verse 10-16. Varanasi: Chowkhambha Sanskrit Series, 2006; 37-38.

Please note that if the references from a classical text (e.g. Samhita) are more than three, then please cite once the reference of the text and add numbers of verses in running text.

Regional language books

Author(s): Phanasalkar SD. *Ayurvediya Rasayana Chikitsa (Marathi)*. 2nd ed. Pune: Manakarnika Publication; 2011. Editor(s): Nanal RM (editor). *Purushottamopanishada (Marathi)*. 1st ed. Mumbai: Madhavi Prakashan; 1999. p. 139, 145-46.

Abbreviations of journals

Journal names should be abbreviated according to Index Medicus journal abbreviations: <http://www.nlm.nih.gov/tsd/serials/lji.html>; List of title word abbreviations: <http://www.issn.org/2-22661-LTWA-online.php>; CAS (Chemical Abstracts Service): <http://www.cas.org/sent.html>.

7.3.1.11 Contributors

A short descriptions of contribution of each author in the research data included in the manuscript must be declared at the end of each manuscript.

8.0 Submission check list

Manuscripts should be submitted only through online submission system <http://jayumedsci.com/content/j-ayu-med-sci-manuscript-submission> or via email to jayumedsci@gmail.com. The submission should be complete with all necessary items listed under author instructions.

8.1 File requirements

Items

1. Covering letter with details of manuscript including name, address and email id of two potent reviewers and details of authors with their contribution
2. Manuscript with tables/figures
3. Graphical abstract in editable powerpoint format
4. Images if any (if not included in manuscript) must be in editable word format with at least print (200 dpi) resolution.
5. Copyright form signed by all/corresponding author/s.

File type

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.doc/.docx
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8.2 Format requirements

1. Article file blinded (Name of authors and affiliations deleted, no details of institution/author available under methodology or acknowledgement).
2. Provided details of contribution to this research by each author (refer any published article in *J Ayu Med Sci* for format).
3. Provided expansion of all initials in the name of authors.
4. Provided references as per *J Ayu Med Sci* format (<http://jayumedsci.com/content/instruction-authors>).
5. Sanskrit words provided with diacritic marks/italicised
6. Section and subsections numbered
7. Table figure and reference numbers quoted as per *J Ayu Med Sci* format

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9. Contact details

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Website: www.jayumedsci.com