

Instructions to Authors

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- (1) Original Research Articles
- (2) Review articles
- (3) Short Communications / Case reports.

It is essential that authors prepare their manuscripts according to the standard established specifications. Failure to follow them may result in papers being delayed or rejected. Therefore, contributors are strongly encouraged to read these instructions carefully before preparing a manuscript for submission. The manuscripts should be checked carefully for grammatical errors.

1. Short communications (maximum of 3 pages) should present new important findings in brief including illustrations.
2. Review articles (maximum of 6 pages) should bring up the most important current topics or present interpretative and critical accounts, but not simple compilation on subjects of general interest.

Requirements

Manuscripts should be neatly typed, 1.15 spacing throughout, single spaced tables, graphs and figures. Manuscript should be on A4 size paper with 1" margins on all sides. Pages are to be numbered continuously. The manuscript should be in Times New Roman font using a font size of 12. Title shall be in font size 14, bold face capitals. All Headings in the manuscript shall be in font size 12, bold face capitals. Subheading in each section shall be in font size 12, bold face lower case. Italic font style should be used in the main text for Ayurvedic / Sanskrit terms and botanical names / Latin names and the nearest english terminology has to be included in the bracket against the sanskrit terms. Standard International Units could be used throughout the text. Abbreviations should be detailed at first time and later they can be used as it is in the main text.

Manuscripts should be arranged into the following sections:

1. First page
2. Abstract and key words

3. Introduction
4. Materials and Methods
5. Results / observations
6. Discussion and conclusion
7. Acknowledgment (If any)
8. References

First Page

1. Complete Authors names designation details including their email and phone numbers.
2. Corresponding author's details including address.
3. Title of the article and running title

Abstract and key words

A summary of not more than 250 words, clear and factual in content should be written as abstract. It must present the need for the study (hypothesis), methodology in short and important conclusions. No abbreviations or references should be cited in the abstract. (Expanded forms of abbreviations should be given in the text where it is mentioned first). 5-6 key words can be provided to identify the most important aspects covered in the article.

Introduction

Do not review the subject extensively in the introduction. Just concise account or a preview is required from the background of the subject and its present significance highlighting the need for the study.

Materials & Methods

Clarity and details are very important in this section. The papers should include concise details on the methodology adopted; sufficiently elaborate to repeat the experiment. Data must be adequate and experimental design should be proper and accurate. Methods for which adequate references from published work can be cited are not to be described. All Physical and Spectral data should be reported. Method of Analysis should be validated. Experiments on human subjects are to be approved by a Human Ethical Committee. For the care and use of laboratory animals, the Ministry of Social Justice & Empowerment, Government of India and OECD notified guidelines should be strictly followed and Institutional Animal ethical clearance should have been obtained. In case of work related to plant materials, their accession number or a reference of the same quoted in the manuscript. Rationale for selection of certain solvent extracts of herbs/plants along with characterization (by way of spot tests, TLC pattern etc.) of such extracts evaluated for any activity should form part of manuscript. Use of positive and negative controls in experiments should be highlighted. In case of natural products articles, plants name should be italic.

Results / Observations

The original and important findings should be stated in a logical sequence.

Illustrate the results with figures or tables where necessary, but both must be kept to the minimum and should be cited as per the sequence. Result must be precise and comprehensive and should not suffer from vagueness. Negative results should not be manipulated or hidden.

Discussion and conclusion

Discussion is the hub of any article. So it should contain a critical review of the results of the study with the support of relevant literature. The principal conclusions drawn from the results and their important implications should be discussed. Do not repeat in detail data already stated in results. Based on scientific discussions, appropriate conclusions related to the present subject to be made. Deviated conclusions or vague / general conclusions should not be made.

Acknowledgements

Sources of support in the form of grants, equipment, drugs as gift samples may be included. Only scientific personnel who have made substantial and essential contributions to the study should be acknowledged.

Statement of Informed consent

Patients have a right to privacy that should not be infringed without informed consent. Identifying information, including patients names, initials, or hospital numbers, should not be published in written descriptions, photographs, and pedigrees unless the information is essential for scientific purposes and the patient (or parent or guardian) gives written informed consent for publication. Informed consent for this purpose requires that a patient who is identifiable be shown the manuscript to be published. Authors should identify Individuals who provide writing assistance and disclose the funding source for this assistance. Identifying details should be omitted if they are not essential. Complete anonymity is difficult to achieve, however, and informed consent should be obtained if there is any doubt. For example, masking the eye region in photographs of patients is inadequate protection of anonymity. If identifying characteristics are altered to protect anonymity, such as in genetic pedigrees, authors should provide assurance that alterations do not distort scientific meaning and editors should so note.

References

References should be in Vancouver style and numbered consecutively in the order in which they are first mentioned in the text (not in alphabetic order). Identify references in text, tables, and legends by numerals in superscript (eg: Ayurveda¹). 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 discussion and conclusion section.

The commonly cited types of references are shown here: Journals

1. Devi KV, Pai RS. Antiretrovirals: Need for an Effective Drug Delivery. *Indian J PharmSci* 2006; 68:1-6.
2. Volume with supplement: Shen HM, Zhang QF. Risk assessment of nickel carcinogenicity and occupational lung cancer. *Environ Health Perspect* 1994; 102 Suppl 1:275-82.
3. Issue with supplement: Payne DK, Sullivan MD, Massie MJ. Women's psychological reactions to breast cancer. *Semin Oncol* 1996; 23(1, Suppl 2):89-97.

Books and Other Monographs

1. Personal author(s): Ringsven MK, Bond D. *Gerontology and leadership skills for nurses*. 2nd ed. Albany (NY): Delmar Publishers; 1996.
2. Editor(s), compiler(s) as author: Norman IJ, Redfern SJ, editors. *Mental health care for elderly people*. New York: Churchill Livingstone; 1996.
3. Chapter in a book: Phillips SJ, Whisnant JP. Hypertension and stroke. In: Laragh JH, Brenner BM, editors. *Hypertension: pathophysiology, diagnosis, and management*. 2nd ed. New York: Raven Press; 1995. p. 465-78.

Electronic Sources

Journal article on the Internet

Abood S. Quality improvement initiative in nursing homes: the ANA acts in an advisory role. *Am J Nurs* [serial on the Internet]. 2002 Jun [cited 2002 Aug 12];102(6):[about 3 p.]. Available from:

Foley KM, Gelband H, editors. *Improving palliative care for cancer* [monograph on the Internet]. Washington: National Academy Press; 2001 [cited 2002 Jul 9]. Available from: <http://www.nap.edu/books/0309074029/html/.Homepage/Web site>.

Tables - only MS word table format (With rows and columns visible) should be used for preparing tables. Tables should be numbered consecutively in numerals and bear a brief title in capital letters normal face. Units of measurement should be abbreviated and placed below the column headings. It is essential that all tables have legends, which explain the contents of the table. Tables should not be very large that they run more than one A4 sized page.

Figures - Should be numbered and inserted within the text at appropriate place. Figures should be numbered consecutively in numerals and bear a brief title in lower case bold face letters below the figure. Graphs and bar graphs should preferably be prepared using Microsoft Excel and submitted as Excel graph pasted in Word. As far as possible, please avoid diagrams made on white drawing paper, cellophane sheet or tracing paper with hand written captions or titles. In case of

photomicrographs, magnification should be mentioned either directly on them or in the legend. Symbols, arrows or letters used in photomicrographs should contrast with the background.

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NOTE: The decision to accept a contribution rests with Editor-in-chief and associate editors which reserves the right to make alterations in manuscripts submitted for publication if they do not conform to accepted scientific standard or if they are too repetitive.