

Thought Leadership Articles present insightful perspectives on critical issues in Ayurveda and Integrative Medicine, offering expert analysis and future directions. Manuscripts should be limited to 2000 words (excluding references) and may include up to 20 references. A non-structured abstract of up to 250 words is required.

Title of the Opinion Paper

Concise, engaging, and thought-provoking (≤15 words)

Font: Times New Roman, 14 pt, Bold, Centered

Author(s) Details

First Name Last Name¹, First Name Last Name², etc.

1Designation, Institution, City, Country

2Designation, Institution, City, Country

Corresponding Author:

Name

Affiliation

Email

Abstract (Non-Structured)

Word limit: Up to 250 words

A concise summary of the thought leadership article, emphasizing key perspectives, insights, and implications.

Keywords

4 to 6 keywords separated by commas (Use MeSH terms if possible)

Main Text

Word Limit: 2000 words

1. Introduction

- **Overview of the topic and its relevance**
 - **Current debates or challenges in Ayurveda and Integrative Medicine**
 - **Purpose and significance of the opinion paper**
-

2. Key Arguments & Perspectives

- **Discussion of major viewpoints and insights**
 - **Supporting evidence, case studies, or expert analysis**
 - **Contrasting opinions and debates**
-

3. Implications & Future Directions

- **Potential impact on research, policy, or clinical practice**
 - **Call for further discussion or action**
 - **Recommendations for future advancements**
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4. Conclusion

- **Summary of key discussion points**
- **Final thoughts and leadership insights**

- **Encouragement for continued dialogue on the topic**
-

References

- **Limit: Up to 20 references**
- **Reference numbers should be written inside square brackets [] within the text and NOT as superscripts or endnotes**

Example: The evolution of Ayurveda in modern healthcare has been extensively explored [1].

Tables & Figures (If Applicable)

- **Figures should be high-quality (300 dpi minimum)**
 - **Tables should summarize key arguments, perspectives, or supporting data**
-

Acknowledgments (Optional)

- **Recognize contributors, funding, or institutional support (if applicable)**
-

Conflict of Interest Statement

Example: The author(s) declare no conflicts of interest.

Optional: Author Bio

- **A short paragraph about the author(s), including expertise and current affiliations.**
-

References

References should be numbered consecutively in the order they are first mentioned in the text, tables, and legends. They should be identified by **numerals in square brackets [] after punctuation marks**. References cited only in tables or figure legends should be numbered according to the sequence established by their first identification in the text of the particular table or figure. Ensure adherence to the style examples below, based on formats used by NLM in Index Medicus. Journal titles should be abbreviated according to Index Medicus style; provide complete names for non-indexed journals. Avoid citing abstracts unless necessary, and ensure permissions for unpublished data.

Articles in Journals

Standard Journal Article (for up to six authors):

Parija SC, Ravinder PT, Shariff M. Detection of hydatid antigen in the fluid samples from hydatid cysts by co-agglutination. *Trans R Soc Trop Med Hyg.* 1996;90:255–256.

Standard Journal Article (for more than six authors):

Roddy P, Goiri J, Flevaud L, et al. Field Evaluation of a Rapid Immunochromatographic Assay for Detection of *Trypanosoma cruzi* Infection by Use of Whole Blood. *J Clin Microbiol.* 2008;46:2022-2027.

Volume with Supplement:

Otranto D, Capelli G, Genchi C. Changing distribution patterns of canine vector-borne diseases in Italy: leishmaniosis vs. dirofilariosis. *Parasites & Vectors.* 2009;Suppl 1.

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Books and Other Monographs

Personal Author(s):

Parija SC. *Textbook of Medical Parasitology*. 3rd ed. All India Publishers and Distributors; 2008.

Editor(s), Compiler(s) as Author:

Garcia LS. *Filarial Nematodes*. In: Garcia LS, ed. *Diagnostic Medical Parasitology*. ASM Press; Washington DC; 2007:319-356.

Chapter in a Book:

Nesheim MC. Ascariasis and human nutrition. In: Crompton DWT, Nesbemi MC, Pawlowski ZS, eds. *Ascariasis and its prevention and control*. Taylor and Francis; London, U.K.; 1989:87-100.

Electronic Sources

Journal Article on the Internet:

Parija SC, Khairnar K. Detection of excretory *Entamoeba histolytica* DNA in the urine, and detection of *E. histolytica* DNA and lectin antigen in the liver abscess pus for the diagnosis of amoebic liver abscess. *BMC Microbiol*. 2007;7:41. doi:10.1186/1471-2180-7-41. Available from: <http://www.biomedcentral.com/1471-2180/7/41>.

Ayurveda / Ancient Literature

Reference from Samhita:

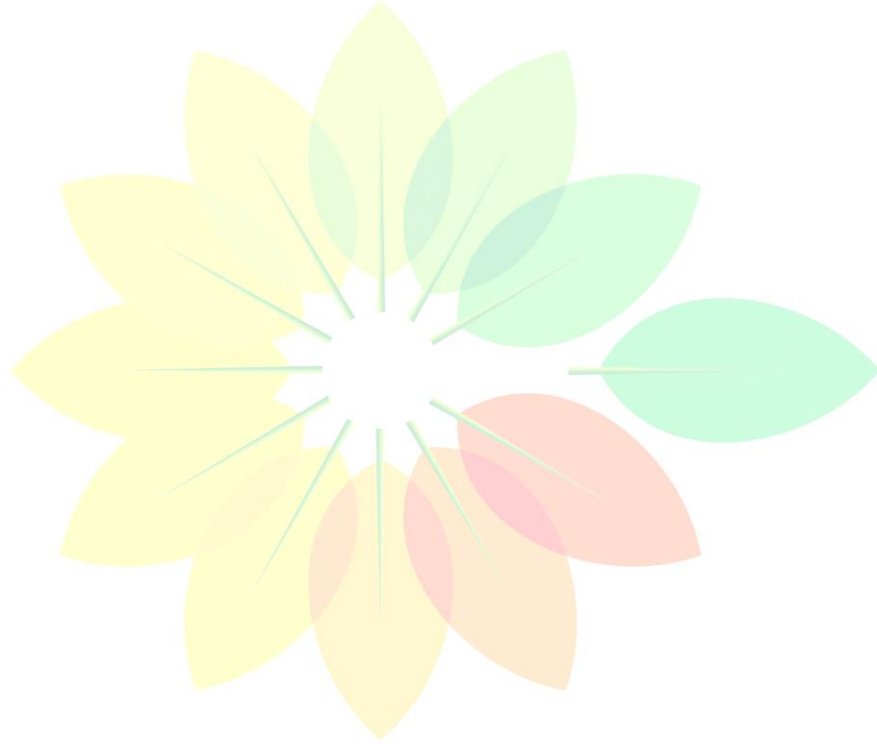
Caraka Samhita, Sutrasthana, Matrashitiyaadhyaya, 5/104. Available from: <http://niimh.nic.in/ebooks/ecaraka> (Accessed on 31 July 2020).

Reference from Other Ayurveda Classical Literature:

Raja Radha Kanta Deva. *Shabdkaalpadruma*. Vol 5, Reprint Edition 3rd. Amar Publications; Varanasi; 1967:10:22 Pg no.89.

Reference from Commentary:

Chakrapani on *Caraka Samhita*, Sutrasthana, Matrashitiyaadhyaya, 5/104.
Available from: <http://niimh.nic.in/ebooks/ecaraka> (Accessed on 31 July 2020).



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