

**International Journal of Ayurveda360**  
**Template for Practice Guidelines Articles**

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**Practice Guidelines provide evidence-based recommendations for clinical practice, research, and education in Ayurveda, traditional medicine, and Integrative Medicine. These guidelines aim to standardize and improve healthcare delivery, research methodologies, and educational frameworks.**

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**Title of the Guidelines**

**Concise, engaging, and informative (≤15 words)**  
**Font: Times New Roman, 14 pt, Bold, Centered**

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**Author(s) Details**

*First Name Last Name<sup>1</sup>, First Name Last Name<sup>2</sup>, etc.*

**<sup>1</sup>Designation, Institution, City, Country**

**<sup>2</sup>Designation, Institution, City, Country**

**Corresponding Author:**

**Name**

**Affiliation**

**Email**

**AYURVEDA**  
**360**

**Abstract (Structured)**

**Word limit: Up to 250 words**

**A concise summary of the guidelines, outlining key recommendations and their significance in Ayurveda, traditional medicine, or Integrative Medicine.**

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**Keywords**

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

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## **Main Text**

**Word Limit: 3000-5000 words**

### **1. Introduction**

- **Background and significance of the guidelines**
  - **Purpose and objectives**
  - **Scope of the recommendations**
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### **2. Methodology**

- **Process of developing the guidelines (literature review, expert consensus, etc.)**
  - **Sources of evidence and grading system (if applicable)**
  - **Ethical considerations**
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### **3. Key Recommendations**

- **Clear, actionable guidelines categorized based on their application (clinical, research, or education)**
  - **Level of evidence supporting each recommendation**
  - **Comparative insights from traditional and modern practices**
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### **4. Implementation & Best Practices**

- **Steps for integrating the guidelines into practice**

- **Potential challenges and solutions**
  - **Monitoring and evaluation strategies**
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## **5. Discussion**

- **Expected impact of the guidelines**
  - **Comparison with existing protocols or standards**
  - **Future research and policy considerations**
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## **6. Conclusion**

- **Summary of key recommendations**
  - **Final thoughts on their significance and adoption**
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## **References**

- **Limit: Up to 50 references**
- **Use Vancouver Style (AMA) or NLM style**
- **Reference numbers should be written inside square brackets [ ] within the text and NOT as superscripts or endnotes**

*Example: Standardized practice guidelines have improved patient outcomes in various disciplines [1].*

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## **Tables & Figures**

- **Include flowcharts, decision-making algorithms, or comparative tables as necessary**
- **Figures should be high-quality (300 dpi minimum)**

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## Acknowledgments (Optional)

- **Recognize contributors, funding, or institutional support (if applicable)**
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## Conflict of Interest Statement

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

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## 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.

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## 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.

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### **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>.

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## **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. *Shabdkalpadruma*. 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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