

Title of the Study

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

Abstract (IMRD Format)

Word limit: Up to 250 words

- **Introduction:** Brief context and rationale of the study. Why is this research important?
 - **Methods:** Overview of study design, sample, methodology, and statistical analysis.
 - **Results:** Key findings, significant outcomes, and data representation.
 - **Discussion:** Interpretation of results, implications for Ayurveda and Integrative Medicine, and recommendations for future research.
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Keywords

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

Main Text

Word Limit: 5000 words

1. Introduction

- **Background of the study**

- **Importance and relevance in Ayurveda or Integrative Medicine**
 - **Research gap and objectives**
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2. Materials & Methods

- **Study design (experimental setup, controls, study duration)**
 - **Selection criteria (inclusion/exclusion)**
 - **Preparation and authentication of herbal or natural products**
 - **Ethical approvals (Animal/Human Ethics Committee clearance, if applicable)**
 - **Compliance with ARRIVE (Animal Research: Reporting of In Vivo Experiments) guidelines for animal studies**
 - **Details of animal species, housing conditions, care, and welfare considerations**
 - **Justification for the use of animals and sample size determination**
 - **Description of interventions and observation parameters**
 - **Statistical analysis methods used**
 - **Study design (experimental setup, controls, study duration)**
 - **Selection criteria (inclusion/exclusion)**
 - **Preparation and authentication of herbal or natural products**
 - **Ethical approvals (Animal/Human Ethics Committee clearance, if applicable)**
 - **Statistical analysis methods used**
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3. Results

- **Presentation of findings with appropriate data representation**
 - **Tables, graphs, and figures summarizing results**
 - **Statistical significance of findings**
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4. Discussion

- **Interpretation of results**
 - **Comparison with previous studies**
 - **Strengths, limitations, and implications for future research**
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5. Conclusion

- **Summary of major findings**
 - **Relevance and potential impact on Ayurveda and Integrative Medicine**
 - **Future research recommendations**
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References

- **Limit: Up to 70 references**
- **Reference numbers should be written inside square brackets [] within the text and NOT as superscripts or endnotes**

Example: Standardized herbal formulations have shown efficacy in various experimental models [1].

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Tables & Figures

- **Maximum: 8 non-text items (tables/figures)**

- **Figures should be high-quality (300 dpi minimum)**
 - **Tables should summarize key results or methodologies**
-

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.*

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.

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. *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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