



JOURNAL OF AYURVEDA AND INTEGRATIVE MEDICINE

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DESCRIPTION

The *Journal of Ayurveda and Integrative Medicine* (J-AIM) is internationally circulated open access official publication of [World Ayurveda Foundation](#) and [Trans-Disciplinary University](#), Bengaluru. As a trans-disciplinary platform for integrative health sciences, J-AIM aims to explore the relationships between Ayurveda, traditional medicine, biomedicine and other contemporary health sciences, encouraging meaningful collaboration to promote effective, safe and affordable global health.

J-AIM encourages collaboration and communications between professional, academic and scientific communities. It publishes critical aspects of intellectual and scientific communication focused on Ayurveda, traditional medicine and biomedicine to facilitate integrative approaches to global healthcare.

Articles explaining and exploring principles of Ayurveda and traditional medicine; theoretical, experimental, and clinical research; ; evidence based clinical practice promoting trans-disciplinary research culture and mainstreaming traditional medicine using advances in biomedicine, basic sciences and technology as well as articles envisioning future scope, research areas and priorities will be considered.

J-AIM also encourages articles investigating biological effects of traditional medicines, pharmacological and physiological interventions. It welcomes research that endeavors to design and development of new protocols, reporting standards, processes, methods, pharmaceuticals, quality control, instruments, clinical practice and translation into healthcare systems.

J-AIM Editorial Board and reviewers comprise expert academicians, researchers and clinicians who help for capacity and competency building in scientific writing. Effective and user friendly manuscript processing system of the journal facilitate review process for timely decisions and publications. The journal is a member of reputed international bodies like World Association of Medical Editors, Indian Association of Medical Journal Editors, and Committee of Publication Ethics (COPE). J-AIM is indexed in PubMed and Scopus among many other. J-AIM does not charge manuscript processing fees from authors.

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GUIDE FOR AUTHORS

Types of paper

Contributions falling into the following categories will be considered for publication:

Editorial, Opinion Paper (Thought Leadership Article), Full Length Article (Original Research Article (Experimental), Original Research Article (Clinical), General Article, Pedagogy), Case Report (Case series), Short Communication, Review Article, Short Review, Discussion (Discussion Kernel, Commentary), Feature Article (Life Profiles, Vignette, Initiatives, Review of landmark articles), Correspondence (Letters), Product Review, Book Review, Practice Guidelines, and E-Publication (News and comments, Future events, Conference Report)

Editorial

Editorials: Editorials are written by the Editorial Board member or by Guest Editorials special invited by the Editor-in-chief. Restrict manuscript to about 1500 words and about 15 references.

Opinion Paper

Thought Leadership Article: Please restrict non-structured abstract to 250 words and manuscript to about 2000 words (excluding about 20 references)

Full Length Article

Original Research Article (Experimental): Please restrict the structured abstract to 250 words (background, objectives, material and methods, results, conclusions) and the manuscript to about 5000 words (excluding about 70 references) and 8 non-text items. Experimental Research articles report authors' original (other than clinical) research of a more technical and specialized nature. They may include studies meant for standardization of raw drugs and finished formulations, toxicity and efficacy studies, studies exploring significance of Ayurvedic pharmaceutical processes. Studies involving integrative methods/techniques for standardization of drugs and diagnosis of diseases based on Ayurvedic classical guidelines will be appreciated. Authors should mention details of authentication of raw drugs and finished formulations used, animal ethics committee clearance (if applicable) and guidelines followed for the study. For all biochemical/laboratory procedures, either provide sufficient details or a reference for the relevant details. Provide name and address of the manufacturer for trade names or commercial products. Please follow ARRIVE guidelines for reporting in-vivo research (<https://www.nc3rs.org.uk/arrive-guidelines>).

Original Research Article (Clinical): This section reports clinical research, within the scope of J-AIM. Clinical studies may include clinical trials, cross sectional studies, case control and cohort studies.

Research conducted on humans should be in compliance with the Declaration of Helsinki and the principles of Good Clinical Practices wherever applicable. Approval of research by relevant ethics committee is mandatory and should be mentioned wherever applicable.

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Restrict the structured abstract to 250 words and the manuscript to about 5000 words (excluding about 70 references) and 8 non-text items. Each manuscript should clearly state an objective or hypothesis; the design and methods (including the study setting and dates, patients or participants with inclusion and exclusion criteria, or data sources, and how these were selected for the study). Authors should include the essential features of interventions; the outcome measures; the results of the study; a discussion section placing the results in context with the published literature and addressing study limitations; and the conclusions. Clinical trials (interventional studies) only those are registered with Clinical Trials Registry- India (CTRI) <http://www.ctri.nic.in> will be considered for publication. The authors need to mention CTRI registration number in covering letter and in the article file. All the randomized controlled trials should be described on the basis of revised CONSORT statement, which is available at <http://www.consort-statement.org>. Authors need to mention details

about authentication of raw drugs and finished formulations used, ethics committee clearance, informed consents from patients and guidelines followed for the study. Provide name and address of the manufacturer for trade names or commercial products.

General Article: General articles report authors' original work of a non-clinical nature, concerning topics, either within the scope of J-AIM and experimental areas, or otherwise relevant to contemporary issues in Ayurveda, and Integrative Medicine. Please restrict non-structured abstract to 250 words and the manuscript to about 3000 words (excluding about 50 references) and 5 non-text items.

Pedagogy: Articles by experienced Ayurvedic scholars of relevance to contemporary issues in education, teaching methods and approaches are expected in this section. Articles exploring epistemology, fundamental concepts and principles of Ayurveda, Yoga, Siddha, Unani and Homeopathic medicines for its better understanding, literary studies on historical, sociological and classics influencing current healthcare scenario are appreciated. Restrict the manuscript to about 3000 words (excluding about 40 references) and 5 non-text items. An abstract is not required for a Pedagogy article.

Case Report

Case reports: Case Studies concern successful application of treatment, adverse events or novel observation of a single case. The cases should be unique, describing a great diagnostic or therapeutic challenge and providing a learning point for the readers. Restrict the manuscript to about 1,500 words (excluding about 20 references), 2 non-text items and include a non-structured abstract of up to 200 words. Please follow CARE Statement available on <http://www.care-statement.org> for structuring case reports. Patient's identity should not be revealed from the clinical photographs or CT/USG pictures.

Case Series: Case Series are collection of cases with similar exposure and / or outcomes. The case series about application of Ayurveda or Integrative Medicine to a specific pathology and illustrate efficacy of an unusual application of a traditional treatment, hopefully indicating a solution to some contemporary medical problem will be considered for publication. Restrict non-structured abstract to 250 words, manuscript about 3000 words (excluding about 40 references) and 4 non-text items.

Short Communication

Short communications may include important preliminary studies and reports. Please provide non-structured abstract to 250 words and restrict the manuscript to about 1,500 words (excluding about 20 references) and 2 non-text items.

Review Article

Reviews may cover particular areas of Ayurveda or integrative medicine of relevance to contemporary issues. Review articles written by individuals who have done substantial work on a subject or by experts in the field are appreciated. They should be systematic, state-of-art comprehensive reviews of the subject including author(s) own inputs. A good review article may have author(s) claim / view after going through scientific literature pertaining to a specific area, reasons behind the claim / view, factual evidences discussing the claim / view and finally novel conclusions drawn after interlinking many research findings. The section titles should depend upon the topic reviewed. Authors submitting a review article should include a section describing the methods used for locating, selecting, extracting, and synthesizing data. These methods should also be summarized in the abstract. A review article should not be a mere compilation. The journal expects the contributor to give post-publication updates and advances on the subject of review. The update should be brief and should be sent as a letter to editor, as and when major developments occur in the field. Restrict non-structured abstract to 250 words and manuscript to about 6000 words (excluding about 80 references) and about 8 non-text items.

Short Review

A short review is expected up to 2000 words with 20 references and non-structured abstract up to 200 words.

Discussion

Discussion Kernel: A short pithy article concerning some issue of wide potential interest, which requires, and is designed to stimulate, further discussion and debate will be considered in this section. Restrict manuscript to about 1500 words (excluding about 20 references), 3 non-text items and non-structured abstract up to 200 words.

Commentary: Commentary is generally solicited from reviewers on very important papers. The limit is 500 words with no abstract.

Feature Article

Life Profile: Life profile of a legendary personality, physician/scientist of today or from the past who has contributed to Ayurveda, traditional medicine and integrative medicine will be considered for publication. The article should be legible, to the point, balanced, without any prejudice or prepossession in mind and telling about the person to the fullest. The number of words spent on personal life should be limited and the article should be more focused towards his/her contribution in the field of Ayurveda or integrative medicine. The article should clearly pick up the qualities of the person which made him an important personality in the field and should illustrate the important scientific/scholarly works, and contribution to philosophy or clinical practice. Use of quality reference material is expected. Abstract is not required and restrict manuscript to about 2000 words (excluding about 20 references).

Vignettes: Vignettes retell incidents in the lives of great Vaidyas/scientist, which encapsulate and illustrate an important point about the philosophy, knowledge or practice of Ayurveda, a related AYUSH system, or integrative medicine. Focused interviews are also considered. Please restrict the manuscript to about 2000 words and 2 Photographs if available. For Vignettes, an abstract is not required.

Initiatives: Initiatives recount the history, philosophy, mission and activities of some important projects, institutions, organizations and associations making contributions to advance Ayurveda or Integrative Medicine healthcare, either locally or globally. Restrict the manuscript to about 3000 words (excluding about 30 references). Abstract is not required. Illustrative pictures and diagrams will be appreciated. Initiatives articles are solicited. The article may include points like focal theme of the initiative, planning and preparations done before implementation, problems faced during establishment of the initiative and how they were solved, current situation, on-going projects / programs, current problems if any, importance of the project / organization to Ayurveda or Integrative Medicine, contribution and response of Ayurveda and Biomedicine fraternities, future plans and directions, expectations from government authorities or stakeholders, appeal for feedback (if any) and important links.

Review of Landmark Article: Review of Landmark Articles gives deep insights into a scientific paper representing a turning point in the history of any aspect of Ayurveda or Integrative Medicine. Articles will be solicited or commissioned. Please restrict non-structured abstract to 250 words and manuscript up to 3000 words (excluding about 50 references) with 5 non-text items.

Correspondence

Letters: Letters are welcome from all readers on topics and issues pertaining to articles in recent editions of J-AIM, or to the worlds mainly of Ayurveda, other AYUSH systems and traditional medicine or Integrative Medicine. Letters should be brief, concise and to the point. Restrict manuscript to about 1000 words (excluding about 15 references) and 1 non-text items.

Product review: Product review includes brief and evidence based information about any product, devise, instrument or tool useful in clinical practice, research or translation. Restrict the manuscript up to 500 words with maximum two non-text items.

Book reviews:

Book reviews can be solicited by J-AIM editorial staff or commissioned ones. Readers are welcome to suggest high quality contemporary or historically important books on Ayurveda for review. Offers to review such books will also be considered. For unsolicited book reviews, the reviewer needs to upload a permission letter from the authors of the book. Please note that in both the cases (solicited or unsolicited book review) publisher / author(s) / reviewer(s) needs to send a copy of the book reviewed or to be reviewed to the Editorial Office at Pune.

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Abstract is not required and restrict the manuscript to about 2000 words and a jpeg image of the cover page of the book reviewed should be uploaded separately.

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Conference Report: Please restrict manuscript up to 1200 words with maximum two non-text items.

News and comments: These are written by J-AIM editorial staff. Readers may suggest topics and events for publication pertaining recent activities in the field of Ayurveda and Integrative Medicine. Please contact editor.jaim@gmail.com

Future events: These are generally written by J-AIM editorial board members. Please submit requests for particular events to be covered. In this case, suggestions for the person to write the report will also be welcome. Please contact editor.jaim@gmail.com

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- Journal policies detailed in this guide have been reviewed
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BEFORE YOU BEGIN

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PREPARATION

Double-blind review

This journal uses double-blind review, which means the identities of the authors are concealed from the reviewers, and vice versa. [More information](#) is available on our website. To facilitate this, please include the following separately:

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To avoid unnecessary errors you are strongly advised to use the 'spell-check' and 'grammar-check' functions of your word processor.

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Subdivision - numbered sections

Divide your article into clearly defined and numbered sections. Subsections should be numbered 1.1 (then 1.1.1, 1.1.2, ...), 1.2, etc. (the abstract is not included in section numbering). Use this numbering also for internal cross-referencing: do not just refer to 'the text'. Any subsection may be given a brief heading. Each heading should appear on its own separate line.

Introduction

State the objectives of the work and provide an adequate background, avoiding a detailed literature survey or a summary of the results.

Material and methods

Provide sufficient detail to allow the work to be reproduced. Methods already published should be indicated by a reference: only relevant modifications should be described.

Theory/calculation

A Theory section should extend, not repeat, the background to the article already dealt with in the Introduction and lay the foundation for further work. In contrast, a Calculation section represents a practical development from a theoretical basis.

Results

Results should be clear and concise.

Discussion

This should explore the significance of the results of the work, not repeat them. A combined Results and Discussion section is often appropriate. Avoid extensive citations and discussion of published literature.

Conclusions

The main conclusions of the study may be presented in a short Conclusions section, which may stand alone or form a subsection of a Discussion or Results and Discussion section.

Appendices

If there is more than one appendix, they should be identified as A, B, etc. Formulae and equations in appendices should be given separate numbering: Eq. (A.1), Eq. (A.2), etc.; in a subsequent appendix, Eq. (B.1) and so on. Similarly for tables and figures: Table A.1; Fig. A.1, etc.

Essential title page information

- **Title.** Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible.

• **Author names and affiliations.** Please clearly indicate the given name(s) and family name(s) of each author and check that all names are accurately spelled. Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lower-case superscript letter immediately after the author's name and in front of the appropriate address. Provide the full postal address of each affiliation, including the country name and, if available, the e-mail address of each author.

• **Corresponding author.** Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. **Ensure that the e-mail address is given and that contact details are kept up to date by the corresponding author.**

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Abstract

A concise and factual abstract is required. The abstract should state briefly the purpose of the research, the principal results and major conclusions. An abstract is often presented separately from the article, so it must be able to stand alone. For this reason, References should be avoided, but if essential, then cite the author(s) and year(s). Also, non-standard or uncommon abbreviations should be avoided, but if essential they must be defined at their first mention in the abstract itself.

Keywords

Immediately after the abstract, provide a maximum of 6 keywords, using American spelling and avoiding general and plural terms and multiple concepts (avoid, for example, 'and', 'of'). Be sparing with abbreviations: only abbreviations firmly established in the field may be eligible. These keywords will be used for indexing purposes.

Abbreviations

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Phanasalkar SD. *Ayurvediya Rasayana Chikitsa (Marathi)*. 2nd ed. Pune: Manakarnika Publication; 2011.

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