



# 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.

## ABSTRACTING AND INDEXING

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Web of Science  
PubMed/Medline  
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Embase  
Emerging Sources Citation Index (ESCI)  
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## GUIDE FOR AUTHORS

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### *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.

**Protection of Patients' Rights to Privacy:** Any information that could reveal identity of individuals in written descriptions, photographs, sonograms, CT scans, etc., should not be included in the manuscript unless the information is essential for scientific purposes and the patient (or parent or guardian, wherever applicable) gives written informed consent for publication. Informed consent should be mentioned in the article. The journal office may ask for copy of the consent form, original data, which should be provided on request.

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.

The reviewer should highlight who the expected readers are, introduce readers to the book's content (but avoid repeating its table of contents), focus on the subject, its approach and novelty; inform readers about what is happening in the area which the book addresses; what is the state of knowledge in the subject; and how this new book adds, changes or breaks new ground in our knowledge of this subject. If the book is an edited collection of essays, or chapters by different individuals, give some idea of the overall theme and content, but be free to focus on specific chapters you consider particularly significant or worthwhile. A book review may include an introduction to the author(s), including the author's title and place of work and some information stating who the author is; a summary of the intended purpose of the book and its contributions to Ayurveda and integrative medicine; a description of the way the author approaches his or her topic; the rigor of research and scholarship; the logic of the argument and the readability of the prose. If possible, a comparison with earlier or similar books in the field, and an evaluation of the book's merits, usefulness, and special contributions may be included.

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.

### **Practice Guidelines**

Guidelines about clinical practice, research and education about Ayurveda, traditional medicine or Integrative Medicine will be published in this section. Please follow expected guidance for developers of reporting guidelines, available on <http://www.equator-network.org/toolkits/developers>

Following article types will be published as e-Publication only.

**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](mailto: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](mailto:editor.jaim@gmail.com)

Authors may use the equator network site for sourcing these guidelines <http://www.equator-network.org>

Please ensure that you select the appropriate article type from the list of options when making your submission. Authors contributing to special issues should ensure that they select the special issue article type from this list.

### **Article Processing Charge**

Manuscripts submitted from 1st February, 2019 will be required to pay an Article Publication Charge (APC) if their manuscripts are accepted for publication in Journal of Ayurveda and Integrative Medicine (JAIM). This will not affect manuscripts submitted before 1st February, 2019.

The standard Open Access APC is set at US\$3000 per article; however, JAIM is offering various discounted APC's (excluding taxes) as below. Authors will not be limited by the number of pages, number of figures, or colour figures.

Open Access Fee will be US\$80 per article for individual contributors from low and middle-income countries as per World Bank 2018 classification. For avoidance of doubt, these countries are defined in the World Bank List of Low and Middle-Income Countries, 2018 set forth. For individual members of Transdisciplinary University, Bangalore and World Ayurveda Foundation, Open Access Fee is US\$40 per article. For all individual contributors not covered by the above two criteria, Open Access Fee is US\$1800 per article

### **World Bank List of Low and Middle-Income Countries, 2018**

o AFGHANISTAN o ALBANIA o ALGERIA o AMERICAN SAMOA o ANGOLA o ARGENTINA o ARMENIA o AZERBAIJAN o BANGLADESH o BELARUS o BELIZE o BENIN o BHUTAN o BOLIVIA o BOSNIA AND HERZEGOVINA o BOTSWANA o BRAZIL o BULGARIA o BURKINA FASO o BURUNDI o CABO VERDE o

CAMBODIA o CAMEROON o CENTRAL AFRICAN REPUBLIC o CHAD o CHINA o COLOMBIA o COMOROS o CONGO, DEM. REP. o CONGO, REP. o COSTA RICA o COTE D'IVOIRE o CUBA o DJIBOUTI o DOMINICA o DOMINICAN REPUBLIC o ECUADOR o EGYPT, ARAB REP. o EL SALVADOR o EQUATORIAL GUINEA o ERITREA o ESWATINI o ETHIOPIA o FIJI o GABON o GAMBIA, THE o GEORGIA o GHANA o GRENADA o GUATEMALA o GUINEA o GUINEA-BISSAU o GUYANA o HAITI o HONDURAS o INDIA o INDONESIA o IRAN, ISLAMIC REP. o IRAQ o JAMAICA o JORDAN o KAZAKHSTAN o KENYA o KIRIBATI o KOREA, DEM. PEOPLE'S REP. o KOSOVO o KYRGYZ REPUBLIC o LAO PDR o LEBANON o LESOTHO o LIBERIA o LIBYA o MACEDONIA, FYR o MADAGASCAR o MALAWI o MALAYSIA o MALDIVES o MALI o MARSHALL ISLANDS o MAURITANIA o MAURITIUS o MEXICO o MICRONESIA, FED. STS. o MOLDOVA o MONGOLIA o MONTENEGRO o MOROCCO o MOZAMBIQUE o MYANMAR o NAMIBIA o NEPAL o NICARAGUA o NIGER o NIGERIA o PAKISTAN o PANAMA o PAPERUA NEW GUINEA o PARAGUAY o PERU o PHILIPPINES o ROMANIA o RUSSIAN FEDERATION o RWANDA o SAMOA o SAO TOME AND PRINCIPE o SENEGAL o SERBIA o SIERRA LEONE o SOLOMON ISLANDS o SOMALIA o SOUTH AFRICA o SOUTH SUDAN o SRI LANKA o ST. LUCIA o ST. VINCENT AND THE GRENADINES o SUDAN o SURINAME o SYRIAN ARAB REPUBLIC o TAJIKISTAN o TANZANIA o THAILAND o TIMOR-LESTE o TOGO o TONGA o TUNISIA o TURKEY o TURKMENISTAN o TUVALU o UGANDA o UKRAINE o UZBEKISTAN o VANUATU o VENEZUELA, RB o VIETNAM o WEST BANK AND GAZA o YEMEN, REP. o ZAMBIA o ZIMBABWE

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You can use this list to carry out a final check of your submission before you send it to the journal for review. Please check the relevant section in this Guide for Authors for more details.

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*Graphical Abstracts / Highlights files* (where applicable)

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Further considerations

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- A competing interests statement is provided, even if the authors have no competing interests to declare
- Journal policies detailed in this guide have been reviewed
- Referee suggestions and contact details provided, based on journal requirements

For further information, visit our [Support Center](#).

#### **BEFORE YOU BEGIN**

##### **Ethics in publishing**

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of interest: none'. This summary statement will be ultimately published if the article is accepted. 2. Detailed disclosures as part of a separate Declaration of Interest form, which forms part of the journal's official records. It is important for potential interests to be declared in both places and that the information matches. [More information](#).

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Submission of an article implies that the work described has not been published previously (except in the form of an abstract, a published lecture or academic thesis, see '[Multiple, redundant or concurrent publication](#)' for more information), that it is not under consideration for publication elsewhere, that its publication is approved by all authors and tacitly or explicitly by the responsible authorities where the work was carried out, and that, if accepted, it will not be published elsewhere in the same form, in English or in any other language, including electronically without the written consent of the copyright-holder. To verify originality, your article may be checked by the originality detection service [Crossref Similarity Check](#).

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Please write your text in good English (American or British usage is accepted, but not a mixture of these). Authors who feel their English language manuscript may require editing to eliminate possible grammatical or spelling errors and to conform to correct scientific English may wish to use the [English Language Editing service](#) available from Elsevier's Author Services.

### *Submission*

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### *Additional Information*

Tables and figures may be presented with captions within the main body of the manuscript; if so, figures should additionally be uploaded as high resolution files.

### *Peer Review Policy*

This journal operates a double blind review process. All contributions will be initially assessed by the editor for suitability for the journal. Papers deemed suitable are then sent to a minimum of two independent expert reviewers to assess the scientific quality of the paper. The Editor is responsible for the final decision regarding acceptance or rejection of articles. The Editor's decision is final. For more information on the types of peer review, please visit: <https://www.elsevier.com/reviewers/peer-review>.

## **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:

*Title page (with author details):* This should include the title, authors' names, affiliations, acknowledgements and any Declaration of Interest statement, and a complete address for the corresponding author including an e-mail address.

*Blinded manuscript (no author details):* The main body of the paper (including the references, figures, tables and any acknowledgements) should not include any identifying information, such as the authors' names or affiliations.

### *Use of word processing software*

It is important that the file be saved in the native format of the word processor used. The text should be in single-column format. Keep the layout of the text as simple as possible. Most formatting codes will be removed and replaced on processing the article. In particular, do not use the word processor's options to justify text or to hyphenate words. However, do use bold face, italics, subscripts, superscripts etc. When preparing tables, if you are using a table grid, use only one grid for each individual table and not a grid for each row. If no grid is used, use tabs, not spaces, to align columns. The electronic text should be prepared in a way very similar to that of conventional manuscripts (see also the [Guide to Publishing with Elsevier](#)). Note that source files of figures, tables and text graphics will be required whether or not you embed your figures in the text. See also the section on Electronic artwork.

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Vaidya AB, Rajgopalan TG, Mankodi NA, Antarkar DS, Tathed PS, Purohit AV, et al. Treatment of Parkinson's disease with the cowhage plant-*Mucuna pruriens* Bak. *Neurol India* 1978;26:171-6.

Volume with supplement:

Patkar KB. Herbal Cosmetics in ancient India. *Indian J Plast Surg Suppl* 2008;41:S134. Chibelean B. Minimally invasive surgical treatment of complex genital prolapse in elderly women: Impact on quality of life. *Eur Urol Suppl* 2009;8:664.

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**

Authors:

Valiathan MS. *The Legacy of Caraka*. 1st ed. Chennai: Orient Longman; 2003.

Editor(s), compiler(s):

Burtis CA, Ashwood ER, Editors. *Tietz Textbook of Clinical Chemistry*. 3 rd ed. Philadelphia: WB Saunders and Company; 1999. p. 450, 617-721.

Chapter in a book:

Upadhyay SN. Therapeutic potential of immunomodulatory agents from plant products. *Immunomodulation*. In: Upadhyay SN, Editor. New Delhi: Narosa Publishing House; 1997. p. 149-54.

### **Referencing Ayurvedic Classics**

Text from a classic:

Sharma S, editor, (1st ed.). *Ashtanga Samgraha of Vagbhata, Sootra Sthana; Dravadravya Vidnyaniya: Chapter 6, Verse 10-16*. Varanasi: Chowkhambha Sanskrit Series, 2006; 37-38.

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