

## Instruction to Author for submitting Manuscript

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**AYUHOM** (ISSN 2349-2422) is a Peer Reviewed Bi-annual Research Journal of Ayurveda & Homoeopathy which is published by North Eastern Institute of Ayurveda & Homoeopathy (NEIAH), Shillong, Meghalaya-793018, an autonomous institute under the Ministry of AYUSH, Government of India (website: [www.neiah.nic.in](http://www.neiah.nic.in)) with an objective of updating/ highlighting the latest developments in Medical sciences in general and Ayurveda / Homoeopathy in particular to the professionals in the field of Health Care Systems.

**Researchers may submit (1) Clinical Research Articles (2) Review articles (3) Case Reports (4) Pharmaceutical / Drugs Research**

All submissions should contribute to advancement or should illuminate a particular aspect in any of the above mentioned fields. Every submission should adhere to the journal format & style, legibly written in good English, comprehensive, concise and complete. Contributors are strongly encouraged to read these instructions carefully before preparing a manuscript for submission. The manuscripts should be checked carefully for grammatical errors. Failure to follow them may result in papers being delayed or rejected. All papers are subjected to peer-review.

### Types of Manuscripts

**Research articles** should present new **clinical/ experimental** studies in elaborate form that constitute a significant contribution to knowledge. Research Papers should not exceed 06 pages.

**Review articles** should bring up the most important current topics or present interpretative and critical accounts, but not simple compilation, on subjects of general interest. They should not exceed 08 pages.

### Case Reports

New, interesting and rare cases can be reported. They should be unique, describing a great diagnostic or therapeutic challenge and providing a learning point for the readers. Cases with clinical significance or implications will be given priority. These communications should have the following headings: Abstract, Key-words, Introduction, Case report, Discussion, Reference, Tables and Legends in that order. And pages should not exceed 06 pages.

**Total number of authors should not be more than 5.**

Submission of an article to AYUHOM is understood to imply that it has not been either published or not being considered for publication elsewhere. The author's permission to publish his/her article in this journal implies exclusive authorization to the publisher to deal with all issues concerning copyright therein. Manuscripts with multi authors imply the consent of each of the authors.

Prepare the manuscript in A4 size page with margins 1 inch on all sides, Times New Roman font using a font size of 12. Title shall be in a font size 14, bold face capitals, must be typed in single column, 1.5 spaced single-spaced throughout, including tables, graphs and figures. All section titles in the manuscript shall be in font size 12, bold face capitals. Subtitles in each section shall be in font size 12, bold face sentence case. **Cite LATIN Names and Ayurvedic terminology only in italic style font.** Justify all text by using (Ctrl+J).

The responsibility for all aspects of manuscript preparation rests with the authors. Extensive changes or rewriting of the manuscript will not be undertaken by the Editorial Board.

Standard International Units could be used throughout the text. Please do not put any hyperlinks and footnotes throughout manuscript.

### Requirements for Articles

Manuscript should be starting with the title page and the text should be arranged in the following order:

1. Title
2. Author's name(s) & address.
3. Abstract
4. Keywords
5. Introduction
6. Materials and Methods
7. Results
8. Discussion
9. Reference

### **Title**

Title must be brief and comprehensively represent the findings and description as written in the abstracts. Do not use abbreviations in the title or abstract and limit their use in text. **Title must contain all the desired information (not more than 50 characters)**. Page numbers included at bottom. Number all pages sequentially beginning with the title page.

Complete name of Author (s) and Corresponding Author.

### **Abstracts:**

As a summary of not more than 250 words abstracts, should be clear and factual in content. **Abstract must present the reason of the study (aims & ideas), the main findings and principal conclusions**. Emphasis may be made on new and important aspects of the study or may highlight some important observations. No abbreviations or references should be cited in the abstract.

### **Key Words:**

To identify the most important subjects covered by the article. (5-6 keyword maximum in alphabetic order)

### **Introduction:**

A concise account or a preview is required from the background of the subject, its significance and its relationships to earlier works clarified with pertinent references. Clearly state the purpose of the article. Do not review the subject extensively in the introduction.

### **Material and Methods:**

The manuscript should be presented with sufficient clarity and detail. The section of Clinical/ Experimental in Full Length Papers should include concise details on the methodology adopted; sufficiently elaborate to repeat the experiment. Data must be adequate and experimental design should be proper and accurate. Methods for which adequate references from published work can be cited are not to be described. All Physical and Spectral data should be reported. Method of Analysis should be validated.

Experiments on human subjects are to be done in accordance with the Indian Council of Medical Research (ICMR) protocol or approved by an Institutional Ethical Committee. For the care and use of laboratory animals, the Ministry of Social Justice & Empowerment, Government of India and OECD notified guidelines should be strictly followed **(approval must be attached)**.

### **All possible effort must be made to give mechanism of actions.**

In case of work related to plant materials, a sample of the authentic materials is to be deposited at any one of the designated institutions and their accession number or a reference of the same be quoted in the manuscript.

Rationale for selection of certain solvent extracts of herbs/plants along with characterization (by way of spot tests, TLC pattern etc.) of such extracts evaluated for any activity should form part of manuscript. Use of positive and negative controls in experiments should be highlighted.

### **Results:**

The original and important findings should be stated in a logical sequence. Illustrate the results with figures or tables where necessary, but both must be kept to the minimum. Result must be precise and comprehensive and should not suffer from vagueness.

### **Discussion:**

It should contain a critical review of the results of the study with the support of relevant literature.

The principal conclusions drawn from the results and their important implications should be discussed. Do not repeat in detail data already stated in results. But if repetition is required then recommends to where it is appropriate may be included. Use generic names of drugs only unless the specific trade name of a drug used is directly relevant to the discussion.

### **Conclusion**

A brief Conclusion is desirable; this fragment should obviously state the foremost conclusions of the exploration and give a coherent explanation of their significance and consequence. It must be specific to the study.

**Illustrations:** All illustrations must be numbered using numerals in their order of citation in the text. All Tables and figures must have a title and a legend to make them self-explanatory and they should be given numbers.

### **Tables**

Only MS word table format should be used for preparing tables. Tables should be numbered consecutively in Arabic numerals and bear a brief title in capital letters normal face. Units of measurement should be abbreviated and placed below the column headings. It is essential that all tables have legends, which explain the contents of the table. Tables should not be very large that they run more than one A4 sized page presented neatly bearing a short descriptive title.

**The Journal reserves the right to crop, rotate, reduce, or enlarge the photographs to an acceptable size.**

### **Figures**

Graphs and bar graphs should preferably be prepared using Microsoft Excel and submitted as Excel graph pasted in Word. As far as possible, please avoid diagrams made on white drawing paper, cellophane sheet or tracing paper with hand written captions or titles. In case of photomicrographs, magnification should be mentioned either directly on them or in the legend. Symbols, arrows or letters used in photomicrographs should contrast with the background.

Photographic illustrations should be in **JPG** format with sufficient resolution with at least 300 dpi.

### **References:**

References or Bibliography should be numbered consecutively in the order in which they are first mentioned in the text (not in alphabetic order). **Please cite the reference in introduction/ main text in Vancouver format in superscript without bracket (Ayurveda <sup>1</sup>).**

**Few Examples of writing References are given below:**

**Articles in Journals:** Devi KV, Pai RS. Antiretrovirals: Need for an Effective Drug Delivery. Indian J PharmSci 2006; 68:1-6.

Volume with supplement: Shen HM, Zhang QF. Risk assessment of nickel carcinogenicity and occupational lung cancer. Environ Health Perspect 1994; 102 Suppl 1:275-82.

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**

Personal author(s): Ringsven MK, Bond D. *Gerontology and leadership skills for nurses*. 2nd ed. Albany (NY): Delmar Publishers; 1996.

Editor(s), compiler(s) as author: Norman IJ, Redfern SJ, editors. *Mental health care for elderly people*. New York: Churchill Livingstone; 1996.

Chapter in a book: Phillips SJ, Whisnant JP. Hypertension and stroke. In: Laragh JH, Brenner BM, editors. *Hypertension: pathophysiology, diagnosis, and management*. 2nd ed. New York: Raven Press; 1995. p. 465-78.

### **Electronic Sources as reference:**

Journal article on the Internet

Aboud S. Quality improvement initiative in nursing homes: the ANA acts in an advisory role. *Am J Nurs* [serial on the Internet]. 2002 Jun [cited 2002 Aug 12];102(6): [about 3 p.]. Available from:<http://www.nursingworld.org/AJN/2002/june/Wawatch.htm>

Monograph on the Internet

Foley KM, Gelband H, editors. *Improving palliative care for cancer* [monograph on the Internet]. Washington: National Academy Press; 2001 [cited 2002 Jul 9]. Available from: <http://www.nap.edu/books/0309074029/html/>.

Homepage/Web site

Cancer-Pain.org [homepage on the Internet]. New York: Association of Cancer Online Resources, Inc.; c2000-01 [updated 2002 May 16; cited 2002 Jul 9]. Available from: <http://www.cancerpain.org/>

### **CONDUCT OF HUMAN/ ANIMAL STUDY:**

**Ethics:** When reporting studies on human, indicate whether the procedures followed were in accordance with the ethical standards of the responsible (institutional or regional) and When reporting experiments on animals, indicate whether the institution's or a national research national law on the care and use of laboratory animals was followed. Animal be as human as possible and the details of anesthetics and analgesics used should be clearly stated. The ethical standards of experiments must guidelines provided by the CPCSEA (animal) and ICMR (human). The journal will not consider any paper which is ethically unacceptable. A statement permission and ethical practices must be included in all research articles under the 'Materials and Methods' section.

Authors publishing results from in vivo experiments involving animals or humans should state whether due Permission for conduction of these experiments was obtained, from the relevant ethics committees. The experimental protocol was approved by Institutional Animal Ethical Committee (IAEC) of Name of College and Place (Letter No....) with CPCSEA Registration No....

In addition, authors wishing to publish research work involving human studies should also send a letter of approval from the Ethics Committee or the Institutional Review Board.

### **SUBMISSION OF MANUSCRIPTS**

To facilitate speedy and cost-effective submission of the full manuscript, an online submission via the Email is being offered. Authors are strongly encouraged to submit their manuscripts (the SOFT COPY IN MS WORD FORMAT) electronically, Email to: [ayuhom.neiah@gmail.com](mailto:ayuhom.neiah@gmail.com)

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### **Peer-review policies**

All submitted manuscripts are evaluated by the Editorial Board and appropriate manuscripts will send for Review. The Editor calls upon at least two reviewers for their comments. We make every effort to reach an initial decision within **three month** of submission. Based on the reviewers comment, the Editorial Board accepts or request revisions of the manuscript. Editorial board reserves the right to reject any manuscript at any time without assigning any reasons thereof.

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