

AUTHOR GUIDELINES FOR SUBMISSION

International Journal of Ayurveda

Published by Dr. Kembhavi's Astanga Wellness Private Limited

Hubli, Karnataka, India

Website: internationaljournalofayurveda.org

Email: editor@internationaljournalofayurveda.org

Document Version: 1.0

Last Updated: September 2025

WELCOME TO AUTHORS

The International Journal of Ayurveda welcomes high-quality research contributions that advance the understanding and application of traditional medicine through rigorous scientific inquiry. These guidelines will help you prepare and submit manuscripts that meet our publication standards and editorial expectations.

Journal Mission

To bridge ancient Ayurvedic wisdom with modern research methodologies, creating a global platform for evidence-based traditional medicine research, clinical practice innovations, and educational advancement.

Open Access Commitment

All published articles are freely available to readers worldwide, ensuring maximum visibility and impact for your research contributions.

MANUSCRIPT TYPES & SPECIFICATIONS

Original Research Articles

Word Limit: 3,000-6,000 words (excluding references, tables, and figures)

Abstract: 250-300 words, structured format

References: Minimum 25, maximum 60

Tables/Figures: Maximum 8 combined

Scope: Novel research findings with significant contribution to Ayurvedic knowledge, including clinical trials, experimental studies, epidemiological research, and methodological innovations.

Review Articles

Word Limit: 4,000-8,000 words (excluding references, tables, and figures)

Abstract: 250-300 words, unstructured format

References: Minimum 50, maximum 150

Tables/Figures: Maximum 6 combined

Scope: Comprehensive literature reviews, systematic reviews, meta-analyses, and critical evaluations of current knowledge in specific areas of Ayurveda.

Clinical Case Studies

Word Limit: 1,500-3,000 words (excluding references, tables, and figures)

Abstract: 150-200 words, structured format

References: Minimum 15, maximum 30

Tables/Figures: Maximum 4 combined

Scope: Well-documented clinical cases with therapeutic insights, unusual presentations, innovative treatments, or educational value.

Short Communications

Word Limit: 1,000-2,000 words (excluding references, tables, and figures)

Abstract: 100-150 words, unstructured format

References: Maximum 20

Tables/Figures: Maximum 3 combined

Scope: Preliminary findings, innovative methodologies, brief technical notes, or rapid communications of significant discoveries.

Commentary & Opinion Pieces

Word Limit: 800-1,500 words (excluding references)

Abstract: Not required

References: Maximum 15

Tables/Figures: Maximum 2 combined

Scope: Expert perspectives on current issues, controversies, future directions, policy implications, or editorial commentary on published research.

Book Reviews

Word Limit: 500-1,000 words

Abstract: Not required

References: Book being reviewed plus maximum 5 additional sources

Tables/Figures: Not applicable

Scope: Critical evaluations of recently published books relevant to Ayurveda, traditional medicine, or related fields.

MANUSCRIPT PREPARATION

General Formatting Requirements

File Format

- **Primary format:** Microsoft Word (.docx)
- **Alternative formats:** LaTeX, Rich Text Format (.rtf)
- **Not accepted:** PDF files for initial submission
- **Font:** Times New Roman, 12-point size
- **Line spacing:** Double-spaced throughout
- **Margins:** 1 inch (2.54 cm) on all sides
- **Page numbering:** Bottom right corner, starting from title page

Document Structure

1. **Title Page** (separate page)
2. **Abstract and Keywords** (separate page)
3. **Main Text** (starting on new page)
4. **Acknowledgments** (if applicable)
5. **References** (starting on new page)
6. **Tables** (each on separate page with caption)
7. **Figure Legends** (separate page)
8. **Figures** (each on separate page)

Title Page Requirements

Essential Information

- **Article Title:** Concise and descriptive (maximum 150 characters including spaces)
- **Running Title:** Abbreviated title for headers (maximum 40 characters)
- **Author Names:** Full names without titles or degrees
- **Author Affiliations:** Complete institutional addresses with postal codes
- **Corresponding Author:** Email, phone number, and complete mailing address
- **Word Count:** Total words in main text (excluding abstract, references, tables, figures)

Additional Requirements

- **ORCID IDs:** Provide ORCID identifiers for all authors when available
- **Author Contributions:** Brief statement of each author's contribution

- **Funding Information:** Complete funding sources with grant numbers
- **Conflict of Interest Statement:** Mandatory disclosure for all authors
- **Ethics Statement:** IRB approval information for human/animal studies

Abstract Guidelines

Structured Abstract (Research Articles & Case Studies)

Background: Brief context and rationale (2-3 sentences)

Objectives: Clear statement of research aims (1-2 sentences)

Methods: Key methodological information (3-4 sentences)

Results: Major findings with specific data (4-5 sentences)

Conclusion: Significance and implications (2-3 sentences)

Unstructured Abstract (Reviews & Short Communications)

- **Continuous narrative** without subheadings
- **Logical flow** from background to conclusions
- **Key findings** and significance highlighted
- **Specific data** included when applicable

Abstract Requirements

- **No citations** in abstract text
- **Standard terminology** avoiding abbreviations
- **Quantitative results** when applicable
- **Clear conclusions** supported by presented data
- **Keywords compatibility** with abstract content

Keywords Selection

- **Number:** 5-8 keywords or phrases
- **Specificity:** Precise terms reflecting article content
- **Standard terminology:** Use established medical and Ayurvedic terms
- **MeSH terms:** Medical Subject Headings when applicable
- **Sanskrit terms:** Include relevant Sanskrit terminology with English translations
- **Hierarchy:** Arrange from general to specific concepts

MAIN TEXT STRUCTURE

Introduction Section

Purpose: Establish context, rationale, and objectives

Length: 500-800 words for research articles, 300-500 for case studies

Content Requirements

- **Background context:** Relevant literature and knowledge gaps
- **Problem statement:** Clear identification of research problem
- **Rationale:** Justification for the study approach
- **Objectives:** Specific, measurable research aims
- **Hypotheses:** When applicable, clearly stated predictions

Writing Guidelines

- **Logical progression** from general to specific
- **Critical literature review** avoiding extensive background
- **Clear problem identification** and study justification
- **Specific objectives** stated at the end
- **Appropriate citations** supporting all claims

Methods Section

Purpose: Enable study replication and assess methodology appropriateness

Length: 800-1,500 words depending on complexity

Essential Components

- **Study design:** Clear description of research approach
- **Participants/Materials:** Detailed selection criteria and characteristics
- **Interventions:** Complete description of treatments or exposures
- **Outcome measures:** Primary and secondary endpoints
- **Statistical analysis:** Detailed analytical approach
- **Ethical considerations:** IRB approval and consent procedures

Ayurveda-Specific Requirements

- **Classical references:** Appropriate citation of traditional texts
- **Standardization details:** Drug/intervention preparation and quality control
- **Traditional assessment methods:** Ayurvedic diagnostic criteria when used
- **Practitioner qualifications:** Training and experience of Ayurvedic practitioners
- **Cultural considerations:** Context and community engagement when applicable

Results Section

Purpose: Present findings objectively without interpretation

Length: 1,000-2,000 words depending on data complexity

Presentation Standards

- **Logical sequence:** Follow methods section organization
- **Objective reporting:** Present data without interpretation
- **Statistical accuracy:** Include appropriate statistical measures
- **Visual aids:** Effective use of tables and figures
- **Completeness:** Report all planned analyses and outcomes

Data Presentation Guidelines

- **Quantitative data:** Means, standard deviations, confidence intervals
- **Statistical significance:** P-values, effect sizes, confidence intervals
- **Missing data:** Clear reporting of incomplete information
- **Subgroup analyses:** Pre-planned and exploratory analyses distinguished
- **Adverse events:** Complete safety data reporting

Discussion Section

Purpose: Interpret findings, discuss implications, and acknowledge limitations

Length: 1,000-1,500 words for research articles

Structure Requirements

- **Summary of findings:** Brief restatement of key results
- **Literature comparison:** Context within existing knowledge
- **Mechanistic insights:** Potential explanations for findings
- **Clinical implications:** Practical applications and significance
- **Limitations:** Honest assessment of study constraints
- **Future directions:** Recommendations for further research

Traditional Medicine Considerations

- **Classical theory integration:** How findings relate to traditional principles
- **Modern validation:** Relationship between traditional and contemporary evidence
- **Cultural context:** Appropriate acknowledgment of traditional knowledge sources
- **Integration potential:** Implications for integrative medicine practice
- **Community benefits:** Potential impacts on traditional medicine communities

Conclusion Section

Purpose: Concise summary of significance and implications

Length: 150-300 words

Content Requirements

- **Key findings summary:** Most important results
- **Significance statement:** Contribution to field knowledge
- **Clinical relevance:** Practical applications
- **Research implications:** Impact on future studies
- **Final perspective:** Broader context and importance

REFERENCES & CITATIONS

Citation Style

System: Vancouver (Numbered) citation style

In-text citations: Superscript numbers in order of appearance

Reference list: Numbered list in order of citation

In-Text Citation Examples

- **Single reference:** "Studies have shown¹ that..."
- **Multiple references:** "Several studies¹⁻³ have demonstrated..."
- **Sequential references:** "Research^{1,2,4} indicates that..."
- **Page-specific citations:** "As noted by Smith¹ (p. 25)..."

Reference Types & Formats

Journal Articles

Author(s). Title. Journal Name. Year;Volume(Issue):Page range.

Example:

Sharma R, Patel M, Kumar A. Clinical efficacy of Triphala in diabetes management. Int J Ayurveda. 2023;15(2):123-130.

Books

Author(s). Book Title. Edition. City: Publisher; Year.

Example:

Charaka. Charaka Samhita. 3rd ed. Varanasi: Chaukhambha Sanskrit Sansthan; 2018.

Book Chapters

Author(s). Chapter title. In: Editor(s), editors. Book Title. Edition. City: Publisher; Year. p. Page range.

Example:

Kumar S. Panchakosha theory. In: Rao VN, editor. Fundamental Principles of Ayurveda. 2nd ed. Delhi: Motilal Banarsidass; 2020. p. 45-67.

Classical Texts

Text Name. Chapter/Section. Verse number. Editor/Translator. Edition. City: Publisher; Year.

Example:

Sushruta Samhita. Sutrasthana. 1.15. Jadavji Trikamji, editor. 8th ed. Varanasi: Chaukhambha Orientalia; 2019.

Conference Proceedings

Author(s). Title. Conference name; Date; Location. City: Publisher; Year. p. Page range.

Example:

Gupta A. Modern validation of Ayurvedic principles. World Ayurveda Congress; 2023 Dec 15-17; Bangalore. New Delhi: AYUSH Publications; 2023. p. 89-95.

Websites

Author/Organization. Title. Website name. Publication date. Available from: URL [Accessed date].

Example:

AYUSH Ministry. Guidelines for Ayurvedic drug development. Government of India. 2023. Available from: <https://ayush.gov.in/guidelines> [Accessed 2023 Sep 15].

Reference Quality Standards

- **Recent literature:** Majority of references within last 10 years
- **Primary sources:** Original research and classical texts preferred
- **Peer-reviewed sources:** Academic journals and established publishers
- **Balanced representation:** Both traditional and modern literature
- **Accuracy verification:** All reference details must be accurate and complete

TABLES & FIGURES

Table Guidelines**Format Requirements**

- **Placement:** Each table on separate page after references
- **Numbering:** Sequential Arabic numerals (Table 1, Table 2)
- **Title:** Descriptive caption above table
- **Footnotes:** Explanatory notes below table when needed
- **Formatting:** Simple, clear layout without vertical lines

Content Standards

- **Self-explanatory:** Understandable without reference to text
- **Appropriate data:** Tabular format beneficial for data type
- **Statistical information:** Include measures of variability
- **Abbreviations:** Define all abbreviations in footnotes
- **Units:** Clearly indicated for all numerical values

Table Example Format

Table 1. Baseline characteristics of study participants (n=120)

Characteristic	Treatment Group (n=60)	Control Group (n=60)	P-value
Age (years) ^a	45.2 ± 8.7	46.8 ± 9.2	0.32

Gender (Male/Female)	35/25	38/22	0.45
Duration of illness (months) ^a	8.3 ± 2.1	8.7 ± 2.4	0.28

^a Data presented as mean ± standard deviation

Figure Guidelines

Technical Requirements

- **Resolution:** Minimum 300 DPI for print quality
- **File formats:** TIFF, EPS, or high-quality JPEG
- **Size:** Maximum 8 inches width, 10 inches height
- **Color:** Use color judiciously; ensure clarity in grayscale
- **Labeling:** Clear, readable text and symbols

Content Standards

- **Clarity:** All elements clearly visible and labeled
- **Professional quality:** High-standard scientific illustration
- **Appropriate type:** Figure format suitable for data presentation
- **Self-contained:** Understandable with legend alone
- **Copyright:** Original or properly licensed images only

Figure Types

- **Graphs:** Line graphs, bar charts, scatter plots
- **Images:** Photographs, microscopy, clinical images
- **Diagrams:** Flowcharts, conceptual models, pathways
- **Maps:** Geographical or anatomical representations
- **Composite figures:** Multiple related images with clear labeling

Figure Legends

- **Placement:** Separate page after tables
- **Numbering:** Sequential (Figure 1, Figure 2)
- **Comprehensive description:** Complete explanation of all elements
- **Statistical information:** Methodology and significance levels
- **Abbreviation definitions:** All acronyms and symbols explained

ETHICAL REQUIREMENTS

Human Subject Research

Institutional Review Board (IRB) Approval

- **Mandatory requirement:** All human research must have IRB approval
- **Documentation:** Include IRB approval letter with submission
- **Approval number:** Provide IRB protocol number in methods section

- **Multi-site studies:** Approval from all participating institutions required
- **Exemption status:** If applicable, provide exemption documentation

Informed Consent

- **Written consent:** Required for all research participants
- **Consent elements:** Comprehensive information about study procedures, risks, benefits
- **Language appropriateness:** Consent forms in participant's preferred language
- **Capacity assessment:** Verification of decision-making ability
- **Ongoing consent:** Continued agreement throughout study participation

Privacy Protection

- **Anonymization:** Remove identifying information when possible
- **Confidentiality:** Secure handling of personal information
- **Publication consent:** Specific agreement for case report publication
- **Image consent:** Written permission for photographs including facial features
- **Data security:** Appropriate storage and transmission protocols

Animal Research

Institutional Animal Care and Use Committee (IACUC)

- **Mandatory approval:** Required for all animal research
- **Protocol compliance:** Adherence to approved procedures
- **Welfare standards:** Appropriate housing, care, and veterinary oversight
- **Endpoint criteria:** Humane termination standards
- **Reporting requirements:** Adverse events and protocol deviations

Ethical Standards

- **3Rs implementation:** Replace, Reduce, Refine principles
- **Justification:** Clear rationale for animal use
- **Species selection:** Appropriate choice for research objectives
- **Minimal harm:** Procedures minimizing pain and distress
- **Environmental enrichment:** Species-appropriate living conditions

Traditional Knowledge Ethics

Community Engagement

- **Prior informed consent:** Community agreement before research
- **Ongoing consultation:** Continued community involvement
- **Benefit sharing:** Appropriate recognition and compensation
- **Cultural protocols:** Respect for traditional practices
- **Intellectual property:** Appropriate attribution and protection

Knowledge Attribution

- **Source acknowledgment:** Clear citation of traditional knowledge
 - **Cultural context:** Maintaining appropriate frameworks
 - **Community approval:** Consent for specific applications
 - **Accurate representation:** Truthful portrayal of practices
 - **Commercial considerations:** Appropriate use limitations
-

SUBMISSION PROCESS

Pre-Submission Checklist

Manuscript Completeness

- ☐ **Title page** with all required information
- ☐ **Abstract** meeting word limits and structure requirements
- ☐ **Keywords** appropriate and within specified limits
- ☐ **Main text** following journal structure and formatting
- ☐ **References** in Vancouver style with accurate details
- ☐ **Tables** properly formatted with descriptive titles
- ☐ **Figures** high-quality with comprehensive legends
- ☐ **Supplementary materials** appropriately prepared

Ethical Documentation

- ☐ **IRB approval** documentation for human studies
- ☐ **IACUC approval** for animal research
- ☐ **Informed consent** verification for clinical studies
- ☐ **Conflict of interest** declarations for all authors
- ☐ **Funding information** complete and accurate
- ☐ **Author contributions** clearly stated
- ☐ **Copyright permissions** for republished material

Technical Requirements

- ☐ **Word count** within specified limits
- ☐ **File formats** appropriate and high-quality
- ☐ **Plagiarism check** completed by authors
- ☐ **Language editing** professional quality English
- ☐ **Citation accuracy** all references verified
- ☐ **Statistical review** appropriate analyses conducted

Submission Methods

Email Submission (Current)

Email address: editor@internationaljournalofayurveda.org

Subject line: "Manuscript Submission - [Article Type] - [Brief Title]"

Required Attachments

1. **Main manuscript** (Word document)
2. **Cover letter** (detailed - see requirements below)
3. **Title page** (separate document)
4. **Tables** (separate Word document)
5. **Figures** (high-resolution files)
6. **Supplementary materials** (if applicable)
7. **Ethics documentation** (IRB approvals, consent forms)
8. **Copyright permissions** (if applicable)

File Naming Convention

- **Main manuscript:** [LastName][ArticleType][Date].docx
- **Tables:** [LastName]Tables[Date].docx
- **Figures:** [LastName]Figure[Number][Date].[format]
- **Supplements:** [LastName]Supplement[Number][Date].[format]

Cover Letter Requirements

Essential Content

- **Article type** and title clearly stated
- **Significance statement:** Why this research is important
- **Novelty confirmation:** What is new or different
- **Target audience:** Who will benefit from this research
- **Previous presentation:** Any prior publication or presentation
- **Suggested reviewers:** 3-5 potential expert reviewers with contact information

Declaration Statements

- **Originality:** Confirmation that work is original and unpublished
- **Multiple submission:** Statement that manuscript is not under consideration elsewhere
- **Authorship:** Confirmation that all authors meet authorship criteria
- **Conflicts of interest:** Brief summary of any relevant conflicts
- **Ethics compliance:** Statement confirming ethical approval and conduct

Cover Letter Template

Dear Editor-in-Chief,

I am pleased to submit our [article type] titled "[Full Title]" for consideration for publication in the International Journal of Ayurveda.

[Significance paragraph explaining importance and novelty]

[Methods paragraph briefly describing approach]

[Findings paragraph highlighting key results]

[Implications paragraph discussing significance]

This manuscript represents original work that has not been published elsewhere and is not under consideration by any other journal. All authors have approved the final version and meet the criteria for authorship as established by the International Committee of Medical Journal Editors.

[Ethics statement confirming approvals and compliance]

[Conflict of interest summary]

Thank you for considering our manuscript. We look forward to your response.

Sincerely,

[Name]

[Title and Affiliation]

[Contact Information]

REVIEW PROCESS

Editorial Review Timeline

- **Initial acknowledgment:** Within 24 hours of submission
- **Editorial screening:** 1-2 weeks for initial review
- **Peer review assignment:** 2-3 weeks for reviewer recruitment
- **Peer review completion:** 4-6 weeks for expert evaluation
- **Editorial decision:** 1-2 weeks after receiving reviews
- **Author notification:** Immediate upon decision finalization

Review Types

Editorial Screening

- **Scope assessment:** Fit with journal mission and scope
- **Quality evaluation:** Basic scientific and methodological soundness
- **Ethics compliance:** Verification of ethical requirements
- **Formatting review:** Adherence to submission guidelines
- **Plagiarism screening:** Automated similarity detection

Peer Review Process

- **Double-blind review:** Author and reviewer identities concealed
- **Expert evaluation:** Minimum two qualified reviewers per manuscript
- **Comprehensive assessment:** Scientific merit, methodology, significance
- **Constructive feedback:** Detailed comments for improvement
- **Recommendation provision:** Accept, revise, or reject recommendations

Possible Outcomes

Accept without Revision

- **Immediate acceptance:** Manuscript meets all standards
- **Minor editorial changes:** Small corrections handled by editorial team

- **Proof review:** Author approval of final formatted version
- **Publication timeline:** 2-3 weeks to online publication

Accept with Minor Revisions

- **Specific improvements:** Clearly defined changes required
- **Revision timeline:** 2-4 weeks for author response
- **Limited re-review:** Editorial verification of changes
- **Expedited processing:** Faster track for revised manuscript

Major Revisions Required

- **Substantial changes:** Significant methodology, analysis, or presentation improvements
- **Detailed guidance:** Comprehensive reviewer feedback provided
- **Re-review process:** Second round of peer review
- **Extended timeline:** 6-8 weeks for revision and re-evaluation

Reject with Encouragement to Resubmit

- **Fundamental issues:** Significant problems requiring extensive work
- **Improvement guidance:** Clear direction for addressing concerns
- **New submission:** Treated as fresh manuscript when resubmitted
- **No guarantee:** No commitment for acceptance after revision

Reject

- **Scope mismatch:** Outside journal's editorial scope
- **Quality concerns:** Fundamental scientific or methodological flaws
- **Ethics violations:** Non-compliance with ethical standards
- **Final decision:** No option for resubmission of same work

REVISION GUIDELINES

Response to Reviewers

Response Letter Requirements

- **Point-by-point response:** Address each reviewer comment individually
- **Specific changes:** Detail all modifications made to manuscript
- **Justification:** Explain rationale for changes or rebuttals
- **Page references:** Indicate where changes appear in revised manuscript
- **Professional tone:** Respectful and constructive communication

Response Letter Format

Reviewer 1:

Comment 1: [Exact text of reviewer comment]
Response: [Detailed author response]
Changes made: [Specific modifications with page/line references]

Comment 2: [Next reviewer comment]
Response: [Author response]
Changes made: [Modifications made]

Manuscript Revision

- **Track changes:** Use word processor revision tracking
- **Highlighted changes:** Make all modifications clearly visible
- **Comprehensive updates:** Address all substantive comments
- **Consistency maintenance:** Ensure changes don't create new inconsistencies
- **Reference updates:** Add new citations as needed

Revision Timeline

- **Minor revisions:** 2-4 weeks maximum
- **Major revisions:** 6-8 weeks maximum
- **Extension requests:** Contact editorial office before deadline
- **Late submissions:** May require re-review or rejection
- **Communication:** Regular updates encouraged for complex revisions

PUBLICATION PROCESS

Acceptance and Production

Final Acceptance

- **Acceptance notification:** Formal communication of publication decision
- **Copyright assignment:** Transfer of publication rights to journal
- **Final file submission:** Camera-ready version in required formats
- **Author proofs:** Review and approval of formatted version
- **Publication timeline:** 2-3 weeks from final acceptance to online publication

Production Standards

- **Professional formatting:** Journal house style application
- **Quality assurance:** Multiple review stages for accuracy
- **Online publication:** Immediate availability upon completion
- **DOI assignment:** Digital object identifier for permanent citation
- **Indexing submission:** Distribution to relevant databases

Open Access Publication

Author Rights

- **Copyright retention:** Authors retain copyright of original work
- **Liberal licensing:** Creative Commons licensing for broad use
- **Self-archiving:** Permission to deposit in institutional repositories
- **Sharing rights:** Unlimited sharing for educational and research purposes
- **Commercial restrictions:** Limitations on commercial use as per license terms

Publication Fees

- **No author charges:** Currently no publication or processing fees
- **Free access:** All content freely available to readers
- **Sustainable model:** Journal supported through institutional and grant funding
- **Future considerations:** Transparent communication if fee structure changes

POST-PUBLICATION

Corrections and Updates

Error Correction

- **Minor corrections:** Typographical or formatting errors
- **Erratum publication:** Formal correction notice for significant errors
- **Version control:** Clear indication of corrected versions
- **Author notification:** Immediate communication of any corrections
- **Permanent record:** Original and corrected versions maintained

Retraction Policy

- **Scientific misconduct:** Fabrication, falsification, or plagiarism
- **Ethical violations:** Non-compliance with research ethics standards
- **Legal issues:** Copyright infringement or other legal problems
- **Honest error:** Fundamental errors affecting conclusions
- **Transparent process:** Clear communication of retraction reasons

Article Metrics and Impact

Usage Statistics

- **Download counts:** Regular reporting of article access numbers
- **Citation tracking:** Monitoring of article citations in other publications
- **Social media metrics:** Tracking of online sharing and discussion
- **Geographic distribution:** Global reach and impact assessment
- **Temporal analysis:** Long-term impact evaluation

Author Benefits

- **Global visibility:** Open access ensures worldwide accessibility
- **Citation enhancement:** Professional indexing increases discoverability

- **Career advancement:** Publication record improvement
 - **Network building:** Connection with global research community
 - **Impact assessment:** Regular reporting of article influence
-

SPECIAL CONSIDERATIONS

Language and Style

English Language Requirements

- **Professional quality:** Clear, accurate, and grammatically correct English
- **Scientific writing style:** Objective, precise, and appropriate terminology
- **Editing services:** Authors encouraged to use professional editing when needed
- **Clarity priority:** Preference for clear communication over complex language
- **Cultural sensitivity:** Respectful presentation of traditional knowledge

Sanskrit Terminology

- **Appropriate use:** Include relevant Sanskrit terms with accurate translations
- **Transliteration:** Use standard transliteration systems (IAST preferred)
- **Translation quality:** Accurate and contextually appropriate English equivalents
- **Glossary provision:** Consider including Sanskrit-English glossary for extensive use
- **Cultural respect:** Appropriate acknowledgment of traditional knowledge sources

Multi-Author Guidelines

Authorship Criteria

All authors must meet ALL of the following criteria:

1. **Substantial contribution** to conception, design, data acquisition, analysis, or interpretation
2. **Manuscript preparation** through drafting or critical revision for important intellectual content
3. **Final approval** of the version to be published
4. **Accountability** for all aspects of the work, ensuring accuracy and integrity

Author Responsibilities

- **Individual accountability:** Each author responsible for their contributions
- **Collaborative verification:** Shared responsibility for overall work accuracy
- **Communication coordination:** Designated corresponding author for all communications
- **Conflict disclosure:** Individual declaration of potential conflicts
- **Equal participation:** Appropriate distribution of authorship responsibilities

International Submissions

Global Welcome Policy

- **Worldwide submissions:** Authors from all countries encouraged to submit
- **Cultural sensitivity:** Respect for diverse research traditions and perspectives
- **Language support:** Editorial assistance available for non-native English speakers
- **Collaborative research:** International partnerships and multi-site studies welcomed
- **Inclusive representation:** Commitment to global diversity in published research

Regulatory Considerations

- **Local compliance:** Authors responsible for adherence to local regulations
 - **International standards:** Journal compliance with global publication ethics
 - **Traditional knowledge:** Appropriate recognition and protection protocols
 - **Data sharing:** Compliance with international data sharing agreements
 - **Cultural protocols:** Respect for indigenous research methodologies
-

SUPPORT AND ASSISTANCE

Editorial Support Services

Pre-Submission Guidance

- **Scope consultation:** Assistance determining manuscript appropriateness
- **Methodology advice:** General guidance on research design and analysis
- **Statistical consultation:** Basic statistical methodology support
- **Ethics guidance:** Information about ethical requirements and procedures
- **Formatting assistance:** Help with manuscript preparation and submission

Language and Editing Support

- **English editing:** Recommendations for professional editing services
- **Scientific writing:** Resources for improving scientific communication
- **Cultural translation:** Assistance with traditional knowledge presentation
- **Technical editing:** Support for complex methodological descriptions
- **Reference formatting:** Guidance on citation style and reference preparation

Contact Information

General Inquiries

Email: editor@internationaljournalofayurveda.org

Subject: "Author Inquiry - [Specific Topic]"

Response Time: Within 48 hours for routine inquiries

Submission Questions

Email: editor@internationaljournalofayurveda.org
Subject: "Submission Question - [Manuscript Type]"
Response Time: Within 24 hours for submission-related questions

Technical Support

Email: editor@internationaljournalofayurveda.org
Subject: "Technical Support - [Issue Description]"
Response Time: Within 24 hours for technical issues

Editorial Decisions

Email: editor@internationaljournalofayurveda.org
Subject: "Editorial Decision Inquiry - [Manuscript ID]"
Response Time: Within 48 hours for decision-related questions

RESOURCES AND TOOLS

Writing Resources

Scientific Writing Guides

- **ICMJE Guidelines:** International Committee of Medical Journal Editors recommendations
- **CONSORT Statement:** Guidelines for reporting randomized trials
- **STROBE Guidelines:** Strengthening the Reporting of Observational Studies in Epidemiology
- **CARE Guidelines:** Case Report guidelines for clinical case studies
- **PRISMA Statement:** Preferred Reporting Items for Systematic Reviews and Meta-Analyses

Statistical Resources

- **Statistical software:** Recommendations for appropriate analytical tools
- **Power analysis:** Resources for sample size determination
- **Reporting standards:** Guidelines for statistical reporting and presentation
- **Consultation services:** Information about statistical consultation availability
- **Training resources:** Educational materials for statistical methodology

Research Ethics Resources

Ethics Guidelines

- **Declaration of Helsinki:** Ethical principles for medical research involving human subjects
- **CIOMS Guidelines:** International ethical guidelines for biomedical research

- **Traditional knowledge protocols:** Guidelines for respectful traditional knowledge research
- **Animal research ethics:** Principles for ethical animal research conduct
- **Publication ethics:** COPE (Committee on Publication Ethics) guidelines

Institutional Resources

- **IRB information:** Resources for institutional review board processes
- **Consent templates:** Sample informed consent documents
- **Ethics training:** Educational programs for research ethics compliance
- **Cultural consultants:** Information about traditional knowledge consultation
- **Legal guidance:** Resources for intellectual property and publication law

FREQUENTLY ASKED QUESTIONS

Submission Questions

Q: Is there a submission fee for the International Journal of Ayurveda?

A: No, we currently do not charge any submission, processing, or publication fees. All articles are published open access at no cost to authors.

Q: What types of research are appropriate for submission?

A: We welcome original research, clinical studies, case reports, review articles, and methodological papers related to Ayurveda, traditional medicine, and integrative healthcare approaches.

Q: Can I submit a manuscript that includes traditional knowledge or community-based research?

A: Yes, but you must demonstrate appropriate community engagement, consent procedures, and ethical approval for traditional knowledge research.

Q: How long should I expect the review process to take?

A: Our standard review timeline is 4-6 weeks for peer review, with total time from submission to decision typically 6-10 weeks depending on revision requirements.

Q: Can I suggest reviewers for my manuscript?

A: Yes, you may suggest 3-5 potential reviewers in your cover letter, including their expertise areas and contact information. However, final reviewer selection remains with the editorial team.

Manuscript Preparation Questions

Q: What citation style should I use?

A: We use the Vancouver (numbered) citation style. References should be numbered consecutively in order of appearance and listed accordingly in the reference section.

Q: How should I handle Sanskrit terms and traditional concepts?

A: Include Sanskrit terms in italics followed by English translation in parentheses on first use. Use standard transliteration (IAST preferred) and provide appropriate cultural context.

Q: What are the requirements for clinical case reports?

A: Case reports must include patient consent for publication, IRB approval, structured abstract, and demonstrate clear educational or clinical significance beyond routine practice.

Q: Can I include preliminary or negative results?

A: Yes, we encourage submission of well-conducted studies regardless of outcome. Negative results and preliminary findings can be valuable contributions to the field.

Q: How should I handle multi-site or collaborative research submissions?

A: Ensure all participating institutions have provided appropriate ethical approvals, all authors meet authorship criteria, and contribution statements clearly describe individual roles.

Review and Publication Questions

Q: What happens if reviewers disagree about my manuscript?

A: The editor-in-chief makes final decisions considering all reviewer comments, manuscript quality, and journal standards. Additional reviewers may be consulted if needed.

Q: Can I appeal an editorial decision?

A: Yes, appeals are considered when authors believe the review process was unfair or incomplete. Provide detailed justification and new information supporting your appeal.

Q: How quickly will my accepted manuscript be published?

A: Accepted manuscripts are typically published online within 2-3 weeks of final acceptance, with immediate open access availability.

Q: Will my published article be indexed in major databases?

A: We are actively pursuing indexing in major databases including PubMed, Scopus, and Web of Science. All articles receive DOI assignment for permanent citation.

Q: Can I share my published article on social media and institutional websites?

A: Yes, our open access policy encourages sharing for educational and research purposes. You retain copyright and can freely share your published work.

CONCLUSION

The International Journal of Ayurveda is committed to advancing traditional medicine through rigorous scientific research and scholarly excellence. These guidelines ensure that all submitted manuscripts meet high standards of quality, ethics, and presentation while respecting the rich traditions of Ayurvedic knowledge.

We encourage authors to carefully review these guidelines before submission and to contact our editorial team with any questions or concerns. Our goal is to provide a supportive,

efficient, and professional publication experience that advances both individual careers and the broader field of traditional medicine research.

We look forward to receiving your valuable contributions to the International Journal of Ayurveda and to working together in advancing the scientific understanding and application of traditional medicine worldwide.

Thank you for choosing the International Journal of Ayurveda as the venue for sharing your important research contributions with the global scientific community.

© 2025 Dr. Kembhavi's Astanga Wellness Private Limited
Document may be freely shared for educational and research purposes