

Instructions to the Authors

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Editorial Process

The journal follows double blind peer review policy wherein both author and reviewer is not revealed each other.

Author Guidelines

Authorship and Contributor-ship

An “author” is generally considered to be someone who has made substantive intellectual contributions to a published study. Authorship credit should be based on 1) substantial contributions to conception and design, acquisition of data, or analysis and interpretation of data; 2) drafting the article or revising it critically for important intellectual content; and 3) Final approval of the version to be published.

When a large, multicenter group has conducted the work, the group should identify the individuals who accept direct responsibility for the manuscript. When submitting a manuscript authored by a group, the corresponding author should clearly indicate the preferred citation and identify all individual authors as well as the group name. Other authors will be listed only in Acknowledgement.

Groups of persons who have contributed materially to the paper but whose contributions do not justify authorship may be listed under such headings as “clinical investigators” or “participating investigators,” and their function or contribution should be described—for example, “served as scientific advisors,” “critically reviewed the study proposal,” “collected data,” or “provided and cared for study patients.” Because readers may infer their endorsement of the data and conclusions, these persons must give written permission to be acknowledged.

Guidelines on preparing Manuscript:

General Guidelines:

Title Page The title page should have the following information: 1) Article title. Concise titles are easier to read than long, convoluted ones. Titles that are too short may, however, lack important information, such as study design (which is particularly important in identifying randomized, controlled trials). Authors should include all information in the title that will make electronic retrieval of the article both sensitive and specific. 2) Authors’ names and institutional affiliations of the author. 3) The name of the department(s) and institution(s) to which the work should be attributed. 4) Disclaimers, if any. 5) Contact information for corresponding authors. The name, mailing address, telephone and fax numbers, and e-mail address of all authors. 6) Source(s) of support in the form of grants, equipment, drugs, or all of these. 7) Word counts. A word count for the text only (excluding abstract, acknowledgments, figure legends, and references) 8) The number of figures and tables.

Conflict-of-Interest Notification Page : To prevent the information on potential conflicts of interest from being overlooked or misplaced, it needs to be part of the manuscript. However, it should also be included on a separate page or pages immediately following the title page.

Abstract: The abstract should follow the title page. It should provide the context or background for the study and should state the study’s purpose, basic procedures (selection of study subjects or laboratory animals, observational and analytical methods), main findings (giving specific effect sizes and their statistical significance, if possible), and principal conclusions. It should emphasize new and important aspects of the study or observations. The abstracts are the only substantive portion of the article indexed in many electronic databases, and the only portion many readers read; authors need to be careful that they accurately reflect the content of the article.

Introduction: Provide a context or background for the study (that is, the nature of the problem and its significance). State the specific purpose or research objective of, or hypothesis tested by, the study or observation; the research objective is often more sharply focused when stated as a question. Both the main and secondary objectives should be clear, and any pre-specified subgroup analyses should be described. Provide only directly pertinent references, and do not include data or conclusions from the work being reported.

Methods: The Methods section should include only information that was available at the time the plan or protocol for the study was being written; all information obtained during the study belongs in the Results section. a) Selection and Description of Participants: Describe your selection of the observational or experimental participants (patients or laboratory animals, including controls) clearly, including eligibility and exclusion criteria and a description of the source population. Because the relevance of such variables as age and sex to the object of research is not always clear, authors should explain their use when they are included in a study report—for example, authors should explain why only participants of certain ages were included or why women were excluded. The guiding principle should be clarity about how and why a study was done in a particular way. When authors use such variables as race or ethnicity, they should define how they measured these variables and justify their relevance. b) Technical Information: Identify the methods, apparatus (give the manufacturer's name and address in parentheses), and procedures in sufficient detail to allow others to reproduce the results. Give references to established methods, including statistical methods (see below); provide references and brief descriptions for methods that have been published but are not well-known; describe new or substantially modified methods, give the reasons for using them, and evaluate their limitations. Identify precisely all drugs and chemicals used, including generic name(s), dose(s), and route(s) of administration. Authors submitting review manuscripts should include a section describing the methods used for locating, selecting, extracting, and synthesizing data. These methods should also be summarized in the abstract. c) Statistics: Describe statistical methods with enough detail to enable a knowledgeable reader with access to the original data to verify the reported results. When possible, quantify findings and present them with appropriate indicators of measurement error or uncertainty (such as confidence intervals). Avoid relying solely on statistical hypothesis testing, such as P values, which fail to convey important information about effect size. References for the design of the study and statistical methods should be to standard works when possible (with pages stated). Define statistical terms, abbreviations, and most symbols. Specify the computer software used.

Results : Present your results in logical sequence in the text, tables, and illustrations, giving the main or most important findings first. Do not repeat all the data in the tables or illustrations in the text; emphasize or summarize only the most important observations. Extra or supplementary materials and technical detail can be placed in an appendix where they will be accessible but will not interrupt the flow of the text, or they can be published solely in the electronic version of the journal. When data are summarized in the Results section, give numeric results not only as derivatives (for example, percentages) but also as the absolute numbers from which the derivatives were calculated, and specify the statistical methods used to analyze them. Restrict tables and figures to those needed to explain the argument of the paper and to assess supporting data. Use graphs as an alternative to tables with many entries; do not duplicate data in graphs and tables. Avoid nontechnical uses of technical terms in statistics, such as “random” (which implies a randomizing device), “normal,” “significant,” “correlations,” and “sample.” Where scientifically appropriate, analyses of the data by such variables as age and sex should be included.

Discussion: Emphasize the new and important aspects of the study and the conclusions that follow from them. Do not repeat in detail data or other information given in the Introduction or the Results section. For experimental studies, it is useful to begin the discussion by summarizing briefly the main findings, then explore possible mechanisms or explanations for these findings, compare and contrast the results with other relevant studies, state the limitations of the study, and explore the implications of the findings for future research and for clinical practice. Link the conclusions with the goals of the study but avoid unqualified statements and conclusions not adequately supported by the data. In particular, avoid making statements on economic benefits and costs unless the manuscript includes the appropriate economic data and analyses. Avoid claiming priority or alluding to work that has not been completed. State new hypotheses when warranted, but, label them clearly as such.

References: Although references to review articles can be an efficient way to guide readers to a body of literature, review articles do not always reflect original work accurately. Readers should therefore be provided with direct references to original research sources whenever possible. On the other hand, extensive lists of references to original work on a topic can use excessive space on the page. Small numbers of references to key original papers often serve as well as more exhaustive lists, particularly since references can now be added to the electronic version of published papers, and since electronic literature searching allows readers to retrieve published literature efficiently. Avoid using abstracts as references. References to papers accepted but not yet published should be designated as “in press” or “forthcoming”; authors should obtain written permission to cite such papers as well as verification that they have been accepted for publication. Information from manuscripts submitted but not accepted should be cited in the text as “unpublished observations” with written permission from the source. Avoid citing a “personal communication” unless it provides essential information not available from a public source, in which case the name of the person and date of communication should be cited in parentheses in the text. For scientific articles, obtain written permission and confirmation of accuracy from the source of a personal communication. The editorial board of the journal checks the accuracy of all reference citations; thus, to avoid citation errors sometimes appear in the published version of articles. To minimize such errors, verify references against the original documents. Authors are responsible for checking that none of the references cite retracted articles except in the context of referring to the retraction. Reference Style and Format: ICMJE (Vancouver) Style is adopted by ASL. Authors should consult http://www.icmje.org/references_1print.html. References should be numbered consecutively in the order in which they are first mentioned in the text. Identify references in text, tables, and legends by Arabic numerals in parentheses. References cited only in tables or figure legends should be numbered in accordance with the sequence established by the first identification in the text of the particular table or figure. The titles of journals should be abbreviated according to the style used in the list of Journals Indexed for MEDLINE, posted by the NLM on the Library's Web site. Cite electronic references in numbered references following the text.

Tables: Tables capture information concisely and display it efficiently; they also provide information at any desired level of detail and precision. Including data in tables rather than text frequently makes it possible to reduce the length of the text. Type or print each table with double spacing on a separate sheet of paper. Number tables consecutively in the order of their first citation in the text and supply a brief title for each. Do not use internal horizontal or vertical lines. Give each column a short or an abbreviated heading. Authors should place explanatory matter in footnotes, not in the heading.

Explain all nonstandard abbreviations in footnotes, and use the following symbols, in sequence:

*, †, ‡, •, ||, ?, **, ††, ‡‡

Identify statistical measures of variations, such as standard deviation and standard error of the mean. Be sure that each table is cited in the text. If you use data from another published or unpublished source, obtain permission and acknowledge that source fully. Additional tables containing backup data too extensive to publish in print may be appropriate for publication in the electronic version of the journal, deposited with an archival service, or made available to readers directly by the authors. An appropriate statement should be added to the text to inform readers that this additional information is available and where it is located. Submit such tables for consideration with the paper so that they will be available to the peer reviewers.

Illustrations (Figures): Figures should be either professionally drawn and photographed, or submitted as photographic quality digital prints as electronic files of figures in a format (JPEG or GIF) that will produce high quality images in the Web version of the journal; authors should review the images of such files on a computer screen before submitting them to be sure they meet their own quality standards. For x-ray films, scans, and other diagnostic images, as well as pictures of pathology specimens or photomicrographs, send sharp, glossy, black-and-white or color photographic prints, usually 127 x 173 mm (5 x 7 inches).

Letters, numbers, and symbols on figures should be clear and consistent throughout, and large enough to remain legible when the figure is reduced for publication. Figures should be made as self explanatory as possible, since many will be used directly in slide presentations. Titles and detailed explanations belong in the legends—not on the illustrations themselves. Photomicrographs should have internal scale markers. Symbols, arrows, or letters used in photomicrographs should contrast with the background. Photographs of potentially identifiable people must be accompanied by written permission to use the photograph. Figures should be numbered consecutively according to the order in which they have been cited in the text. If a figure has been published previously, acknowledge the original source and submit written permission from the copyright holder to reproduce the figure. Permission is required irrespective of authorship or publisher except for documents in the public domain.

Legends for Illustrations (Figures): Type or print out legends for illustrations using double spacing, starting on a separate page, with Arabic numerals corresponding to the illustrations. When symbols, arrows, numbers, or letters are used to identify parts of the illustrations, identify and explain each one clearly in the legend. Explain the internal scale and identify the method of staining in photomicrographs.

Units of Measurement: Measurements of length, height, weight, and volume should be reported in metric units (meter, kilogram, or liter) or their decimal multiples. Temperatures should be in degrees Celsius. Blood pressures should be in millimeters of mercury. Follow International System of Units (SI) wherever applicable. Editors may request that authors add alternative or non-SI units, since SI units are not universally used in special cases. Drug concentrations may be reported in either SI or mass units, but the alternative should be provided in parentheses where appropriate.

Abbreviations and Symbols: Use only standard abbreviations; use of nonstandard abbreviations can result in immediate rejection of manuscript with an assumption that, the script was not written with an aim to communicate the work with clarity. Avoid abbreviations in the title of the manuscript. The spelled out abbreviation followed by the abbreviation in parenthesis should be used on first mention unless the abbreviation is a standard unit of measurement.

Manuscript charges for submission, processing and publication:



The journal does not charge for submission and processing of the manuscripts.

Category Specific Guidelines:



Original Research Articles: All the general instructions are mandatory for these articles and may also have to follow the category specific guidelines wherever specific depending upon the study methodology and area of study. Word count should preferably be within 5000 counts.

Clinical & Epidemiological Research : This can include clinical trials, case series, case studies, surveys, statistical and population studies, ethno medicinal surveys, profiling etc. These should follow the following criteria's wherever applicable:

Initiative	Type of Study	Source
CONSORT	Randomized controlled trials	http://www.consort-statement.org
STARD	Studies of diagnostic accuracy	http://www.consort-statement.org/stardstatement.htm

PRISMA	Systematic reviews and meta-analyses	http://www.consort-statement.org/Initiatives/MOOSE/moose.pdf http://www.consort-statement.org/Initiatives/MOOSE/moose.pdf
STROBE	Observational studies in epidemiology	http://www.strobe-statement.org
MOOSE	Meta-analyses of observational studies in epidemiology	http://www.consort-statement.org/Initiatives/MOOSE/moose.pdf

Word count preferably should be within 5000 counts.

Review Articles: Authors submitting review article should include sub-section in the methods describing the methodology used for locating, selecting, segregating, editing and consolidating the data. These methods also should be concisely but clearly mentioned in the abstract. Word count should be between 3000 and 6000. The responsibility of accuracy of references will have to be certified by the author in the covering letter by author/s.

Book Review: Reviews of high impact good quality books with immediate relevance to Ayurveda or Siddha will be accepted. The journal's editorial board also review books submitted for review by the Author or Publisher of relevant books on case to case basis. The word count is limited to 2500 counts.

Research in Progress/Short communications: These are limited to 2000 word counts, should also include an abstract and references. Non text items are limited to 3.

Readers Viewpoint/Letters: Readers viewpoint on the articles published in this journal and very relevant or important aspects with immediate consensus on the scope of this journal are welcomed. These can include references also whenever and wherever necessary and mandatory when referring to any published research work. Word count is restricted within 1500 counts

Conference Report: Conference/Symposium/Workshop reports will be accepted by the editorial board with a word count limit of 1000. The report should clearly communicate the aims and scopes of the event with the deliverables/decisions/resolutions that came out of the event.

Additional Instructions:



1. All Sanskrit words should be written in roman transliteration with the diacritical marks. Devanagari script is additional and optional.
2. All Sanskrit terms should be translated and the original term and the translation should be mentioned together.
3. References to classical texts should be located with the original passage and translation as the footnote. Bibliographical details should be included in the references section.

Submission Preparation Checklist



As part of the submission process, authors are required to check off their submission's compliance with all of the following items, and submissions may be returned to authors that do not adhere to these guidelines.

1. The submission has not been previously published, nor is it before another journal for consideration (or an explanation has been provided in Comments to the Editor).
2. The submission file is in OpenOffice, Microsoft Word, RTF, or WordPerfect document file format.
3. Where available, URLs for the references have been provided.
4. The text is single-spaced; uses a 12-point font; employs italics, rather than underlining (except with URL addresses); and all illustrations, figures, and tables are placed within the text at the appropriate points, rather than at the end.
5. The text adheres to the stylistic and bibliographic requirements outlined in the Author Guidelines, which is found in About the Journal.

6. If submitting to a peer-reviewed section of the journal, the instructions in Ensuring a Blind Review have been followed.
7. Sanskrit words have been avoided where non-controversial english equivalents are available.
e.g. ghee for goghrita, honey for madhu, water for jala etc.
8. Wherever referred to classical texts the name of editor, publisher and page number is provided in the reference also specified in the traditional format locating the section, chapter, verse or prose number as the case may be.
9. Wherever referred, the actual verses or prose passages been reproduced as footnote or endnote and the original text been quoted verbatim using roman script with diacritical marks.
10. The article is written in international English, and I understand the submission to Ancient Science of Life is intended for publication in the journal with international readers and if the article is incomprehensible it would be rejected.

Privacy Statement



The names and email addresses entered in this journal site will be used exclusively for the stated purposes of this journal and will not be made available for any other purpose or to any other party.

Protection of Patients' Right to Privacy



Identifying information should not be published in written descriptions, photographs, sonograms, CT scans, etc., and pedigrees unless the information is essential for scientific purposes and the patient (or parent or guardian, wherever applicable) gives informed consent for publication. Authors should remove patients' names from figures unless they have obtained informed consent from the patients. The journal abides by ICMJE guidelines:

- 1) Authors, not the journals nor the publisher, need to obtain the patient consent form before the publication and have the form properly archived. The consent forms are not to be uploaded with the cover letter or sent through email to editorial or publisher offices.
- 2) If the manuscript contains patient images that preclude anonymity, or a description that has obvious indication to the identity of the patient, a statement about obtaining informed patient consent should be indicated in the manuscript.

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