

JAHM Guidelines

For new submission please read completely the JAHM article writing guidelines (strictly follow all the instructions and styles) to avoid rejection or delay in publication.

<https://jahm.co.in/index.php/jahm/about/submissions>

Checklist

1. **Must comply all JAHM Guidelines otherwise article will be rejected.**
2. **The blinded article file in MS word file format is prepared after careful reading of the author guidelines and declaring that all the guidelines are followed. The author and designation will be uploaded in a separate file as 1st page.**
3. **Blinded Article file – title, abstract and full paper -Single file**
4. **All authors name and designation in separate file**
5. **For Clinical Research IEC letter and for animal research IAEC letter is mandatory**
6. **For All Clinical research articles incorporation of COSORT CHECKLIST is mandatory.**
7. **Patient consent form mandatory for case reports – request by email the format.**
8. **Word limit- read below**
9. **Writing references -- read below**
10. **For checking the plagiarism use this tool <https://www.duplichecker.com/>**
11. **Graphs, figures, and tables should be clear, properly labeled, and of high quality. They should enhance the presentation of results.**
12. **Tables Guidelines- read below**
13. **Figure Guidelines - read below**
14. **Submission files - read below**
15. **Calibri 12 size font; Single space; Do not give space between paragraphs**
16. **Use English translation in the bracket for all non-popular Sanskrit words for the first appearance in the article.**
17. **Write the headings in Capital letter only for Introduction, objectives, material & methods, Results, Discussion, conclusion, references. Remove capitalization (caps) for other headings in doc and table except for Abbreviations.**
18. **Use English words for self-explanatory (e.g. use 'sleep' instead of 'Nidra')**

19. All **Sanskrit words** should be in italics

20. **Remove special formatting** for bullets, page border, upper and lower

Word limits (Excluding references and abstract)

1. For Original Research Articles (Clinical and Experimental) - 4000 words (max 80 references).

2. For Review Articles - 4000 words (max 80 references).

3. Short Review Articles - 2000 words (max 30 references).

4. Case Report- 1500 words (max 15 references).

5. Book Review - 2000 words (max 15 references).

6. Case Series- 2000 words (max 20 references).

Tables and figures

For Original Research Articles (Clinical and Experimental) – 8 tables and six photos

For Review articles - six tables and six photos/figures.

For case reports- four tables and four photos/figures.

All flow charts should be converted into high quality JPG

Editorial and Peer Review Process

The submitted manuscripts that are not written as per the "Instructions to Authors" would be either rejected or sent back to the authors for correction, before they undergo editorial/ peer-review. The manuscript should be submitted in two separate files:

Submission Files

[1] **Title Page:**

This file should provide

- (a) The type of manuscript (original article, case report, review article, Letter to editor etc.), title of the manuscript, names of all authors (must include academic degrees, designation and affiliations) and name of the department and/ or institution to which the work should be credited.
- (b) Source of support if any in the form of grants, equipment, drugs, or all of these;
- (c) Acknowledgement if any
- (d) Ethics committee approval letter no. with a scanned copy of the letter is mandatory for all original research articles. Write the CTRI registration number and its URL in case of a clinical trial (Desirable not mandatory).

Language and formatting

- Use **English translation** in the bracket for all non-popular Sanskrit words for the first appearance in the article.
- Write the headings in Capital letter only for Introduction, objectives, material & methods, Results, Discussion, conclusion, references. Remove **capitalization (caps)** for other headings in doc and table except for Abbreviations.
- Use English words for **self-explanatory** (e.g. use 'sleep' instead of 'Nidra')
- All **Sanskrit words** should be in italics
- **Remove special formatting** for bullets, page border, upper and lower margin, etc.
- Do not give space between paragraphs

Tables

- All tables are placed within the text at the appropriate points, rather than at the end
- Tables should be self-explanatory and should not duplicate text matter.
- Number the tables within Arabic numerals, consecutively in the order of their first citation in the text, and write a brief title.
- Provide no. and heading at the top of the table
- Write explanatory matter in footnotes, not in the heading.
- Explain all non-standard abbreviations that are used in each table in the

footnotes.

- Obtain permission for all fully borrowed, adapted, and modified tables and write a credit line in the footnote.
- For footnotes use the following symbols, in this sequence: *, †, ‡, §, ||, ¶, **, ††, ‡‡

Illustrations (Figures)

- All flow charts should be converted into high quality JPG
- Upload the images in JPEG format with a file size below 1024 kb.
- Figures should be numbered consecutively according to the order in which they have been first mentioned in the text.
- Write the number and heading at the top
- All illustrations and figures are placed within the text at the appropriate place, instead of at the end or separate files.
- **For resizing the photo use this tool <https://www.reduceimages.com/>**
- **For combining and editing the multiple photo <https://new.express.adobe.com/>**
- **If photographs of individuals are used, attach the written consent of patient to use the photograph.**

Writing References in JAHM

References should be 100 % same as JAHM styleincluding sequence or order of words and punctuations (.....)

Use Online citation (ref) generator tool

<https://www.mybib.com/tools/vancouver-citation-generator>

References should be numbered consecutively in the order in which they are first mentioned in the text (not in alphabetic order).

Don't use the automatic referencing (endnote) tool in MS world. reference no. should be

added manually.

Reference no. should be written in the **Square bracket [1]**

Don't use **prefix** Prof, Vaidya, Pt (Pandit), Acharya etc.

For **classical text references** the mentioning of chapter no., verse no., edition no.& page no. is mandatory.

Follow all **punctuations** as per JAHM style for writing references Write the complete name of a journal for non-indexed journals.

Referencing Ayurvedic Classics

1. A verse in a classic:

Yadavaji Trikamaji (editor). Charaka Samhita of Charaka, Sutrasthana, chapter27, verse no.349. 2nd edition, Varanasi; Chowkhambha Sanskrit Sansthan;2002:174

1. Verse /Text in a commentary on classic:

Yadavaji Trikamaji (editor). Commentary: Ayurveda Deepika of Chakrapani onCharaka Samhita of Charaka, Sutrasthana, chapter 11, verse no.54, 2nd edition, Varanasi; Chowkhambha Sanskrit Sansthan;2002:174

Referencing Articles in Journals

Standard journal article (for up to six authors):

[1] Gupta MA, Gupta AK, Haberman HF. Psoriasis and psychiatry: an update. GenHosp Psychiatry 1987; 9: 157–166.

Standard journal article (for more than six authors): List the first six contributors followed by et al.

Gupta MA, Gupta AK, Kirkby S, Schork NJ, Gorr SK, Ellis CN, *et al* . A psychocutaneous profile of psoriasis patients who are stress reactors: A study of127 patients. Gen Hosp Psychiatry 1989;11:166-73

Books and Other Monographs

1. Personal author(s):

Patil Vasant. Principles & Practice of Panchakarma (A Comprehensive Book ForUG, PG, Researchers & Practitioners); 4th edition, Choukhamabha Sanskrit Sansthan; Varanasi; 2012;283

1. Editor(s), compiler(s) as author:

Christopher Haslett, Editor. Davidson's principles & practice of medicine, 18th ed, Harcourt publisher Limited;2000;900

1. Chapter in a book:

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

Electronic Sources as reference

1. Journal article on the Internet:

Patil V, Rodd M. Ayurvedic Treatment Protocol for Covid 19. JAHM [Internet]. 2021May3 [cited 2021May24];9(1). Available from: <http://jahm.co.in/index.php/jahm/article/view/419>