

# Technical and Scientific Journal of Ayurvedic Medicine and Yoga

## Guidelines



RTC-MAY

REVISTA TÉCNICO-CIENTÍFICA DE MEDICINA AYURVEDA E YOGA

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# Guidelines

## 1. About this Journal.

This is an official technical-scientific publication of the Portuguese Association of Ayurvedic Medicine. The journal publishes works in Portuguese, Spanish and English on the topics of Ayurvedic Medicine and Yoga. Only originals that have not yet been published or are not being considered for publication by another journal (in any language) are accepted.

## 2. Acceptable Content Types

Only original pieces that meet the following descriptions and requirements will be considered:

- **Original article.** A complete description of a clinical investigation that provides sufficient information to allow for a critical and rigorous analysis. The maximum length is 12 pages, with no more than 6 tables, 6 figures and 35 bibliographic references.
- **Short collaboration.** A short original article whose length does not exceed 6 pages, and does not contain more than 3 tables, 3 figures and 15 references.
- **Review.** A review of a previous publication on a topic of interest that contains a critical analysis that allows the reader to draw conclusions. The text must have a maximum length of 12 pages, and no more than 6 tables, 10 figures and 70 references.
- **Letter sent to the magazine.** A letter that references a published article. Letters must be no more than 2 pages long.
- **Other.** We also accept news, reports, interviews and articles related to conferences, courses, meetings, congresses, prizes and scholarships.

## 3. Formatting of Original Articles.

Updated publication standards are available at [https://amayur.pt/rtc\\_may/](https://amayur.pt/rtc_may/). Every original content piece must include:

○ **A cover letter, which must include:**

1. The kind of content being submitted.
2. A declaration that it is an original text and that it is not being considered for publication by another journal in any language.
3. A declaration of delivery to the Journal with exclusive rights to edit, publish, reproduce, distribute copies, prepare works on paper, electronic and multimedia supports.
4. Works with more than one author must be read and approved by all parties.
5. Authors must declare the validity of figures, drawings, graphs, illustrations and photographs incorporated into the text, including prior authorization for their publication and, whenever possible, a specific reference to the source's name.
6. Contact details of the main author, including full name, postal and e-mail address, telephone number and company name.

○ **The original Article, in the following format:**

**I. Title.**

**On an independent page, the following information must be indicated in this order:**

1. Title of the article in both Portuguese and English.
2. Surnames and names of all authors separated by a comma. A maximum of eight authors is recommended. Each author should be listed with an Arabic numeral, along with the name of the author's company/organization.
3. E-mail address of the contact person for the publication.

**II. Abstract.**

The abstract must be submitted in both Portuguese and English and must respect the structure of the submitted work:

1. Introduction
2. Objectives/Goals
3. Methods
4. Results
5. Discussion
6. Conclusions

### III. Keywords.

A maximum of 5 keywords must be included at the end of the summary.

### IV. Abbreviations.

A list of abbreviations that appear in the work, along with their corresponding explanation must be included. The first time the word to be abbreviated appears, both in the abstract and in the text, it should be written out in full, followed by the abbreviation in parentheses. The abbreviation may then appear in the rest of the text without further explanation.

Ex., “In 2007, the World Health Organization (WHO) published an article...WHO defines obesity as a cause...”

### V. Text.

It is necessary to specify the methodology, design, population studied, statistical systems and any other data necessary for a complete understanding of the work. The text must adhere to the following structure:

1. Introduction
2. Objectives/Goals
3. Methods
4. Results
5. Discussion
6. Conclusions
7. Bibliography

## VI. Bibliography.

Bibliographic references must follow the Vancouver style, which is recommended for technical-scientific journals. An example is below:

“The difference between Western Medicine and Oriental Medicine is that the first is limited to treating the symptom and the second seeks the cause of the symptom<sup>1</sup>. "Ayurveda believes that understanding the individual is the key to finding a truly balanced diet." <sup>2</sup> . "

1 S TONNI, S; WALI, AMRUTA A, Dietary Considerations of Wound Healing in Ayurveda, Department of Swasthavritta, KLE University's Shri. BMK Ayurveda College and Hospital, Shahapur, Belgaum-590003, Karnataka, India

2 LAD, Dr. VASANT, Ayurvedic Cooking for self-healing, © 1997, 2003, The Ayurvedic Institute, [www.ayurveda.com](http://www.ayurveda.com)

Bibliographic references should be ordered and numbered in the same order in which they appear in the text, using Arabic numerals.

## VII. Tables and Figures.

Tables and figures should be ordered and numbered as they appear in the text, using Arabic numerals in the title, which should be placed above the table or figure. In the text, they must be set within a sentence or in parentheses.

The title and content of each table or figure should clearly express its meaning, with no need for additional text explanations. Ideally, the content of the article will not be replicated in text that accompanies the tables or figures.

Tables and figures must appear in the document, duly captioned with the same type of font as the text, but in font size 10. Tables must be in black and white and must be referred to in the text. Example tables:

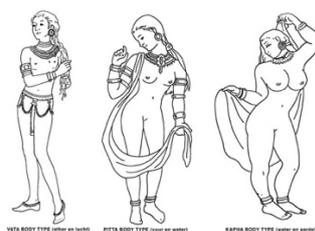
“Each of these flavors has a different impact on each biotype (Table 1).”

**Tabela 1** – Influence of Tastes<sup>7</sup>

Tast	Balance	Imbalance
Bitter	PITTA	VATA
Sour	VATA	PITTA
Sweet	VATA	KAPHA
Salty	KAPHA	PITTA
Pungent	KAPHA	PITTA
Astringent	KAPHA	VATA

Figures must be sent separately with a resolution of 300 pixels per inch and in JPG or PNG format. PowerPoint or similar files are not supported. Figures can be in black and white or in color. Example figures:

“The oldest texts in Ayurveda place great emphasis on compatible and incompatible foods, according to the biotype Vata, Pitta, Kapha or another of its variants (Figure 1).”



**Figura 1** - Biotypes (*Vata, Pitta e Kapha*)<sup>4</sup>

## 4. Submitting originals

The submission of originals must be accompanied by the cover letter, as described in point 3., along with the original article in editable text, in a .doc or .docx file in *Microsoft Word*.

The text must be presented in two columns, except for the Title and Abstract. *Times New Roman*, size 12, with 1.5 line spacing should be used. There should be double spacing between paragraphs. Only titles and subtitles must be in bold and in size 12. The first line of the paragraph must contain an indent of 1.5. The quotation marks "\_\_\_" must be used exclusively for direct quotations.

Footnotes, direct quotes with more than 5 lines are highlighted in the text, they must be written in *Times New Roman* font, size 10. The page format must be A4 and the margins with the following dimensions: upper 2.5cm, lower 2cm, left 3cm and right 2cm. The pages should be numbered at the bottom, to the right of the page.

The original articles must be sent by the **30th of June** of each year to the email address [cid@amayur.org](mailto:cid@amayur.org) in order to be published in the following year's edition, according to the journal rules.

Submission of originals implies that they have never been published or are awaiting approval in another publication and that they are entirely original. The responsibility for the veracity of the content of each article is the sole responsibility of the authors.

## 5. Evaluations of originals

The Editorial Office will acknowledge receipt of the work sent to the journal in the shortest possible time. In the same communication, the author will be notified of the Editorial Board's decision, which may request certain modifications to adapt the manuscript to the journal's standards.

After confirmation by the magazine's editorial board, articles submitted for publication will be evaluated using the blind peer review method. Authors must indicate the contact details of at least three independent reviewers who are not linked to the original submitted. The non-indication implies the immediate rejection of the submitted work.

The journal is committed to the integrity of peer review with high criteria of rigor and ethics. Authors must guarantee the high standard of quality in the writing of the article, namely grammar, spelling and syntax. This must be written according to the proposed rules. The lack of rigor on this point implies the non-acceptance of the article until the necessary technical rectification. The articles that go through the technical review will also be evaluated in order to ensure that the subject of the article fits the theme addressed by the journal and that the research is original and rigorous. After the review, the articles are accepted without changes, sent to the authors with instructions to rewrite and resend them, or rejected for technical reasons and inadequate scientific content.

If the Editorial Board proposes changes to the manuscript for the sake of improvement, the authors will have a maximum period of 10 (ten) working days to respond, from the moment of the communication. If proposed edits are not accepted, it is possible that the article will not be approved for publishing.

If the Editorial Board and the reviewers consider the work suitable for publication, the manuscript will go through the layout process and, finally, the proof will be sent to the corresponding author, who is responsible for carefully reviewing the possible errata. The

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proof must be reviewed by the author and sent to the Editorial Board within a maximum period of 5 (five) days.