

## PG SCHOOL OF AYURVEDA AND RESEACRCH

### **Template for the softcopy submission of Dissertations/Thesis in the form of CD Rom FOR MD/Ph.D. AYURVEDA**

- Instructions to Candidates although your thesis or dissertation may be prepared on a computer, consider the following requirements for meeting the standards.
- Paper Use only one side of high-quality, plain white (unlined in any way) bond paper, minimum 20-lb weight, and 8-1/2" x 11" in size.
- Erasable paper should not be used.
- Type **Size and Print Select fonts** type Times New Roman and size of 10 to 12 characters.
- The **size of the titles** should be 14 and Bold, the size of subtitles should be 12 and bold.
- **The dissertation shall consist of not less than forty thousand words.**
- All **Shaloks** must be typed in **Braha devnagari/kruti devi/Sarju Das** font in size 11.
- All the *Ayurvedic* and *Sanskrit* terms are to be made *italics* and at first appearance the approximate English meaning of the *Ayurvedic* terms should be given in the bracket.
- Print should be letter quality or laser (not dot matrix) printing with dark black characters that are consistently clear and dense.
- Use the same type of print and print size throughout the document.
- Pagination Number all of the pages of your document, including not only the principal text, but also all plates, tables, diagrams, maps, and so on.
- **Roman numerals** are used on the preliminary pages (pages up to the first page of text) and Arabic numerals are used on the text pages.
- The **numbers** themselves can be placed anywhere on the page, however they should be consistent.
- **Spacing** Use double spacing except for long quotations, footnotes, and endnotes, which are single spaced.
- **Margins** To allow for binding, the left-hand margin must be 1.5". Other margins should be 1.0". Diagrams, photographs, or facsimiles in any form should be a standard page size, or if larger, folded so that a free left-hand margin of 1.5" remains and the folded sheet is not larger than the standard page.
- **Photographs** Professional quality black-and-white photographs are necessary for clear reproduction. Colors are allowed, but you should be certain the colored figure will copy clearly and will not be confusing when printed in black and white. File Format Thesis or Dissertations format should be in .Doc (Ms Word Document) or PDF (portable Document format), Image files in JPG or TIFF format and Audio Visual in AVI (Audio video interleave), GIF, MPEG (moving picture expert) files format.
- **Labeling on CD CD-ROM** Labeling Should be standard and should contain title, subtitle, name of the candidate, degree name, subject name, guide name, name of the department, college, place and year.

- All the clinical trials must be registered on Clinical Trials Registry-India (CTRI) and its reference number must be mentioned in the dissertation.
- No need to define the main headings like discussion, conclusion etc.
- Begin each chapter on a new page. Do the same with each element of the front matter (list of tables, acknowledgments, etc.), the reference section, and each appendix. Try to avoid typing a heading near the bottom of a page unless there is room for at least two lines of text following the heading. Instead, you should simply leave a little extra space on that page and begin the heading on the next page. If you wish to use a “display” page (a page that shows only the chapter title) at the beginning of chapters or appendices, be sure to do so consistently.
- Each Page of every chapter must contain heading of Chapter in Header in the right corner and Title of thesis and Page no. in bottom

# Colour combination for PG Theses: Blue REXIN Bound with Silver texture.

##Colour Combination for PhD Theses: Maroon REXIN with Golden Texture

###The spine of the thesis should show the degree (with subject), name of the candidate and the Month,Year of the course.

<-----Title----->

by

**Name of the Candidate**

Dissertation Submitted to the DESH BHAGAT UNIVERSITY,  
MANDIGOBINDGARH,PUNJAB.

In partial fulfillment

of the requirements for the degree of

**Degree Name**

In

**Subject Name**

**Under the guidance of**

**Name of the Guide**

**LOGO**

**Name of the Department**

**Name of the College**

**Place**

**Year**

**DESH BHAGAT UNIVERSITY**

### **DECLARATION BY THE CANDIDATE**

I hereby declare that this dissertation/thesis entitled "<----- Title----->" is a bonafide and genuine research work carried out by me under the guidance of Name & **designation of the Guide and co-guide.**

**Date :**

**Place:  
Name**

**Signature of the Candidate**

### **CERTIFICATE BY THE GUIDE**

This is to certify that the dissertation entitled "<----- Title----->" is a bonafide research work done by Name of the Candidate in partial fulfillment of the requirement for the degree of **Degree Name.**

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### **CERTIFICATE BY THE CO-GUIDE**

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### **ENDORSEMENT BY THE HOD, PRINCIPAL/HEAD OF THE INSTITUTION**

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Seal & Signature of the HOD

Seal & Signature of the Principal

Name

Name

Date :

Date :

Place:

Place:

## **ACKNOWLEDGMENT**

**Not lengthy. Avoid Superlatives.**

**Date :**

**Place:**

**Signature of the Candidate**

**LIST OF ABBREVIATIONS USED (in alphabetical order)**

## **ABSTRACT**

**(Max. 200-300 words)**

**Background & Objectives**

**Methods**

**Results**

**Interpretation & Conclusion**

**Keywords (Max. 10)**

**Keywords shall be chosen from MeSH (Medical Subject Headings) (Each keyword should be separated by semicolon)**

## **TABLE OF CONTENTS**

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## **1. Introduction( not more than 2 pages)**

## **2. Objectives**

## **3. Review of Literature**

### **A. Historical Review**

### **B. Previous work done**

### **C. Ayurvedic review (disease)**

### **D. Modern Review(Disease)**

### **E. Drug review**

## **4. Methodology**

Materials & Methods (Methodology), including

### **For clinical Study**

- a) Hypothesis,
- b) Study Design
  - Setting
  - Sampling
  - Sample size
- c) Inclusion criteria
- d) Exclusion criteria
- e) Diagnostic criteria
- f) Ethical Clearance (for clinical trials only)
- g) CTRI registration (for clinical trials only)
- h) Criteria of Assessment
- i) Statistical Analysis

## **5. Results**

The findings of the study should be analysed and should be arranged in tables, charts and diagrams. The photographs of observations taken during the course of study should also be included. The text in this chapter should explain the observations, table wise.

## **6. Discussion**

- Analyze data and relate them to other studies.
- Possible explanations for any variation in the results
- Significance of results in terms of hypothesis and their practical implications
- Evaluate strengths and weaknesses of work
- Avoid using personal pronouns( I, We)



## 7. Conclusion

This section should contain, in points, the net result of the study.

- **NOT EXCEEDING ONE THOUSAND WORDS**

## 8. Summary

- **NOT MORE THAN ONE THOUSAND AND FIVE HUNDRED WORDS**
- **IN LAST MENTION Recommendation for further STUDY**

## 9. REFERENCES (Vancouver Format)

References should be listed in end of paper; References should be numbered consecutively in the order in which they are first mentioned in the text. **(Not in alphabetic order)**

References should be numbered in text, tables, and legends by Arabic numerals (1, 2,...) in square bracket parentheses as superscript after the punctuation marks. e.g. This theory is based on the concept of 'Tridosha', [6] the three.....

Do not cite references in Abstract.

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 journal names should be abbreviated according to the style given by Index Medicus

(<http://www.ncbi.nlm.nih.gov/nlmcatalog/journals>)

Use complete name of the journal for non-indexed journals.

Avoid using abstracts for references.

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.

### Referencing Articles in Journals

**Standard journal article (for up to six authors):**

Shukla N, Husain N, Agarwal GG, Husain M. Utility of cysticercus fasciolaris antigen in Dot ELISA for the diagnosis of neurocysticercosis. Indian J Med Sci 2008;62:222-7.

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

Nozari Y, Hashemlu A, Hatmi ZN, Sheikhvatan M, Iravani A, Bazdar A, et al. Outcome of coronary artery bypass grafting in patients without major risk factors and patients with at least one major risk factor for coronary artery disease. *Indian J Med Sci* 2007;61:547-54

□ **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. pp. 465-78

### **Electronic Sources as reference**

□ **Journal article on the Internet:** Abood 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/>.

**For other types of references such as newspaper items, please refer to ICMJE Guidelines**

(<http://www.icmje.org> or [http://www.nlm.nih.gov/bsd/uniform\\_requirements.html](http://www.nlm.nih.gov/bsd/uniform_requirements.html)).

### **Referencing Ayurvedic classics**

**Note:** These guidelines are written with in intention to bring uniformity in referencing Ayurvedic classics. Special consideration is given towards the common errors done by authors while referencing Ayurvedic classics.

- A classic with its English translation or interpretation should be preferred for referencing.
- A classic with its Hindi translation or interpretation should get second preference.
- A classic with its translation or interpretation in other approved Indian regional languages Tamil, Kannada, Marathi, etc. should get third preference.
- A classic with its translation or interpretation in any other foreign language should get third preference.
- Please do not use 'title of veneration' like Shree, Shrimat, Shrimad, Acharya, Vaidya, Pandit (Pt.), Dr., Prof., Kaviraja, Shastri, etc. along with name of the authors.
- For editors of the classics use their surname followed by initials as Paradkar H, Acharya YT, Kulkarni DA, Upadhyay YN, Athawale AD.
- If the classic is revised more than one time, please include name of the last editor only.
- Please do not include any information about the foreword for the classic (if any).
- Use complete name of the original author of the classic like Madhava Upadhyaya, Sadananda Sharma, Agnivesha, Sushruta, Sharngadhara, Bhava Mishra.
- Some Ayurvedic classics have undergone revisions. e.g. The classic 'Charaka Samhita' we have today is revised by Charaka and Drudhabala. Please do not include names of revisers/rewriters in references.
- Instead of Sanskrit words Shloka, Adhyaya and Vyakhya use words Verse, Chapter and Commentary respectively.
- Ayurvedic classics have different sections like 'sthana, khanda devoted to specific areas. Please maintain their names as they are. e.g. Sharira Sthana
- If the publisher has divided the book in different volumes please use capital Roman numbers as Vol. II, Vol. IV

- There is no need to reiterate section name along with title of the chapter. e.g. Write Jwara Chikitsa as Jwara and Sankhya Vichay Sharir as Sankhya Vichay.
- Some classics are known by two names or have one original name and one name in use. e.g. Kashyapa Samhita is also known as Vriddhajivaka Tantra and Madhava Nidana has its original name Roga Vinishcyaya. Please follow the most popular name.
- Sutrasthana 12/8 should be written as Sootra Sthana, Chapter 12, Verse 8.
- Please do not include words like publication (or pub.), translator, commentator in references.
- Please do not include address of the publisher in detail. Only name of publisher and city of publication is expected in references.
- Please do not use parentheses like Ashtanga Hridaya (A Compendium of the Ayurvedic System) in references.
- If you want to refer from commentary on classic, please use name of the commentary and name of the commentator. e.g. Ayurveda Dipika of Chakrapani Datta on Charaka Samhita.

#### **Editor(s), compiler(s) as author:**

Acharya YT, editor. Charaka Samhita. 2nd ed. Varanasi: Chowkhambha Subharati; 2002.

#### □ **Chapter in a classic:**

Sharma S, editor. Ashtanga Samgraha. 1st ed. Varanasi: Chowkhambha Sanskrit Series; 2006. Sootr Sthana; Chapter 6th: Dravadravya Vidnyaniya. pp. 35-48

#### □ **Verse in a classic:**

Sharma S, editor, (1st ed.). Ashtanga Samgraha of Vagbhata, Sootra Sthana; Dravadravya

Vidnyaniya: Chapter 6, Verse 10-16. Varanasi: Chowkhambha Sanskrit Series, 2006; 37-38.

#### □ **Text/Verse in a commentary on classic:**

Sharma S, editor, (1st ed.). Commentary Shashilekha of Indu on Ashtanga Samgraha of Vagbhata, Sootra Sthana; Dravadravya Vidnyaniya: Chapter 6, Verse 10-16. Varanasi: Chowkhambha Sanskrit Series, 2006; 37-38.

#### **Referencing regional language books**

**Personal author(s):**

Phanasalkar SD. Ayurvediya Rasayana Chikitsa (Marathi). 2nd ed. Pune: Manakarnika Publication; 2011.

**Editor(s), compiler(s) as author:**

Nanal RM, editor. Purushottamopanishada (Marathi). 1st ed. Mumbai: Madhavi Prakashan; 1999. p.139, 145-46.

**Use of ibid**

Ibid. (Latin, short for ibidem, meaning the same place) is the term used to provide a reference or footnote citation for a source that was cited in the preceding reference or footnote.

J-AIM recommends use of ibid followed by the minor difference from that of preceding reference or footnote.

e.g.

11. Sharma S, editor, (1st ed.). Ashtanga Samgraha of Vagbhata, Sootra Sthana; Dravadavyav Vidnyaniya: Chapter 6, Verse 10-16. Varanasi: Chowkhamba Sanskrit Series, 2006; 37-38.

12. Ibid. Chapter 6, Verse 24-27.

**10.ANNEXURES**

a) Patient consent form (should in English, hindi and Punjabi language)

b) Patient information Sheet

c) Adverse Drug Reaction

d) Research Performa

e) Ethical Clearance certificate

d) Master Chart

f) All Drugs Authentication and Testing Reports Compulsory for Rasa Shastra Scholars

g) Photographs of raw drug, preparation method, any patients symptom changes etc.

**CHECK LIST**  
**THESIS SUBMISSION FORM**

<b>1</b>	<b>Name of the Candidate</b>			
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<b>5</b>	<b>Name of Guide &amp; Designation</b>			
<b>6</b>	<b>Name of Co-Guide &amp; Designation</b>			
<b>7.</b>	<b>Number of Copies submitted</b>		<b>Fee (Receipt No.)</b>	
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<b>11.</b>	<b>CTRI(clinical trial registry of india) No.(with Hard copy)</b>	Yes/No/NA		
<b>12.</b>	<b>Number of Paper Presention and Publicetions(with Hard copies)</b>			

**Date**

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