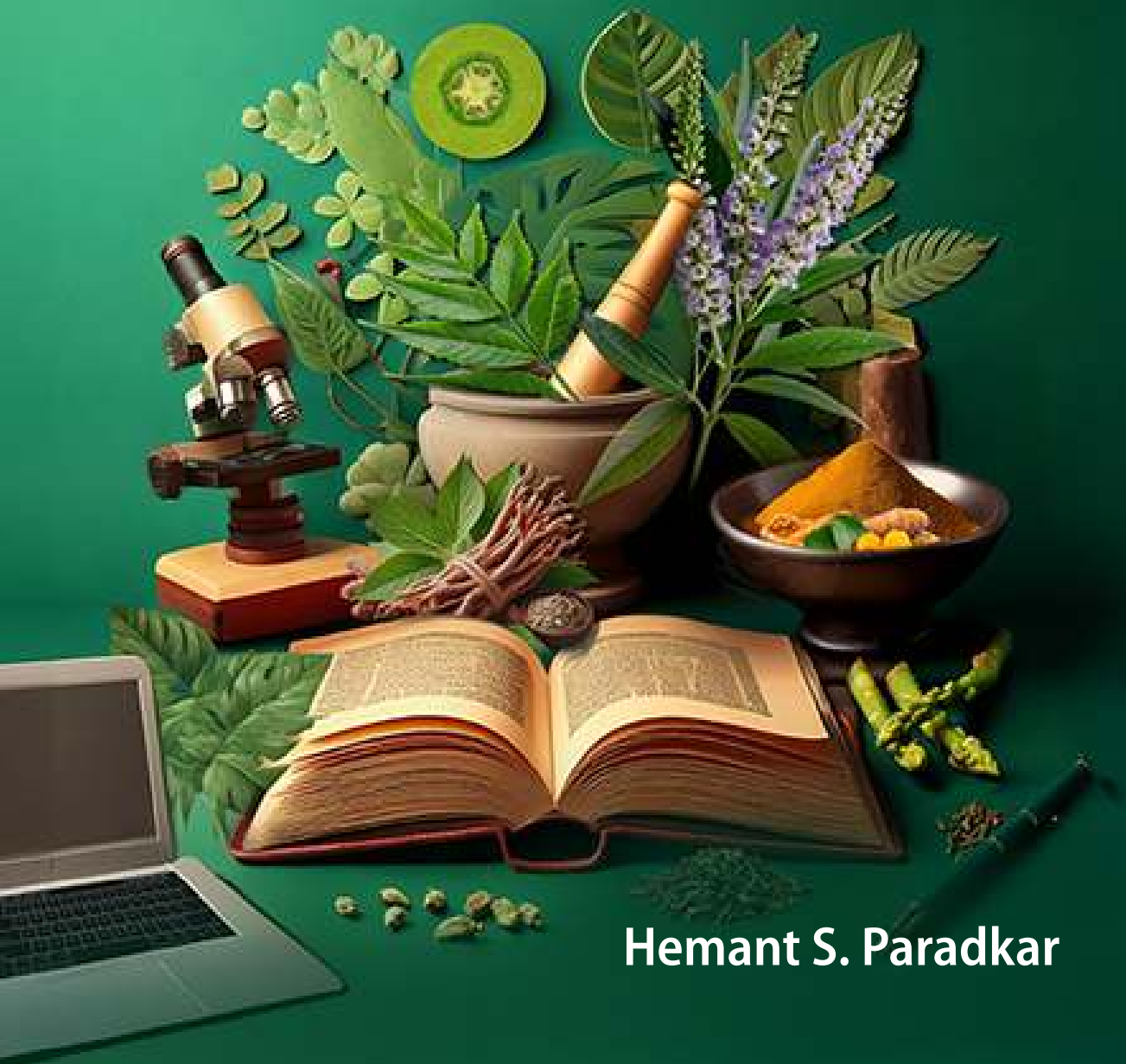


# Tradition to Innovation: The Ayurvedic Research Writing Handbook



Hemant S. Paradkar

# Tradition to Innovation: The Ayurvedic Research Writing Handbook

**Hemant S. Paradkar**

Department of Kayachikitsa, APM's Ayurved Mahavidyalaya,  
Sion, Mumbai, India



**DeepScience**

*Published, marketed, and distributed by:*

Deep Science Publishing  
USA | UK | India | Turkey  
Reg. No. MH-33-0523625  
www.deepscienceresearch.com  
editor@deepscienceresearch.com  
WhatsApp: +91 7977171947

ISBN: 978-81-984306-2-5

E-ISBN: 978-81-984306-3-2

<https://doi.org/10.70593/978-81-984306-3-2>

Copyright © Hemant S. Paradkar

**Citation:** Paradkar, H. S. (2025). *Tradition to Innovation: The Research Writing Handbook*. Deep Science Publishing. <https://doi.org/10.70593/978-81-984306-3-2>

This book is published online under a fully open access program and is licensed under the Creative Commons "Attribution-Non-commercial" (CC BY-NC) license. This open access license allows third parties to copy and redistribute the material in any medium or format, provided that proper attribution is given to the author(s) and the published source. The publishers, authors, and editors are not responsible for errors or omissions, or for any consequences arising from the application of the information presented in this book, and make no warranty, express or implied, regarding the content of this publication. Although the publisher, authors, and editors have made every effort to ensure that the content is not misleading or false, they do not represent or warrant that the information-particularly regarding verification by third parties-has been verified. The publisher is neutral with regard to jurisdictional claims in published maps and institutional affiliations. The authors and publishers have made every effort to contact all copyright holders of the material reproduced in this publication and apologize to anyone we may have been unable to reach. If any copyright material has not been acknowledged, please write to us so we can correct it in a future reprint.

## Foreword



Ayurveda, with its holistic and integrative approach to health, represents humanity's timeless quest for balance and well-being. In today's world, where evidence-based practices are essential, the global acceptance of Ayurveda depends on presenting its principles and effectiveness through well-structured scientific research.

Dr. Hemant S. Paradkar's book, *Tradition to Innovation: The Research Writing Handbook*, plays a crucial role in this journey. It provides clear and practical guidance for Ayurveda scholars and practitioners, helping them bridge the gap between traditional wisdom and modern scientific research.

This book simplifies the process of writing research papers—from formulating research questions to navigating peer review. It addresses unique challenges in Ayurveda research, such as integrating classical knowledge with contemporary scientific methods. The book also covers different research formats, ethical considerations, and effective communication strategies, enabling readers to produce high-quality, impactful research.

Additionally, it includes practical tips, case studies, and examples of Ayurveda research papers to enhance understanding. More than just a guide, this book serves as an inspiration for Ayurveda professionals to contribute meaningfully to global scientific literature. It encourages the next generation of researchers to uphold Ayurveda's rich heritage while advancing its relevance in modern healthcare.

Best regards,

**Vd. Vinay Velankar**

Rastriya Ayurved Guru

Founder & Chairman Ayurved Vyaspeeth

## Message



The global growth of Ayurveda as a medical system depends not only on integrating modern science but also on conducting ethical research and clear communication. I am pleased to announce the release of Tradition to Innovation: The Research Writing Handbook by Dr. Hemant S. Paradkar.

This book is a complete guide to writing high-quality research papers. It provides useful tips while emphasizing honesty, integrity, and accuracy in Ayurvedic research.

The Ministry of Ayush has played a key role in promoting Ayurvedic research through various initiatives, including funding for evidence-based studies, collaborations with modern research institutions, and support for interdisciplinary projects. These efforts have helped strengthen the scientific foundation of Ayurveda and integrate it into mainstream healthcare.

I believe this handbook will be a valuable resource for researchers, supporting their professional growth and encouraging ethical knowledge sharing. My heartfelt congratulations to Dr. Paradkar for this excellent contribution. May this book inspire researchers to uphold the highest standards of ethics and quality in their work.

With best regards,

**Vd. Rakesh Sharma**

President, Board of Ethics and Registration  
NCISM

## Message



Ayurveda's strength lies in its ability to adapt its timeless principles to meet the changing needs of society. I am pleased to announce the release of *Tradition to Innovation: The Research Writing Handbook* by Dr. Hemant S. Paradkar.

This book comes at a crucial time when strong research and clear scientific communication are essential for Ayurveda's global recognition. It addresses the challenges Ayurvedic researchers face in presenting their work and guides blending traditional wisdom with modern research methods.

I believe this book will be a valuable resource for students, practitioners, and researchers, helping to strengthen the foundation of evidence-based Ayurveda.

We are proud of the efforts made by our faculty at Ayurved Mahavidyalaya, Sion, in simplifying the research paper writing process.

My heartfelt congratulations to Dr. Hemant Paradkar on this remarkable achievement.

With best wishes,

**Vd. Sham Nabar**

Trustee

Ayurvedya Prasarak Mandal

Sion, Mumbai.

## Preface

Ayurveda, a timeless science of life, has immense potential to enrich modern healthcare with its evidence-based approach. Documenting, publishing, and disseminating research findings is an essential skill for Ayurvedic scholars, ensuring that scientific rigor supports traditional wisdom.

This handbook is designed to guide postgraduate students, researchers, and Ayurvedic practitioners through writing, structuring, and publishing academic papers. It offers a detailed understanding of various article types, essential writing standards, journal submission processes, and ethical considerations, ensuring that the voice of Ayurveda resonates across global platforms.

I hope this book becomes a valuable resource for all who seek to contribute meaningfully to the field of Ayurvedic research.

**Dr. Hemant S. Paradkar**

Associate Professor,

Department of Kayachikitsa,

APM's Ayurved Mahavidyalaya,

Sion, Mumbai.

## Introduction

Ayurveda, often referred to as the "Science of Life," represents a profound blend of tradition, philosophy, and holistic health principles. Its timeless relevance lies in its ability to address not only the physical but also the mental and spiritual dimensions of well-being. However, to secure its rightful place in global healthcare systems, Ayurveda must align with the rigour of contemporary scientific research and communication.

Documenting, analysing, and publishing research findings is a vital aspect of modern science. For Ayurveda, this means presenting its therapies and methodologies in ways that meet international academic standards. Unfortunately, many Ayurveda researchers struggle with this task due to the lack of accessible guidance on research writing tailored to this unique field.

The "Tradition to Innovation: The Research Writing Handbook" has been thoughtfully designed to address this gap. Whether you are crafting a clinical trial report, a case study, or a systematic review, this book provides a roadmap for every step of the process. From choosing a research question to selecting a journal, it simplifies the complexities of academic writing with practical tools such as templates, flowcharts, and real-world examples.

Special emphasis is given to topics that are particularly relevant to Ayurvedic research—integrating traditional knowledge with scientific rigour, ensuring ethical compliance, and overcoming common pitfalls. The book also stresses the importance of clarity and precision, enabling researchers to effectively communicate their findings to diverse audiences.

This handbook is more than a guide; it is a celebration of the opportunity to bridge ancient wisdom and modern science. It is a resource for anyone committed to advancing Ayurveda's evidence-based practice and sharing its transformative potential with the world.

I hope this book serves as an essential companion for your journey into academic writing, helping you contribute meaningfully to the growing body of Ayurvedic literature.



# Contents

- 1 Introduction to research writing .....1
- 2 Steps to writing a research paper .....7
- 3 Writing rules for specific article types .....13
- 4 Mastering ethical and collaborative research writing .....84
- 5 General writing rules and standards .....101
- 6 Journal selection and submission .....144
- 7 Practical tips and ethical considerations .....183
- 8 Resources and opportunities .....215
- 9 Research papers: Examples and case studies .....226
- 10 Reporting guidelines .....233