

## Chapter 10

# Reporting guidelines

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Adhering to reporting guidelines is essential for ensuring that research is transparent, reproducible, and meets international standards. These guidelines provide a framework for presenting data, methodologies, and outcomes clearly and comprehensively, making it easier for readers and reviewers to evaluate your work.

## 1. Importance of Reporting Guidelines

### 1. Clarity and Transparency

- Reporting guidelines help standardise how research is presented, ensuring that key information is not omitted.

### 2. Reproducibility

- Detailed reporting enables other researchers to replicate studies or build upon findings, a cornerstone of scientific progress.

### 3. Credibility and Trust

- Adherence to established guidelines demonstrates professionalism and academic rigour, enhancing the credibility of your work.

### 4. Ease of Peer Review

- Structured and complete manuscripts facilitate the peer review process, increasing the chances of acceptance.

## 2. Common Reporting Guidelines for Research

### 1. CONSORT (Consolidated Standards of Reporting Trials)

- Applicable for: Randomized Controlled Trials (RCTs).
  - Key Features:
    - Participant flow diagram.
    - Details on randomization, blinding, and statistical methods.
  - Example: Reporting the efficacy of Ayurvedic Rasayana in immunity enhancement through RCTs.
- 2. STROBE (Strengthening the Reporting of Observational Studies in Epidemiology)**
- Applicable for: Observational studies (cross-sectional, cohort, and case-control studies).
  - Key Features:
    - Clear definitions of variables and outcomes.
    - Explanation of biases and confounding factors.
  - Example: Prevalence of Type 2 Diabetes in urban Ayurvedic populations.
- 3. CARE (Case Report Guidelines)**
- Applicable for: Case reports and case series.
  - Key Features:
    - Patient history, intervention details, and outcomes.
    - Insights into the uniqueness of the case.
  - Example: Management of psoriasis with Panchakarma: A case study.
- 4. PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses)**
- Applicable for: Systematic reviews and meta-analyses.
  - Key Features:
    - PRISMA flowchart for study inclusion/exclusion.
    - Summary of evidence quality.

- Example: Systematic review on the role of Ashwagandha in stress management.

#### **5. SRQR (Standards for Reporting Qualitative Research)**

- Applicable for: Qualitative research studies.
- Key Features:
  - Detailed descriptions of study contexts and methods.
  - Reflexivity and researcher bias discussion.
- Example: Understanding patient perspectives on Ayurvedic treatments for chronic diseases.

#### **6. STARD (Standards for Reporting Diagnostic Accuracy Studies)**

- Applicable for: Diagnostic accuracy studies.
- Key Features:
  - Inclusion of sensitivity, specificity, and predictive values.
  - Transparent reporting of diagnostic criteria and methods.
- Example: Diagnostic accuracy of Ayurvedic Prakriti assessment tools.

### **3. How to Use Reporting Guidelines**

#### **1. Select the Appropriate Guideline**

- Match the guideline to your study type (e.g., CONSORT for RCTs, CARE for case reports).

#### **2. Refer to Checklists**

- Most guidelines include detailed checklists to ensure all necessary elements are covered.

#### **3. Incorporate During Writing**

- Use the checklist as a reference while drafting your manuscript, ensuring all sections align with the guidelines.

#### **4. Submit Alongside the Manuscript**

- Some journals may require completed checklists as part of the submission process.

#### 4. Tools and Resources

##### 1. Equator Network

- A comprehensive database of reporting guidelines for various study designs.
- Website: [www.equator-network.org](http://www.equator-network.org).

##### 2. Journal Instructions

- Many journals specify preferred reporting guidelines in their submission requirements.

##### 3. Templates and Software

- Tools like PRISMA flowchart templates or CONSORT checklists can streamline adherence.

#### 5. Ayurvedic Research Considerations

While following reporting guidelines, Ayurvedic researchers must also address unique aspects of traditional medicine:

##### 1. Integration with Modern Methods

- Clearly explain how traditional Ayurvedic concepts are evaluated using modern scientific methods.

##### 2. Terminology

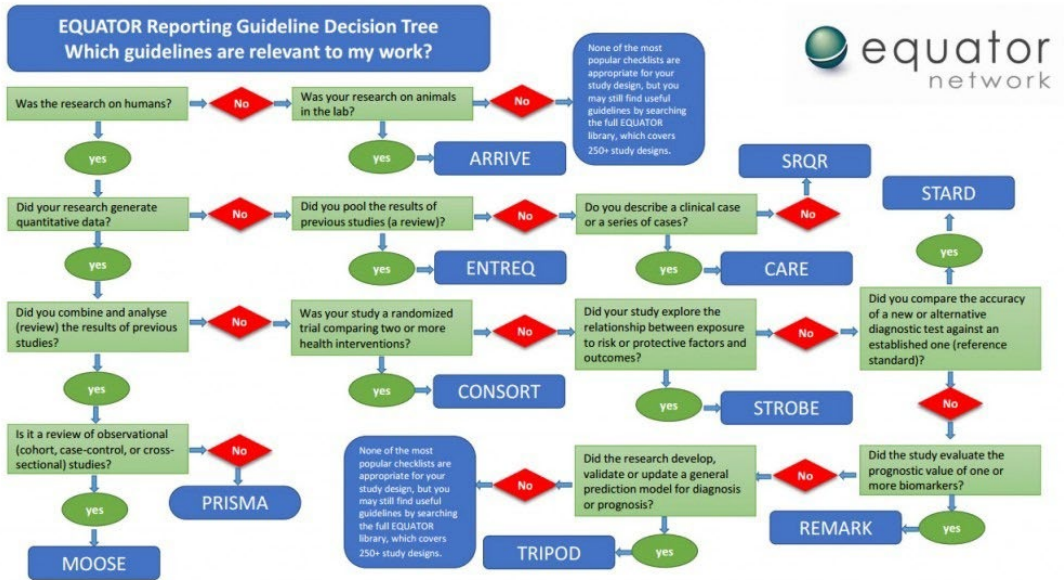
- Use standardized terms and provide translations or explanations for Sanskrit terminology.

##### 3. Intervention Details

- Specify preparation methods, dosages, and administration protocols for Ayurvedic treatments.

##### 4. Patient Safety and Ethical Compliance

- Address safety monitoring and ethical concerns, especially for novel interventions.



EQUATOR Reporting Guideline Decision Tree QR code

### Conclusion

Reporting guidelines are invaluable for presenting research transparently and professionally. By adhering to these standards, Ayurvedic researchers can elevate the global credibility of their work, contributing meaningfully to the integration of traditional medicine with modern science.