

Title of the Article

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Abstract

An abstract is a brief summary of a main manuscript. It should be written in ~300 words. The abstract should be written concisely and clearly without any abbreviations, references, or citation. The abstract should be well written and is grammatically correct.

Keywords: There should be five to ten keywords or phrases each separated by a comma

INTRODUCTION

Manuscript should be submitted in .doc, .docx, .rtf files. Manuscript should be around 2000 to 7000 word count [1]. Please do not use MS Word older than the 2010 version. Use only Microsoft Office 2010 or later versions. The main text of the manuscript should appear here with headings as appropriate. Author should mention the type of manuscript on the top of manuscript (research article, review article, case study, popular article, or any other type of article).

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Introduce the article properly in paragraphs separated by headings, subheadings, images, and formulae. To avoid errors in the article, author is advised to use the ‘spellchecker’ function of MS Word. Authors are responsible for obtaining permission from copyright holders for reproducing any illustrations, tables, figures, or lengthy quotations previously published elsewhere.

Article should be written in following order: Title of the Article, Authors, Affiliations, Abstract, Keywords, Main text (including figures and tables), Conflicts of Interest, Ethics Approval, Acknowledgements, Abbreviations and Nomenclature, References, Appendix. Author should not use footnote or endnote for the citation in the article.

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HIERARCHY OR LEVEL OF HEADING

Author can use headings, subheadings to present the work in the following ways.

LEVEL 1 OR H1 HEADING: PHILOSOPHICAL APPROACHES

Bryman [2] asserts that there are different views about the scope, range, ordering, and labelling of philosophical approaches.

Level 2 or H2 Heading: Philosophical Approaches

Bryman [3] asserts that there are different views about the scope, range, ordering, and labelling of philosophical approaches.

Level 3 or H3 Heading: Philosophical Approaches

Bryman [4] asserts that there are different views about the scope, range, ordering, and labelling of philosophical approaches.

Level 4 or H4 Heading: Philosophical Approaches

Bryman [5] asserts that there are different views about the scope, range, ordering, and labelling of philosophical approaches.

Level 5 or H5 Heading: Philosophical approaches (H5): Bryman [6] asserts that there are different views about the scope, range, ordering, and labelling of philosophical approaches.

Level 6 or H6 Heading: Philosophical approaches: Bryman [7] asserts that there are different views about the scope, range, ordering, and labelling of philosophical approaches.

TABLES AND FIGURES

Authors should submit tables as editable text and not as images. Tables should be numbered (with Arabic numerals as Table 1, Table 2, etc.) and referred to by number in the text. Tables can be placed either next to the relevant text in the article, or on separate page(s) at the end. The captions for the Tables should be provided separated from the text. All Figures and Tables should be numbered and cited. Source of all Figures should be provided.

For all Tables, use the following symbols in order as footnotes: * (asterisk), † (dagger), ‡ (double dagger), ¶ (paragraph mark), § (section mark), || (parallels), **, ††, ‡‡, etc.

Authors should submit Figures as per “**Artwork Guidelines**”. Figures are to be numbered in one consecutive series of Arabic numerals in the order in which they are cited in the text. The captions for illustrations and figures should be separated from the text and collated in a separate section called “Legend to Figures.” Tables and Figures should be self-explanatory.

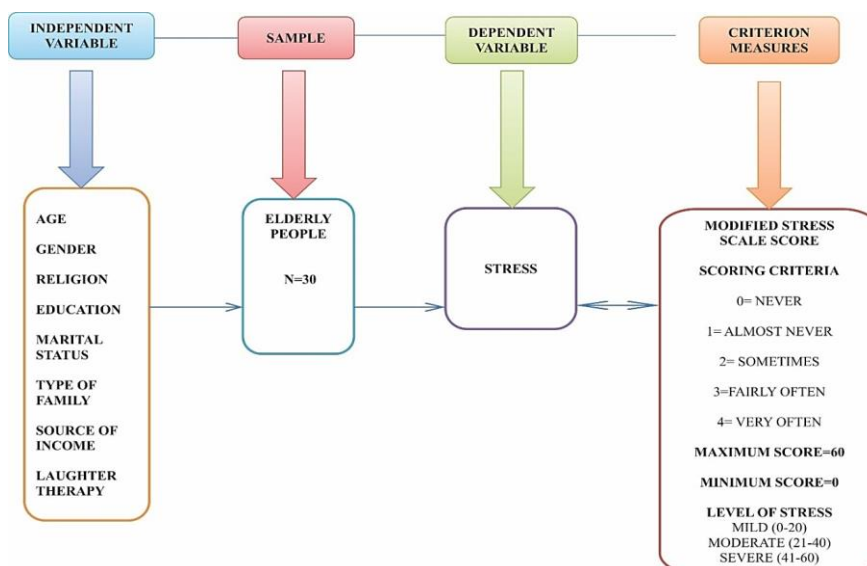


Figure 1. Figures should their Captions.

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Placement: Figures/charts and tables created in MS Word should be included in the main text. Figures and other files created outside Word (i.e., Excel, PowerPoint, JPG, TIFF, EPS, and PDF) should be submitted separately. Please add a callout in the running text (i.e., insert Figure 1).

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UNITS OF MEASUREMENT

Authors should follow internationally accepted rules and conventions. Units should be expressed in the international system of units (SI). If other units are mentioned, please give their equivalent in SI.

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Except for units of measurement, abbreviations, and nomenclature when it appears for the first time should be spelled out for the first time.

MATH FORMULAE

Math equations should be presented as editable text and not as images. Simple formulae should be in line with normal text where possible. Use the solidus (/) instead of a horizontal line for small fractional terms, e.g., X/Y. Equations should be numbered consecutively in Arabic numerals if referred explicitly in the text.

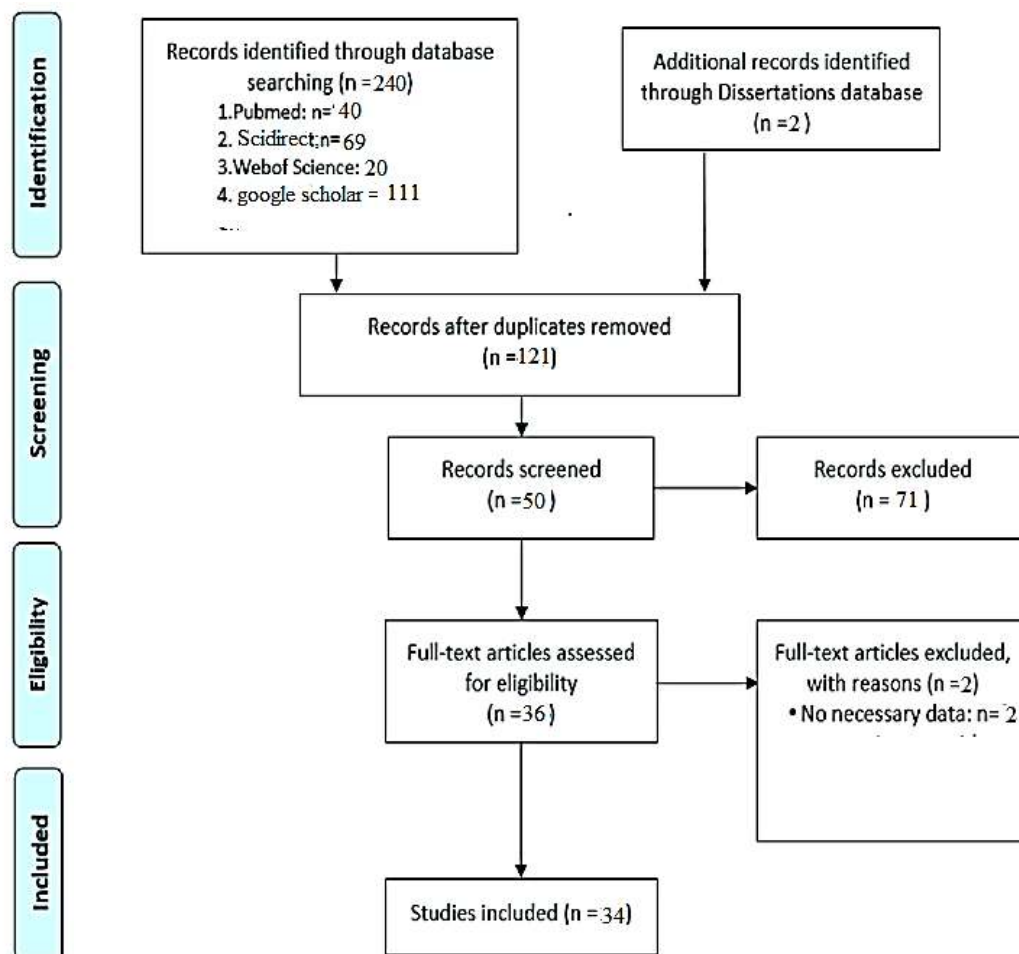


Figure 2. Flowchart for Selection of Relevant Literature for the Review.

Table 1. Tables should their Captions.

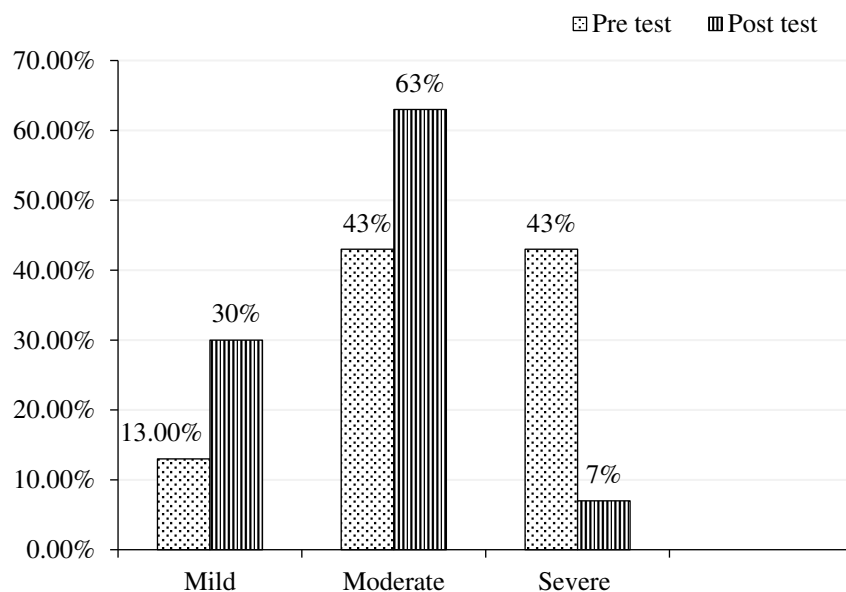
Scientific Name	Part Used	Publication Year	Analytical Method	Constituents	Reference
<i>Piper longum</i> Linn	Fruit	2006	RP-HPLC	Sesamin, brachystamide guineensine	[8]
<i>Woodfordia fruticosa</i>	Flower	2014	TLC Fingerprint, Fluorescence	Ellagic acid, gallic acid	[9]
<i>Dioscorea bulbifera</i>	Whole	2013	AAS, UV	Vit C, Vit D	[10]
<i>Cucurbita maxima</i>	Seed	2012	TLC, HPTLC, GC/MS	Glucosazone	[11]
<i>Aerva lanata</i>	Whole	2014	FT-IR		[12]
<i>Curcuma caesia</i>	Leaf	2017	GC MS, FT-IR	α -Santalol, Retinal, Ar-tumerone	[13]
<i>Boswellia serrate</i>	Leaf	2012	TLC, IR, GC/MS, NMR	Tetrahydro-2H-pyran-2, 3, 4, 5-tetrol	[14]
<i>Aloe vera</i>	Stem	2012	HPTLC Fingerprint	Berberine, gallic acid	[15]

Table 1. Mean and Standard and t-Value of Pre-Test and post-Test Level of Stress among Elderly People (N=30).

Level of Stress	Mean	SD	t-Value
Pre-test	35.6	11.8	11.4*
Post-test	26.9	10.7	

Maximum Score= 60*= Significant ($p>0.05$)

Minimum Score= 0.

**Figure 3.** Comparison between Pre-Test and Post-Test Level of Stress among Elderly People.

CONCLUSION

The conclusions section should come in this section at the end of the article, before the acknowledgements.

Declaration of Interest

Authors should reveal any possible conflict of interest in their submitted manuscripts. A competing interest exists when professional judgment concerning the validity of work is influenced by a secondary interest, such as financial gain. The author(s) declare(s) that there is no conflict of interest regarding the publication of this manuscript.

Acknowledgement

The acknowledgements come at the end of an article after the conclusions and before the notes and references.

REFERENCES

References (reference have been arranged as per Author-Number System) (at least 10 references and not more than 50 references; also, recent references should be included.).

All References mentioned in the reference list are cited in the text and vice versa. In reference list, each reference should have at least name of author, title of the article, place of publication (name of book or journal), and year of publication. All References mentioned in the reference list are cited in the text and vice versa. In reference list, each reference should have at least name of author, title of the article, place of publication (name of book or journal), and year of publication. All References mentioned in the reference list are cited in the text and vice versa. In reference list, each reference should have at least name of author, title of the article, place of publication (name of book or journal), and year of publication.

Author(s). Title of article. Title of journal. Publication year; Volume(Issue): Pages. **(JOURNAL)**

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