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**Editorial**

**Promote Research in Ayurveda**

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It gives us pleasure to announce that the 'Journal of Ayurveda Physicians and Surgeons (JAPS.co.in)' has completed its five year of successful journey. First issue of this quarterly Journal came in October 2014 with the aim to provide a platform to the Ayurveda scholars particularly to thousands of post graduate scholars to publish their research work carried out as a part of their postgraduate/Ph.D. degree. The postgraduates under the guidance of experienced and senior postgraduate teachers postulate a hypothesis on the newer and recently appeared problems to find out their solutions. The University gets screened the synopses prepared by the scholars by the internal committees of the Institutes as well as by external reviewers and if recommended the synopsis are rewritten as per suggestions of the expert reviewers. Only after undergoing such tough screening the scholars are allowed to work on the topics. As it is a time bound program the scholars put their sincere and hard work to complete it in the stipulated frame work. During this period also the research work is exposed at the seminars of various levels of the Institute in presence of the senior faculty members and the criticism and suggestions thus arrived have to be incorporated by the scholars during conducting their research works. This research work presented in bound form known as dissertation/thesis is got examined by the University and only then it is accepted. Unfortunately such valuable clinical, experimental, literary, survey etc research works are lying in the libraries unpublished and getting dust. In the process many such valuable theses are already lost due to negligence or other causes. During the five years existence of this Journal large numbers of research articles mainly based on the clinical, experimental, survey research works done as a part of the thesis or individual research projects have been published. Thus an attempt is being made to bring out in light these valuable research works.

The editorial policy of this Journal from the beginning is very clear that no compromise with quality to get the quantity. The point will clear from the example that if we see the pattern of the seminars whether with National or International tags, the most of the papers presented in the name of research papers are the repeated recitation of the few well known facts mentioned in the texts. These papers are accepted by the organizers for the sake of number and registration fees which are necessary for sustaining of these self financed seminars.

Similar trend is also visible in the articles being published by some Ayurveda journals, where authors pick up some materials from the texts and publish it by giving fascinating headings and paying some fee. It is so because now the management and AYUSH authorities are giving emphasis for publications in the selections and the promotions in service. Hence to increase the number of publications such easy path is being adopted by some scholars which is not desirable. Therefore it is the firm editorial policy of this Journal that purely descriptive theoretical articles will not be accepted. However, critical or analytic theoretical papers are welcome. The Journal prefers to be published may be with less articles in a particular issue but not to downgrade the standard. It will help in inculcating the habit of research in Ayurveda scholars.

Generally Ayurveda scholars complain that they do not have facilities for research at their disposal where they work hence it is

not possible for them to carryout research, particularly by the teachers of undergraduate college and physicians engaged in hospitals and dispensaries. Their complaint may have some weight but they may also be able to do good research with some extra efforts of keeping the proper records of their routine clinical work, provided they have sincere desire for it.

For instance in clinical practice, the physicians get lot of clinical materials and treat the patients by prescribing the necessary management for the disease. Further in present trends, the patients come with record of various investigations prescribed by their modern physicians who have treated them earlier. Now by adhering to the same regimen throughout the stipulated course of the treatment and recording the improvement or otherwise at the subsequent visits of the patients a good data can be generated. However if some minor addition or alteration are done in the management or some adverse effects appear during the treatment, they should also be recorded. Further nowadays camera is available in mobile phone, so photograph of the lesions may also be taken before and after the treatment. At the end, the patients may be encouraged to repeat at least relevant investigations. With this much effort, a good case report is ready for the publication. While writing the case report for publication if possible few lines may be written for the reasoning of selecting the regimen or alteration done if any with justification as well as improvement/deterioration at various visits of the patient. The regimen of the case study if found then that may be tried in similar group of the patients and by keeping and analyzing the record a good research paper is ready for the publication.

Physicians in their experience finds that certain regimen is effective that is worth for taking systemic study on large number of the patients of the same disease. The patients should be followed at short and regular intervals and the conditions of the symptom are noted. Only the necessary and relevant laboratory investigation may be done if facility is available, otherwise carefully recorded conditions of the symptoms with addition of some clinical tests are as good. After analyzing this data, it becomes suitable to be presented in seminars or publication in the Journal. It will helps to fellow physicians to adopt such practice found suitable in their clinical practice also. Thus, with some extra efforts, one can produce a good research work for presentation or publication. Research is simply a systemic recording of the observations and may not require huge infrastructure at the initial level. Such types of efforts should be rewarded in befitted way so that other may also be encouraged to take up such research work.

Another field is survey which is very wide but easy to undertake. Disease pattern with season or dietary and life style, plants, Prakrati and behavior of community in particular area may form the object of the survey.

Literary research article comprising the critical analysis of the subject is required for the development of Ayurveda. Review of researches published on a particular area may also be required for publication. Ayurveda family may be encouraged for undertaking research and good research may be rewarded.

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