

# Journal of Drug Research in Ayurvedic Sciences

Special Issue on

**AYUSH AHARA**

**CALL FOR ARTICLES**

## About Journal

The Journal of Drug Research in Ayurvedic Sciences (JDRAS) is an open-access, peer-reviewed journal officially published by the Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, Government of India, New Delhi. It is listed in the UGC-CARE and is released bimonthly in both print and digital formats by MedKnow.

## About Special Issue

Ayurveda prioritizes diversified aspects of dietetics and nutrition and elaborates various dietary rules that are pivotal in promoting and preserving health. The recent surge of non-communicable diseases and escalation of infectious disease communicability has drawn the global population's attention to 'Ayush Ahara'.

In order to recognize India's age-old principles of Ayurveda and the Ahara prepared as per ancient texts, the Food Safety and Standards Authority of India (FSSAI) has formulated Food Safety and Standards (Ayurveda Ahara) Regulations, 2022 in consultation with the Ministry of Ayush and notified the regulations in the official gazette on 5th May 2022.

The strength of food technology and the availability of rich sources of knowledge of Ayurveda provide a novel horizon for inter-disciplinary and trans-disciplinary research. The application of technologies into traditional preparations may contribute to preserving nutritional values, increasing the shelf life of the food, enhancing the organoleptic and bioavailability attributes, etc. Integration of ancient and modern science will yield astonishing health outcomes.

Therefore, to identify the potential gaps and scope for future research in this area, CCRAS, is going to publish a special issue of JDRAS on "Ayush ahara".

The Special Issue will focus on manuscripts (Research papers, reviews, short communications, perspectives, book reviews and systematic reviews) related to Ayurveda, Yoga & Naturopathy, Unani and Siddha systems of medicine in the following areas:

- 1. Traditional diet recipes: India perspective (Ethnic and regional aspects)**
  - 1.1 Classical/documented sources of Ayush Ahara
  - 1.2 Philosophical and historical underpinnings of Ayush Ahara
  - 1.3 Ethnomedical and Ethnopharmacological aspects
  - 1.4 Socio-cultural dimensions of Ahara



**Submission before the deadline of 30<sup>th</sup> June 2024 is encouraged.**

**\* Priority will be given to original research articles.**

- 2. Concept and significance of Ahara in Ayurveda/Ayush**
  - 2.1 Dinacharya and Ritucharya based dietary prescriptions and practices
  - 2.2 Individualized diets based on Prakriti (constitutional type), Nutrigenomics
  - 2.3 Concept and Relevance of Food Incompatibility
  - 2.4 Traditional recipes/ Dietary practices focusing on Reproductive and Child health & Geriatrics
  - 2.5 Role of diet in the prevention and management of diseases
  - 2.6 Pharmaconutrition & Therapeutic diet - Individualized diets based on disease conditions
  - 2.7 Functional Foods and Nutraceuticals
  
- 3. Research and Innovation on Ayush Ahara**
  - 3.1 Experimental Studies
  - 3.2 Clinical Studies
  - 3.3 Systematic Reviews
  - 3.4 Bio-technological advancements - Product development and value addition (Dietary supplements, Functional foods, Food processing, Food Technology, Food Microbiology, Biochemistry of the Ayush ahara and Current industrial practices)
  
- 4. Integration of Ayush Ahara with contemporary scientific advances**
  
- 5. Policy support for the Promotion of uses of Ayush ahara**
  - 5.1 Impact of Poshan Abhiyan
  - 5.2 Regulatory framework for Ayush Ahara
  
- 6. Ayush Ahara and Market prospects**
  
- 7. Role of Ayush ahara in achieving Sustainable Development Goals (SDG)**
  
- 8. Global Perspective of Ayush Ahara and Future Prospects**

#### **Term of References (ToRs)**

1. Articles on the aforesaid subjects are invited for consideration by the Editorial Board for publication in the special issue.
2. Contributors may refer to the general guidelines for authors available on the journal website (<https://journals.lww.com/jdra/Pages/informationforauthors.aspx>).
3. The articles may kindly be submitted through: <https://review.jow.medknow.com/jdras>
4. **Before submitting the article to JDRAS portal, authors are advised to ensure the percentage of plagiarism should be less than 10% for original research articles and less than 15% for review articles, etc., to avoid rejection.**

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