



आयुर्वेद शिक्षण एवं अनुसंधान संस्थान (आई.टी.आर.ए.), जामनगर
(राष्ट्रीय महत्व का संस्थान)

आयुष मंत्रालय, भारत सरकार

INSTITUTE OF TEACHING AND RESEARCH IN AYURVEDA (ITRA),
Jamnagar

(Institute of National Importance)

Ministry of Ayush, Govt. of India

Ayur Lekhan 2026

“Reimagining Research Methodology for Ayurveda”

NATIONAL LEVEL ESSAY COMPETITION

On the occasion of the 11th Ayurveda Day
Celebrations 2026



11th
Ayurveda Day
Celebrations 2026



BACKGROUND

- The Institute of Teaching and Research in Ayurveda (ITRA) is the first 'Institute of National Importance' in the sector of AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy). The Parliament of India passed the 'Institute of Teaching and Research in Ayurveda Act, 2020' and the provisions of this act came into force on 15th October 2020.
- The Institute is organizing Ayur-Lekhan 2026 - National Level Essay Competition on the occasion of the 11th Ayurveda Day.
- As a part of the celebrations for the 11th Ayurveda Day under the theme "Ayurveda for a Healthier Tomorrow," this essay competition integrates the vital sub-theme: "Evidence, Research, and Innovation in Ayurveda."
- The main theme for essay "Reimagining Research Methodology for Ayurveda" encourages critical academic reflection on the current scope, methodological challenges, research gaps, and future directions of research in Ayurveda.



INVITATION TO FACULTIES & RESEARCHERS

ITRA cordially invites faculty members, research officers, medical officers, *Ayurveda practitioners, postgraduate students, and Ph.D. scholars* of Ayurveda from across India to participate in this National level Essay Competition. Share your scholarly perspectives and win exciting cash prizes.



WHO CAN PARTICIPATE?*



Category 1: Faculty members of Ayurveda Colleges, Ayurveda Research Officers and Medical Officers working in State Govt. & Central Govt., and Ayurveda Practitioners from across India.



Category 2: Postgraduate students and Ph.D. scholars of all specialties of Ayurveda from all Ayurveda colleges across India.



One individual can participate in only one category.



ESSAY REQUIREMENTS & STRUCTURE

- Original work written in English, specifically for the competition; not previously published or submitted elsewhere.
- Typed in English, Times New Roman font, font size 12 with 1.5 line spacing.
- Sanskrit verses (if any) must be typed using IAST system.
- Recommended length: 3,000 to 4,000 words (excluding references) with a structured abstract of ~250 words.
- Suggested Structure: Title, Abstract, Introduction, Main Discussion, Critical Analysis / Current Needs / Research Gaps, Challenges and Opportunities, Future Directions, Conclusion, References (VANCOUVER style).
- Demonstrate originality, critical thinking, independent analysis and methodological understanding.
- May critically examine existing research methodologies, identify research gaps/challenges, and propose new or improved approaches.
- Use appropriate scientific references, including authentic classical Ayurvedic texts and peer-reviewed scientific literature.
- May include tables, figures, flowcharts or diagrams wherever relevant, which should be properly numbered and labelled.
- Essays must be submitted in PDF format, along with a declaration of originality.

Sub-Themes*

1.



1. Clinical Research in Ayurveda: Current Approaches, Methodological Challenges and Future Directions: Clinical trials, comparative effectiveness, pragmatic and whole-system research, individualized interventions, outcome assessment and real-world clinical evidence.

2.



2. Literary and Textual Research: From Classical Knowledge to Systematic Evidence: Scope of textual research, manuscript studies, critical interpretation, source authentication, comparative textual analysis, documentation challenges and future frameworks for knowledge validation.

3.



3. Fundamental and Basic Research: Investigating the Scientific Foundations of Ayurveda: Research methodologies for Ayurvedic fundamental principles, operationalization of classical concepts, laboratory and interdisciplinary approaches, challenges of reductionism and opportunities for developing appropriate scientific models.

4.



4. Epidemiological, Public Health and Preventive Research: From Individual Practice to Population Evidence: Disease patterns, lifestyle, preventive and promotive practices, healthy ageing, community-based research, health outcomes, methodological gaps and future population-level research models.

5.



5. Emerging Frontiers in Ayurveda Research: Digital, AI, Translational and Data-Driven Approaches: Digital health, artificial intelligence, computational methods, wearable technologies, real-world data, translational research, systems approaches and future research paradigms.

One Individual can submit only one essay under one sub-theme and one category.

Cash Prizes

Position	Category 1 – Prize Amount		Position	Category 2 – Prize Amount
First Prize	₹20,000/-		First Prize	₹15,000/-
Second Prize	₹15,000/-		Second Prize	₹10,000/-
Third Prize	₹10,000/-		Third Prize	₹5,000/-



E-certificates for participation will be issued to Qualified essays only.

Screening and Evaluation



► **Stage 1:** Submitted essays shall be checked for compliance with the prescribed eligibility, requirements and structure.



► **Stage 2:** Essays fulfilling stage 1 shall undergo plagiarism and AI generated content screening through appropriate plagiarism-detection software. Essays having plagiarism and AI generated content maximum up to 20% shall be considered for further evaluation by the Expert Committee.



► **Stage 3:** Essays fulfilling stage 2 will be considered as Qualified Essays which will be blinded and further evaluated by an Expert Committee.

TERMS & CONDITIONS

1. Joint and/or Team Participation will not be allowed.
2. The participant must qualify in both Stage 1 and Stage 2 of the evaluation process to continue in the competition. If a participant fails to qualify in any of these stages, he/she shall be eliminated from the competition and will not be eligible for final evaluation by expert committee. These essays shall be rejected without any intimation and correspondence; the competent authority shall not entertain any representation pertaining to such essays.
3. No changes to the submitted essay will be permitted after submission.
4. Entries received after the prescribed last date of submission shall not be considered for the competition under any circumstances.
5. Participation in the competition shall be considered as acceptance of all the rules, regulations, terms, and conditions prescribed by the ITRA, Jamnagar.
6. The competent authority of ITRA, Jamnagar reserves the right to change/revise/amend any of the rule/s, term/s and condition/s.
7. In case of any issue, dispute, or matter related to the competition, the final decision shall be taken by the competent authority of ITRA, Jamnagar and it shall be abiding to all the participants.
8. In case of any legal dispute or legal issue arising in relation to the competition, the jurisdiction shall be limited to Jamnagar, Gujarat.



Last Date for Registration & Essay Submission

Up to 25th September, 2026 (12 midnight)



Mode of Submission

- Registration and Submission of essay shall be done through the attached QR code only.

QR Code for Registration Form



QR Code for Essay submission



National Level Essay Competition Committee

Sr. No.	Name	Designation
1.	Prof. (Dr.) Shubhangi Kamble	Chairperson
2.	Dr. Sipika Swati	Member
3.	Dr. Yogeshkumar Meghani	Member
4.	Dr. Dipali Parekh	Member
5.	Dr. Charmi S. Mehta	Co-Ordinator



Contact for Inquiry



Dr. Charmi S. Mehta, Co-Ordinator



Contact No.: 94288 62264



E-mail ID: ayurlekhan@itra.edu.in



Prof. (Dr.) Tanuja Nesari
Director
ITRA, Jamnagar.