Scientific writing is a different skill and stands alone apart from the knowledge anyone bears about his subject specialty. Today’s era is research-oriented era and anyone should know scientific writing skills to express his/her thought on global platform. Medical, Alternative Medical and Allied Health sciences experts and researchers also need Scientific Writing skills to exchange and to share the knowledge among different streams of medical sciences. There are many ways to share thoughts, e.g. Paper presentation, Research Article, Review Article, Case Study/Series, Lectures as expert etc. Most common and most important parts in scientific writing are ‘Citations’ and ‘References’. In day today practice many mis concepts are being observed regarding References and many Authors do mistakes while writing References. The purpose behind present article is share some thoughts regarding ‘Citations’ & ‘References’. This article is mere a compilation of scattered information regarding ‘References’ which was gathered from different internet sources. Main aim is to enlighten ‘Reference Writing’ in articles for journals in ‘Vancouver Style’. I hope it will be helpful to PG Scholars, Researchers and Authors to improve their scientific writing skill.

1. WHAT IS REFERENCE?

References commonly forms the end part of any article and are written in the form of specific list numbered cardinally. (E.g. 1, 2, 3 and so on.) Reference is the source from where you have got information. Each reference source you use in your article must also appear in your references page. A source may be a book, serial/periodical, website, peer-reviewed journal article, or other media that you have used for support. Few definitions are as follows

- Reference is the action of mentioning or alluding something.1
- Reference is the use of source information in order to ascertain something.1
- Reference means to provide information with citation of sources of information.1

2. WHAT IS CITATION?

Citation is a number written in superscript style after the information for which you have to write reference. In-text citations are the labeling (in the form of number) you write immediately after you quote from an outside source in your text. When you use other source to support or expand your ideas, it is necessary to give credit with an in-text citation. Few definitions are as follows-

- A citation is an abbreviated alphanumeric expression embedded in the body of an intellectual work that denotes an entry in the references section of the work.2
- The combination of both the in-body citation (superscript numbering) and the entry in reference list both commonly thought as a citation.2

A citation is a way of giving credit to individuals for their creative and intellectual works that you utilized to support your research.3

In short, Reference means to enlist the sources. Citation means numbering the references in text. ‘Reference and Citation’ both together are also called as Citation.

3. WHAT IS BIBLIOGRAPHY?

Bibliography is not the part of journal articles. It is commonly listing all the materials that have been consulted while writing Compilation, Thesis, Scientific Essay etc.4 Bibliography is not cited directly in the text but it appears as an end document. Bibliography can be written chronologically as per year of publication or alphabetically as per name of source or author. While writing a bibliography, you should have to include the authors last and first name, year of publication, name of the book, publication place and name of publishers. Few definitions are as follows-

- Bibliography is listing all the materials that have been consulted.
- Bibliography is alphabetical arrangement of sources/materials consulted in Thesis, Book, Es-

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3. PURPOSES OF CITATIONS AND REFERENCES

- To give authoritative sources for your statements.
- To help the reader gain access to those sources.
- To acknowledge the fact that the information used in a paper did not originate with the writer.
- To uphold intellectual honesty or avoiding plagiarism.
- To locate particular sources and combat plagiarism.
- To attribute prior or unoriginal work and ideas to the correct sources.

4. REFERENCES PAGE

A references page is the last page an essay, the research paper/article. That can be written in various styles. It lists all the sources you have used in your project, so readers can easily find what you've cited.

5. DIFFERENT KINDS OF REFERENCE SOURCES

Sources can be divided into three types, depending on their proximity to the subject of study, viz. Primary, Secondary and Tertiary sources. It should be noted that the distinction between primary, secondary and tertiary sources is not a fixed one.

5.1. Primary Sources

A primary source is usually a document or result that is being reported first hand. In other words, primary sources are original sources, not interpretations made by someone else.

5.2. Secondary Sources

Secondary sources value, discuss or comment on the primary source, or on sources analogous to the primary source that is being analyzed.

5.3. Tertiary Sources

A tertiary source is a source that summarizes or compiles facts and knowledge produced by someone else. Tertiary sources are often some kind of assemblage of primary and secondary sources.

5.4. Commonly used sources in scientific writing

Despite various kinds of sources available, few sources are most commonly used in scientific or biomedical journals. Such sources are as follows:
- Homepage/Website (e.g. Internet Sources)
- Modern Science Books (e.g. Book by Authors / Book by Editors or Compilers)
- Monographs (Documented treatise)
- Classical Texts (e.g. Ayurveda Samhita)
- Journal Articles (from various journals)
- Databases
- Other sources (Thesis, Interviews, Newspaper articles etc.)

6. VARIOUS REFERENCE STYLES

Reference styles are standardized rules for presenting information about the sources used in a text. Typically, a style will describe how to organize information about author(s), publication year, title and page numbers. There are many different ways to organize the references of a text. Some reference styles follow the author-year format, while others are based on footnotes and/or numerical references. Your choice of style depends upon type your writing. The various styles to write references are enlisted and elaborated below. Kindly note that, for ‘biomedical journal articles’ only Vancouver Style is used and other styles are just for information of readers.

6.1. Vancouver Style

6.1.1. Definition

The Vancouver system uses sequential numbers in the text, either bracketed or superscript or both. The numbers refer to either footnotes (notes at the end of the page) or endnotes (notes on a page at the end of the paper) that provide source detail. Vancouver is a numbered referencing style commonly used in medicine and science. It consists, 1. Citations to someone else's work in the text, indicated by the use of a number. 2. A sequentially numbered reference list at the end of the document providing full details of the corresponding in-text reference. This system is also called ‘author-number system’. The International Committee of Medical Journal Editors (ICMJE) has recommended this style for Biomedical Journal Articles. The MEDLINE/PubMed database uses this citation style.

6.1.2. History

In 1978, a committee of editors from various medical
journals, the International Committee of Medical Journal Editors (ICMJE), met in Vancouver, BC, Canada to agree to a unified set of requirements for the articles of such journals.

6.1.3. Labelling Citations

References are numbered consecutively in order of appearance in the text – they are identified by Arabic numerals in parentheses (1), square brackets [1], superscript¹, or a combination[¹]. It depends upon the journal which one of these, they expect. The number usually appears at the end of the material it supports, and an entry in the reference list would give full bibliographical information for the source.

6.1.4. Format of References/Citations

Format of citations depend upon type of reference source used by author. This is elaborated in this article under next section '7. How to write references for IJRAMS.’

6.2. Harvard Style

The Harvard Style is also called as ‘author-date system’. Harvard referencing involves a short author-date reference, e.g., "(Smith, 2000)"", being inserted after the cited text within parentheses (bracket) and the full reference to the source being listed at the end of the article. Hence it is called a specific kind of parenthetical referencing.¹⁰ A reference list includes various pieces of information including - Name of the author(s), Year published, Title, City published, Publisher, Pages.¹²

6.3. Chicago Style / Chicago Turabian Style

Chicago style (CMOS) is most widely used in history and economics as well as some social sciences.¹⁰ Typically, Chicago style presents two basic documentation systems – 1. Notes and bibliography (in reference list) and 2. Author-date (in text citation).¹³

6.4. Columbia Style

The Columbia Style gives detailed guidelines for citing internet sources. Columbia Style offers models for both the humanities and the sciences.¹⁰

6.5. MLA Style

MLA style was developed by the Modern Language Association (MLA) and is most often used in the arts, humanities, particularly in English studies, other literary studies, and some inter-disciplinary studies (cultural studies, drama and theatre, film, and other media).¹⁰ It features brief parenthetical citations in the text keyed to an alphabetical list of works cited that appears at the end of the work. Reference list includes – Author, Title of source, Title of container, Other contributors, Version, Number, Publisher, Publication date, Location.¹⁴

6.6. MHRA Style

MHRA style was developed by the Modern Humanities Research Association (MHRA) and most widely used in the arts and humanities in the United Kingdom.¹⁰

6.7. ACS Style and AIP Style

The American Chemical Society (ACS) style and American Institute of Physics (AIP) style are the referencing styles used in Chemistry, Physics and Mathematics respectively. In these styles, references are numbered in the text and in the reference list, and numbers are repeated throughout the text as needed.¹⁰

6.7. AMS Style

American Mathematical Society (AMS) style uses ‘brackets with author's initials and year’ inserted in the text and at the beginning of the reference. Typical citations are listed in-line with alphabetic-label format, e.g. [AB90]. This type of style is also called an "Authorship trigraph."¹⁰

6.8. IEEE Style

The style of the Institute of Electrical and Electronics Engineers (IEEE), or IEEE style, encloses citation numbers within square brackets and numbers them consecutively, with numbers repeated throughout the text as needed.¹⁰

6.8. APA Style

The style of the American Psychological Association (APA) style is most often used in social sciences. APA citation style is similar to Harvard referencing, listing the author's name and year of publication.¹⁰ In text citation includes author’s last name, date of publication and page number. These items must match exactly the corresponding entry in the references list.¹⁵

7. HOW TO WRITE REFERENCES FOR IJRAMS

International Journal of Research in Ayurveda and
Medical Sciences (IJRAMS) is Bimonthly publishing, Peer reviewed, Open access Medical Journal. While submitting articles to IJRAMS references are mandatory to be in ‘Vancouver Style’. All guidelines related to Manuscript and References are available on website http://www.ijrams.com, under menu ‘Author Guidelines/Instructions to Authors’. Here are guidelines to write references to publish articles in IJRAMS.

7.1. Components of References

7.1.1. In-Text Citation

- In-Text Citations are mandatory and to be written after the information from specific source.
- In-Text Citations must be, in superscript number form and bold. Don’t use brackets. (E.g. This is my reference number one.)
- The number 1 in superscript and bold form is In-Text Citation.
- In-Text Citations must be in sequence starting from the number 1 as they appear in the text.
- The Citation number can be repeated again if needed.

7.1.2. Reference listing

- Reference listing is mandatory and to be kept at the end of article, after ‘Conclusion’ and prior to ‘Tables/Figures’.
- Reference listing must be numbered in sequence starting from 1 (1, 2, 3 and so on).
- It must reflect the detailed bibliographic information regarding to In-Text Citation number. (E.g. Reference No. 1 must give the bibliographic information of In-Text Citation No. 1.)
- The information entered under references must be in the ‘specific manner’ including ‘specific punctuation marks’ at ‘specific places.’
- Use the term ‘Ibidem’ for more than one references from the same source.

7.2. IJRAMS Guideline for Reference listing

IJRAMS has provided guidelines regarding five main sources and its subtypes which are commonly used in scientific writing. Remember the ‘punctuation marks’ in examples below are also important. All the guidelines below are from https://www.ijrams.com/author-guidelines/instructions-to-authors/.

7.2.1. Homepage/Website

Information from ‘Internet’ in the article it is called ‘Homepage / Website’ source. Sequence of components must be:

1. Topic,
2. Subtopic (if any),
3. Link (with complete URL, which is available in top address bar.),
4. Date (last access).

For example:
- Pneumonia, www.example.com/Pneumonia. Last accessed on dd/mm/yyyy.

7.2.2. Ayurvedic Classical and other Texts

A. Classical Text:

Few components may be not applicable in case of certain Samhita, then skip those components. Sequence of components must be:

1. Name of Editor/Editors (surname and initial)
2. Edition number (write edition number in bracket)
3. Author of Classical text (Samhitakar)
4. Name of Classical Text (Samhita)
5. Sthana/Khanda
6. Name of Adhyaya/Taranaga
7. Number of Adhyaya
8. Verse number (Shloka number)
9. Place of publication
10. Name of publication body
11. Year of publication
12. Page number.

For example:

B. Commentary on classical Text:

Few components may be not applicable in case of certain Samhita, then skip those components. Sequence of components must be:

1. Name of Editor/Editors (surname and initial)
2. Edition number (write edition number in bracket)
3. Author of Commentary (Tikakar)
4. Name of Commentary (Tika)
5. Author of Classical text (Samhitakar)
6. Name of Classical Text (Samhita)
7. Sthana/Khanda
8. Name of Adhyaya/Taranaga
9. Number of Adhyaya
10. Verse number (Shloka number)
11. Place of publication
12. Name of publication body
13. Year of publication

For example:

7.2.3. Regional language books:

A. Author(s):

Any regional language (other than English) book, written by author(s) himself is the source. Sequence of components must be:

1. Name of Author/Authors (surname and initial)
2. Name of Book
3. Language (write language name in bracket)
4. Edition number
5. Place of publication
6. Name of publication body
7. Year of publication
8. Page number.

For example:

B. Editor(s), Compiler(s):

Any regional language (other than English) book, edited/compiled by editor(s)/compiler(s) is the source. Sequence of components must be:

1. Name of Editor/Editors (surname and initial)
2. Name of Book
3. Edition number
4. Place of publication
5. Name of publication body
6. Year of publication
7. Page number.

For example:

C. Chapter in a book:

Any Modern science/English book, edited/compiled by editor(s)/compiler(s) in which many authors have written their topics, is the source. Sequence of components must be:

1. Name of Author/Authors (surname and initial)
2. Name of Book
3. Name of Editor/Editors (surname and initial)
4. Edition number
5. Place of publication
6. Name of publication body
7. Year of publication
8. Page number.

For example:
◦ Breathwet BN, King SK. Therapeutic potential of anti-oxidant agents from plant products Pharmacone. In: Franklin PM, Editor. 2nd ed. Mexico:

7.2.5. References in a journal publication

There is an easy way to write reference of Journal articles. Many journals provides the section ‘Cite this article as’. This is nothing but the standard way to give ‘Reference/Citation’ for that particular article. If this section is absent then follow following guidelines.

A. Standard journal article (for up to six authors):

Any journal article/paper written by less than six author(s) is the source. Sequence of components must be:

1. Name of Author/Authors (surname and initial)
2. Title of Article
3. Name of journal (standard abbreviated form or full name)
4. Year of publication
5. Volume number
6. Issue number
7. Page number

For example:


B. Standard journal article (for more than six authors):

Any journal article/paper written by less than six author(s) is the source. Sequence of components must be:

1. Name of Author/Authors (surname and initial of first six authors followed by et al.)
2. Title of Article
3. Name of journal (standard abbreviated form or full name)
4. Year of publication
5. Volume number
6. Issue number
7. Page number

For example:


D. Standard journal article (Issue with supplement):

Any journal article/paper published in Issue with Supplement of that journal, is the source. Sequence of components must be:

1. Name of Author/Authors (surname and initial)
2. Title of Article
3. Name of journal (standard abbreviated form or full name)
4. Year of publication
5. Volume number
6. Issue number
7. Supplement number
8. Page number

For example:


8. REFERENCE GENERATOR OF IJRAMS

8.1. Introduction

International Journal of Research in Ayurveda and Medical Sciences has provided online ‘REFERENCE GENERATOR’. ‘Reference Generator’ available on http://www.ijrams.com is free of cost for user. Authors may use this software to write references in standard ‘Vancouver Style’. This ‘Reference Generator’ is for the articles to be submitted to IJRAMS only. Authors may use this tool free of cost at another place also. IJRAMS team will not be responsible for any discrepancy regarding this tool
8.2. How to use Reference Generator?

8.2.1. Select reference type

- There are five main reference source types. Authors have to select the desired one.
- Authors have to select subtypes in case of few sources wherever necessary. (Refer previous section for details.)

8.2.2. Fill the form

- After selection of type or type and subtype both a specific form will open.
- Authors have to fill the bibliographic details in that form.
- If any field in the form is not applicable leave it blank.

8.2.3. Generate reference

- Click on the green ‘GENERATE’ button. Reference will be generated in the empty window below.
- Authors are requested to generate references sequentially to avoid inconvenience.
- In case of any difficulty consult Editor-in-Chief on mail.

8.2.4. Copy-Paste and Change font

- Copy all references and paste on MS Office document.
- Change the font to Times New Roman, size 12 as default font
- Authors may need to edit few fields after that manually.

8.2.5. Technical Issue

- Author may suffer few technical issues while using this tool.
- IJRAMS team is working to resolve same issues.
- It is recommended to read section ‘7’ of this article carefully so that authors can easily understand this tool.

9. REFERENCES


Cite this article as: Gite YA, Gite SA. Reference writing in Scientific Articles: A Review. International Journal of Research in Ayurveda and Medical Sciences 2018; 1 (2): 91-97.