

GLOBAL JOURNAL

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Eat Healthy "Organic" Food

Indicators of upper and lower Jaw

Highlights

Chlorinated Water Remains Toxic

Evaluation of Frontal Cephalometric

Discovering Thoughts, Inventing Future

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Eat Healthy “Organic” Food to be Healthy

By Prof. Maria Kuman, PhD

Abstract- The article underlines the advantages of the so-called “organic” food grown with organic fertilizers (caw, horse, or chicken manure). It is rich of vitamins and minerals and has better taste and flavor. The food raised with artificial fertilizer is mostly water and is low on vitamins and minerals. Interestingly enough, just as healthy as the organic food is the food grown with classical music as a stimulant (instead of fertilizer) - it has a good taste and flavor and it is rich of vitamins and minerals. Unfortunately, classical music was not accepted as a stimulant (regardless of its eminent success) because we were not understanding how it works. According to my lifelong study of the aura, the aura is emotionally sensitive – it is brighter at positive emotions and dimmer at negative emotions. This article explains that music influences the emotional aura of all living beings (humans, animals, and plants). My studies found that the aura is weak field, but it rules and regulates the processes in all living beings. It does this not with its strength, but with the information it carries and music by influencing the emotional aura influences the whole development of the plants.

Keywords: “organic” food; artificial fertilizers; organic fertilizers; music stimulates plant growth; explaining the effect of music.

GJMR-K Classification: NLM: WB 400



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Keywords: “organic” food; artificial fertilizers; organic fertilizers; music stimulates plant growth; explaining the effect of music.

I. INTRODUCTION

Let us first explain the meaning of “organic” food – all fruits and vegetables being products of living plant organisms are organic. However, our civilization chose to use the word “organic” for vegetables and fruits raised without artificial fertilizers. The “organic” fruits and vegetables are raised with organic fertilizers, such as cow, horse, or chicken manure. The “organic” fruits and vegetables have: 1/ a lot more taste and flavor, 2/ a lot more vitamins and minerals, 3/ does not bruise so easily and the bruised places dry but not rotten. Unfortunately, presently most of food we eat is raised with artificial fertilizers.

Linus Pauling, a Nobel Prize winner, said that in the development of all civilizations on earth there was never a time when the food was so abundant and with such low quality. Why is the quality of our food so low? Our fruits and vegetables raised with artificial fertilizers: 1/ are mostly water; 2/ do not have much taste and flavor; 3/ bruise easily and the bruised places rotten easily; and 4/ contain little or no vitamins and minerals. Our fruits and vegetables grown with artificial fertilizers are big in size but with low nutritional value... And nobody seems to care that much of the crop raised with

artificial fertilizers is lost because it bruises easily and rots easily.

The era of artificial fertilizers started after the World War II. Why? Somebody had the “genius idea” that the nitrides of the leftover bombs from the war could be used to fertilize the soil and have more crops. The low quality of the fruits and vegetables was completely ignored, and so was the fact that consuming these low-quality fruits and vegetables, we suffer more diseases (which decreases the quality of our lives) and die earlier. So, the artificial fertilizers are nothing else but slow killing bombs.

II. UNCONVENTIONAL WAY TO STIMULATE THE GROWTH OF PLANTS WITH HARMONIC MUSIC

I want to draw your attention to the fact that there is a way to have more crops (larger quantity) and higher quality. In India, in 1951, Singh started playing music to his plants. By 1960 - 1963, he was already playing music to the rice fields of seven villages and harvesting 25 to 60% increase of crop. He was also experimenting with dances, and he found that dances also stimulate the growth of plants because through the earth the rhythmic vibrations of the footwork are transmitted to the plants and stimulate their growth ([1], p. 147-8).

In the US in the late 1950s, florist Arthur Locker in Milwaukee, Wisconsin, inspired by the work of Singh, started playing music to the flower plants in his greenhouse. He found that music does stimulate his flower plants - they germinated quicker, bloomed more abundantly, and had more vibrant colors ([1], p. 148). Canadian engineer and farmer Eugene Canby played Bach on his plot of wheat and produced 66% more crop than the average and the wheat seeds were larger and heavier. He proved with his experiments that the genius of Bach was just as good as fertilizer ([1], p. 148).

In 1960, botanist George Smith planted corn and soya beans in two greenhouses and played Gershwin's Rhapsody in Blue only to one of them 24 hours a day. The Gershwin-inspired seeds sprouted earlier and were stronger, tougher, and greener. He decided to measure the weight of 10 plants from each greenhouse and found that the Gershwin-treated plants weighted 40, while those raised without music weighted 28 ([1], p. 149).

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Mrs. Retallack found that when she played Duck Ellington's "Soul Call" or Luis Armstrong to her plants 55% of them were leaning toward the speaker and they grew much higher than in the silent chamber. She also noticed that different styles of music changed the rate of water evaporation from the soil differently. While in the silent chamber the water evaporation from the soil was 17 mm, in the chamber with Bach music it was 20 to 25 mm, while in the chamber with rock music the water evaporation was as high as 55 to 59 mm ([1], p. 160).

It sounds mystical and raises a question: Rock or Bach? The answer is: ask your flowers. Rock is too noisy, and further experiments showed that random noise inhibited the growth of plants 40%. If rock music was not good for your plants, it wouldn't be good for your teenagers. If classical music, which is harmonic, is good for your plants, it is going to be good for your teenagers and children. Indeed, it was found that classical music (when used as a background) stimulate learning. My son attended School with Subconscious learning and to facilitate the learning they used classical music as a background.

III. SHOULDN'T WE USE HARMONIC MUSIC TO STIMULATE PLANTS INSTEAD OF ARTIFICIAL FERTILIZERS?

If classical (harmonic) music stimulates the growth of plants, we should use such music instead of artificial fertilizers. The plants grown with harmonic music would be healthy and they will make us healthy. The reason we don't use music is - we couldn't understand how it works and this was because we refused to believe that we (and all living beings: plants, animals, and humans) are a material body and Spirit field seen as aura. My lifetime studies of the aura showed that it shines brighter at positive emotions and it is dimmer at negative emotions, which means the aura is emotionally sensitive.

Since we say we are "in high spirit" when we experience positive emotions and we say we are "in low spirit" when we experience negative emotions, I concluded that the aura must be our Spirit – aura (Spirit). Then I found that the ancient Jewish Cabala was teaching to high priest that the aura is our Spirit. Is this true for all living beings (humans, animals and plants)? Do we have any scientific evidence that plants' aura is their Spirit? [2].

IV. SCIENTIFIC EVIDENCE THAT THE PLANTS HAVE SPIRIT

Kirlian photography uses high frequency electric field to multiply the photons of the weak aura field and make it photographable. Kirlian photos make the aura visible to everybody. The fact that Kirlian photos of leaf's

aura, part of which has been cut off, shows the whole leaf, proves that plant's aura has holographic nature because only holographic images can be whole when part of them has been cut off.

Since holographic images are created only with laser light, plant's aura must be of laser-light nature ("aura" means "light" in Hebrew) (see my articles [3] and [4]). The fact that the human aura is the human Spirit has been known since ancient times (see the ancient Jewish Cabala) but became forgotten later on. However, the German author Goethe spoke about the plants having Spirit 70 years before Darwin. Therefore, the fact that the light aura of humans is their Spirit, seems to be true for all living beings (humans, animals and plants). Thus, what we see on Kirlian photos of plants auras are plants' light Spirits.

I started my studies of the auras with photographing (with Kirlian photography) the aura of plants. I found that when I watered the plants or fertilized them, this made their aura brighter. I immediately saw the practical application of this. I don't need to wait to the end of the season to determine by measuring the biomass how the used fertilizer has influenced the plant growth. I can immediately see the plant response by looking at the aura of the plant.

V. MUSIC INFLUENCES THE EMOTIONAL SPIRIT OF ALL LIVING BEINGS (HUMANS, ANIMALS AND PLANTS)

Thus, our body has two components – a material form seen as a material body and field form seen as aura. The field form of the aura is of light nature ("aura" means "light" in Hebrew). Since the ancient Jewish Cabala teaches that our human aura is our Spirit and all living being (humans, animals, and plants) have auras, all living beings have a field form called Spirit beside the material body. The waves of this field form, which I found to be nonlinear electromagnetic field (NEMF): 1/ allow fast reactions; 2/ allow fast adaptation to new environment by scanning the new environment with its waves and bringing information to the material body how to change to adapt to the new environment (nonlinear fields can imprint information); and 3/ if the required changes are too big allow evolution to a new type of species. If so, harmonic music by influencing the field (wave) form should be able to influence all living beings – humans, animals and plants.

VI. CONCLUSION

In conclusion, I want to say that the experiments done in the 1960s and 1970s found substantial (up to 60% and more) stimulating influence of classical (harmonic) music on the growth of plants. Unfortunately, this was not used latter because we refused to believe that the plants could be emotional and could be stimulated with harmonic music. All this was because

we refused to believe that all living beings are a material body and emotional Spirit seen as aura. And Goethe [5] claimed 230 years ago that the whole variety of plants evolved from one single prototype of plants' Spirit, which by adapting to different environmental conditions created the whole variety of plants.

Goethe's intuition came from the Quantum Computer in his Subconscious, which works with the waves of the Spirit [6]. Now when we started to create Quantum Computers (Google created one), my articles [7], [8] and book [6] about the Quantum Computer we have in the Subconscious, are starting to get attention. All living beings (humans, animals, and plants) have Quantum Computers of different kind, which operate with the waves of their emotional Spirit. If so, we can expect all living beings to be stimulated (positively influenced) by harmonic music. [6]

If so, classical (harmonic) music could and should be used to stimulate the growth of plants and not artificial fertilizers, which make the plants unhealthy and us unhealthy! The plants grown with classical (harmonic) music as a stimulant will be healthy and the consumption of these healthy fruits and vegetables will make us healthy because they will have all the vitamins and minerals we need - and they will have good taste and flavor, just like the organically grown food. In other words, the plants grown with harmonic music, as a stimulant, will not only be in larger quantity, they will have high quality.

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Chlorinated Water Remains Toxic Even After Filtration

By Maria Kuman, PhD

Abstract- The structure of liquid water is more than 50% clusters of solid ice imbedded in liquid water, which makes the water inhomogeneous and with hysteresis properties. Hysteresis means the water history is important, it is a volt-ampere characteristic of the water different when the voltage is increased and when the voltage is decreased. It means that the increasing voltage has changed the water structure and these changes were still present when the voltage was decreased. Recent studies of Luc Montagnier, who took Nobel Prize for the DNA of the HIV virus, found that when the water with the HIV virus was so diluted that the DNA of the HIV virus was no longer present, the water still had detrimental effect because the frequencies of the DNA of HIV-virus were imprinted on the water structure. Similar were the result of the French immunologist Benveniste, who found that the biological effect of anti-bodies was still present when the water solution was so diluted that anti-bodies were no longer there. When the water is chlorinated to kill the germs in it, the frequencies of the toxic chlorine remain imprinted on the water even when the water is filtered and the chlorine is not any longer there. Considering this, we must stop chlorinating the water. In Germany, years ago Shauberg blew a whistle that chlorinated water did cause cancer and Germany switched to ozonated water. This is the right way to go.

Keywords: *chlorinated water; harm of chlorinated water; water remains toxic after filtration; only ozonated water is healthy.*

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Keywords: chlorinated water; harm of chlorinated water; water remains toxic after filtration; only ozonated water is healthy.

I. INTRODUCTION

This article aims to draw attention to the fact that chlorinated water remains toxic even when the chlorine has been filtered out. The chlorination of water started because the aluminum industry had a side product – chlorine – that was very toxic and very expensive to detoxify before to discard it. Somebody had the genius idea that instead of spending a lot of money to detoxify it before to discard it, they can sell the toxic chlorine to the water industry to be used for disinfection of the water. The chlorine kills the germs, but kills us, too.

Research done in Germany showed that chlorinated water did cause cancer. When this was made public, Germany switch to ozonated water. Research was also done in the US at the Oak Ridge National Laboratory and it was found that chlorine did cause cancer (published in 1972), but the US continued to chlorinate its water.

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II. WHY DOES THE WATER MEMORIZE?

The computers we use memorize with the crystals in them called chips. If the crystals were not able to memorize, we wouldn't have computers. What this has to do with liquid water? When the ice melt to form liquid water, only 40% of the hydrogen bonds between the water molecules are torn [1]. So, liquid water is chunks of ice crystals swimming in liquid water – they are called clusters.

If liquid water contains clusters of crystalline ice, it should be able to memorize. Scientists recently found that glass, gels, colloidal solutions, and even soap bubbles have memory [2]. It is because the glass and gels have chunk of crystals in them, and the colloidal solutions and soap bubbles have liquid water, which is clusters of solid ice (which can memorize) swimming in liquid water.

The ice clusters make the water structure highly inhomogeneous and inhomogeneous media have nonlinear properties [3]. One of these nonlinear properties is hysteresis – the volt-ampere characteristics of water are different at increase and decrease of the voltage, which means that the voltage increase has left some changes in the water (the water has memorized the increase). The word “hysteresis” means that “the history is important”.

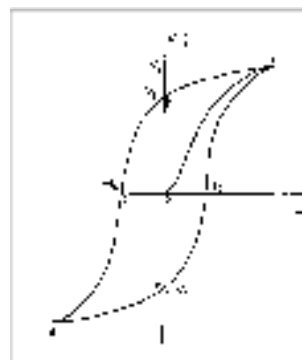


Fig. 1: Hysteresis Type Volt-Ampere Characteristics

The water has a dynamic structure ready to change as the external conditions change. Each cluster of ice has two layers of water molecules in dynamic equilibrium, which means that these molecules can stay connected to the ice cluster or leave depending on the external conditions. This makes the water structure very

dynamic and capable to adapt to any environment by changing its structure.

If the external conditions require these two layers to become disconnected from the cluster, another two layers of the cluster become loose and free to leave if the conditions change. The water can reorganize its structure very fast and the ice clusters can change their size very fast. It was found in Russia that the size of the water clusters changes in quants [1]. The basic water quant is a cluster of 57 water molecules. However, it is possible to find ice clusters as big as 912 molecules, which are conglomerates of 16 cluster quants.

It was found that when minerals or other substances are dissolved in the water, the clusters of solid ice swimming in liquid water change their size and shape. The structure of the water also changes under the influence of all kinds of external factors – temperature, atmospheric pressure, electric or magnetic fields. Based on this, we can claim that magnetized water exists and has properties different from the normal water [3]. The magnetic field has induced changes in the water structure, which are present even when the magnetic field is no longer there.

III. WATER CAN MEMORIZE MUSIC, EMOTIONS, THOUGHTS, AND ALL KINDS OF ENERGY

The ice clusters make the water inhomogeneous and their flexible dynamic structure allows imprint of all kind of information: music, human energy, even emotions and thoughts [1] can be imprinted into the water structure, which is called water memory. The physicist Dr. Wolfgang Ludwig of Los Angeles, consultant of the International Research Organization, said: “The water has the memory of an elephant” [1].

Japanese studies of Masaru Emoto showed that classical music makes the water crystalize in beautiful symmetric patterns [1]. He also found that positive thoughts and positive emotions (like love) make the water crystalize in beautiful symmetric patterns. At the same time, he found that negative thoughts and negative emotions (like anger) make the water crystalize in ugly asymmetric patterns [1].

Russian scientists found that the water structure is very sensitive to external influences. Electric current passing through the water causes one type of ice cluster configuration [1]. Change in the atmospheric pressure causes another type of ice cluster configuration [1]. When water is exposed to light, it has a third type of ice cluster configuration [1].

Thus, the water structure records each type of energy in a specific way, which proves that the water is capable of recording information. I did my own measurements in 1981. I asked energy healer, who heals with hands, to do clockwise movements on top of

a bowl with water. I measured with a very sensitive IR equipment the emission of this water and found strong infrared emission from it [1].

I was surprised that the water treated by the energy healer (when left at room temperature) was still emitting energy in the second and third day [1], while the Brownian movement of the water molecules was supposed to dissipate the healer’s energy overnight. I was able to understand this only a few years later, when I got acquaintant with nonlinear physics. I learned that nonlinear fields do not dissipate easily and that the human electromagnetic field is nonlinear electro-magnetic field (NEMF).

Similar experiments with water, which hand-healers treated for 3 minutes, were also done in Russia some years later. They showed that the water treated with the hands of hand-healers was emitting 300% more energy than the control [1]. Dr. Zvenin explained this phenomenon with the dynamic of ice-clusters’ configurations – changes in the configuration of one ice cluster lead to changes in the configuration of all ice clusters [1]. My explanation is - this can happen only if the ice clusters are related strongly in a nonlinear way.

Russian investigations of Acad. Goskov [1] showed that water with imprinted energy of positive emotions makes wheat seeds to germinate much faster and the degree of sped-up germination depends on the duration of the positive emotions. The impact of negative emotion on water is the opposite - the Russian scientist Prof. Bolotova [1] showed that negative emotions (in particular anger) not only changed the clusters’ structure, they changed some of the water molecules from H_2O to D_2O , and D_2O is toxic for the body.

The dynamic flexible structure of water is even influenced by our thoughts. If people with strong energy fields can freeze the arrow of an instrument and not allow it to move, such people could and would change the water structure. An energy healer in Russia changed the water conductivity with 7,000 microamperes [1]. On the background of all this, the mental effort of Jesus to change the water into wine at the wedding in Canaan seems quite at reach.

IV. THE SHARP NEGATIVE RESPONSE OF SCIENTISTS TO THE ANNOUNCEMENTS OF LUC MONTAGNIER AND BENVENISTE THAT THE WATER HAS MEMORY

The French immunologist Jacques Benveniste [1] did research with anti-bodies. He noticed that the biological effect of anti-bodies was still there even when the solution was so diluted that anti-bodies were no longer present. This reminded him homeopathy. He said that the water must have the ability to memorize. Only memorizing could explain his experiment as well as the fact that the homeopathic remedies work even when the

substance is so diluted that not even one molecule of the substance is left [1].

When asked, how the water does the memorizing, Benveniste's answer was: "I am immunologist, not a physicist." Being a physicist, I explained in my article [1] how the water memorizes information. The liquid water is ice-clusters swimming in liquid water, which makes it strongly inhomogeneous, and inhomogeneous media have nonlinear properties, such as hysteresis, which means remembering past treatments.

I really believe that if Jacques Benveniste [1] would emphasize that what he observed is nothing else but hysteresis (instead of claiming that the water has memory), probably his explanation would be accepted. However, explaining that the biological effect of anti-bodies was still present when the solution was so diluted that anti-bodies were no longer present, sounded nonrealistic to the materialistic scientists and they jumped on him with disbelief.

The experiment of Jacques Benveniste [1] explains why the homeopathic remedies work. They work even when the healing substance is so diluted that not even one molecule of the substance is left. The presence of healing effect means that specific vibrations of the nonlinear electromagnetic field of the healing substance [4] (dissolved in the water) remained imprinted on the complicated inhomogeneous dynamic structure of water.

The critics of Benveniste's explanation that the water must have ability to memorize didn't curb his enthusiasm for farther experimenting. Jacques Benveniste was a scientist with intuitive envision and he claimed based on his farther experiments that the biomolecules communicate with their receptors by sending low frequency electromagnetic signals, which the receptors pick up like radios tuned to specific wavelength.

He recorded these signals digitally and by playing them back in the absence of the molecules, he was able to reproduce the biochemical effect, as if the molecules were there. By just playing the electromagnetic signal, he was triggering the defense response of neutrophils to kill invading cells, just as the presence of the molecules would do it [1]. I think this proves that the aura (Spirit) rules and regulates everything in the body through the electromagnetic signals of its weak informational nonlinear electromagnetic field (NEMF) [5].

Another scientist, Luc Montagnier [1] (the Nobel Prize winner for deciphering the DNA of the HIV virus) found that at very high dissolutions when the DNA of HIV virus was no longer present, the electromagnetic signal created by it was still present. He filtered the water containing the DNA of HIV virus, so that no molecule of DNA was left in the filtrate, but the DNA signal of the HIV virus was still there, and so was its detrimental effect [1].

The research of Benveniste and Montagnier [1] points in one direction – the water has memory. Their research proved that imprinted on the water structure are the frequencies of the Nonlinear Electromagnetic Field (NEMF) of the biomolecules [4]. 1/ In the case of Benveniste: the NEMF of the anti-bodies are imprinted on the water structure (he also found that the anti-bodies communicate with their receptors with low frequency NEMF). 2/ In the case of Montagnier: the NEMF of the HIV DNA was imprinted on the water structure and this record was present after all HIV DNA was removed.

V. IF WATER MEMORIZES, CHLORINATED WATER REMAINS TOXIC AFTER FILTRATION

Thus, the experiments of Luc Montagnier and Jaques Benveniste showed that the water memorizes the frequency of the substance dissolved in it, and this memory stays after the solution is so much dissolved that not a single molecule of the substance is left. (Montagnier used filtration to be sure that no molecule was left). If so, we can expect the frequencies of the toxic chlorine to remain imprinted on the water structure after the chlorine has been filtered out of the water.

Therefore, filtering the chlorine out of the water eliminate only the smell of chlorine, but does not eliminate the chlorine toxicity because the frequencies of the toxic chlorine are imprinted on the water structure. The only way to eliminate the toxic effect of chlorine is to stop using chlorine for disinfection of water and start using ozone. Ozonated water is expected to even have positive effect on the body because through the Crab's cycle, it will boost the energy of the body. Thus, for disinfection the water needs to be ozonated, not chlorinated!

VI. CONCLUSION

Thus, based on the experiments of Luc Montagnier and Jack Benveniste, every substance dissolved in water leaves frequency imprint on the structure of the water. This imprint remains even when the solution is so much diluted (or filtered) that no single molecule is left. This means that filtering the chlorinated water will only eliminate the smell of chlorine, but the frequencies of the toxic chlorine will remain imprinted on the water structure. Based on this, the article recommends for disinfection to ozonate the water instead of chlorinating it with toxic chlorine.

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Evaluation of Frontal Cephalometric Indicators of upper and lower Jaw Relationship in Representatives of the Uzbek Population

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Abstract- In 95 (55 men and 40 women) representatives of the Uzbek population aged 18-30 with normal physiological bite, the frontal cephalogram parameters *evaluating the relationship of the upper and lower jaws according to "Grummons"* were determined. When determining the relationship of the upper and lower jaws, using the methods of determining the indicators of the development of the lower and upper jaws in the transverse and vertical directions proposed by the author, it was observed *in the representatives of the Uzbek population*. These indicators are used in the diagnosis and treatment of anomalies of the face and jaws, which are caused by the relation of the face and jaws.

Keywords: *maxilla-mandibular relationship, "grummons" analysis, normal bite.*

GJMR-K Classification: NLMC Code: WU140



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Evaluation of Frontal Cephalometric Indicators of upper and lower Jaw Relationship in Representatives of the Uzbek Population

Saidmurod Murtazaev ^α & Mukhayyo Kuchkarova ^ο

Abstract- In 95 (55 men and 40 women) representatives of the Uzbek population aged 18-30 with normal physiological bite, the frontal cephalogram parameters *evaluating the relationship of the upper and lower jaws according to "Grummons"* were determined. When determining the relationship of the upper and lower jaws, using the methods of determining the indicators of the development of the lower and upper jaws in the transverse and vertical directions proposed by the author, it was observed *in the representatives of the Uzbek population*. These indicators are used in the diagnosis and treatment of anomalies of the face and jaws, which are caused by the relation of the face and jaws.

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I. INTRODUCTION

We need to evaluate the dental-jaw system in three different directions, i.e. sagittal, transverse and vertical [1]. With the help of research in these directions, we study the relationship between the teeth, head and face, and make it possible for us to find out exactly what part of the changes caused the anomalies and to plan their treatment in time. It is known to all of us that orthodontic normative data can be determined mainly from these directions using a cephalogram in sagittal projection [2]. We do not want to dwell on the disadvantages of lateral cephalograms, we only want to clarify that they are not enough to evaluate the problems of the face and jaw in the transverse direction, and to evaluate these problems in the transverse direction, the cephalogram in the frontal: front-back projection and its indicators are necessary. Orthodontists and maxillofacial surgeons around the world use these frontal cephalometric analyzes in the diagnosis and treatment of transverse anomalies [3].

The study that we want to cover in this article is a frontal (front-back projection) cephalogram [4], which shows the main indicators in the detection of anomalies in the transverse direction. Problems in the transverse direction of the maxillofacial area can also cause serious problems for orthodontists, and it is these problems that

are most likely to cause relapse [5]. Vertical anomalies are easy to detect in lateral cephalometry [6], but vertical asymmetry on both the right and left sides of the face can be fully analyzed only in frontal projection cephalometry [7]. In the literature on orthodontic diagnosis, there is very little information on the schematic measurement of the dimensions of the face in the transverse direction, that is, the data of the face jaw area at the developing period in the sagittal and vertical directions have not been sufficiently studied [8, 9]. In this study, we will clearly explain the uniqueness of the growth of the face in the vertical direction in people with long faces (dolichocephals) - mainly the development of the lower part of the face, and the increase in the angle of the lower jaw [10]. In determining the vertical dimensions of the face, the transverse growth indicators of the upper and lower jaws are primary important [11]. Therefore, this study will be of great help in determining frontal cephalogram parameters for assessing the symmetry of facial bones and teeth.

a) The Purpose of the Study

To determine the "maxilla-mandibular relationship" indicators of the frontal cephalogram of "Grummons" in the frontal cephalogram of representatives of the normal physiological bite of the Uzbek population, and to compare them with the indicators of "Grummons".

II. MATERIALS AND METHODS

The study was conducted on a total of 95 (55 men and 40 women) representatives of the Uzbek population with physiologically normal bite. In their frontal cephalogram, indicators of maxilla-mandibular relationship according to Grummon were determined.

a) Assessment of the Relationship of the upper and lower jaws (Maxillo – Mandibular Comparison)

We described the comparison of the upper and lower jaws in such a perfect way that it is impossible not to use these indicators during this research. To determine the relationship of the upper and lower jaws to each other, a line is drawn from the Cg point to the J and Ag points on the right and left sides [9], the names of these points and lines are given in tables 1 and 2, and

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pictures 1 and 2. The right J and left J points are also connected, resulting in the formation of J-Cg-J triangle. Similarly, a horizontal line is drawn from the right Ag to the left Ag point and the triangle Ag-Cg-Ag is formed. These triangles are divided into two using MSR and four triangles: right J-Cg- MSR and left J-Cg-MSR; Ag-Cg- MSR and Ag-Cg-MSR are produced (Figure1). In this

article, the authors compared the length of the sides of the triangles and evaluated their symmetry [6,9,10]. The indicators of the upper and lower jaw symmetry of representatives of the Uzbek population were determined, compared the indicators of men and women Grummons indicators (table 3).

III. RESULTS

Table 1: Points (Landmarks) used in Maxilla-Mandibular Relationship Indicators of the Frontal Cephalogram

No.	Cephalometric Points (Landmarks)	Latin Naming of Points	Description of the Points of the Frontal Cephalogram
1	Ag	Antegonial Notch	The groove of the corner of the lower jaw
2	ANS	Anterior Nasal Spine	Anterior point of the base of the nose
3	Cg	Crista Galli	The peak of the forehead growth of the nose is the crown of the rooster
4	J	Jugal process	Cheek growth of the upper jaw
5	Me	Menton	Chin center

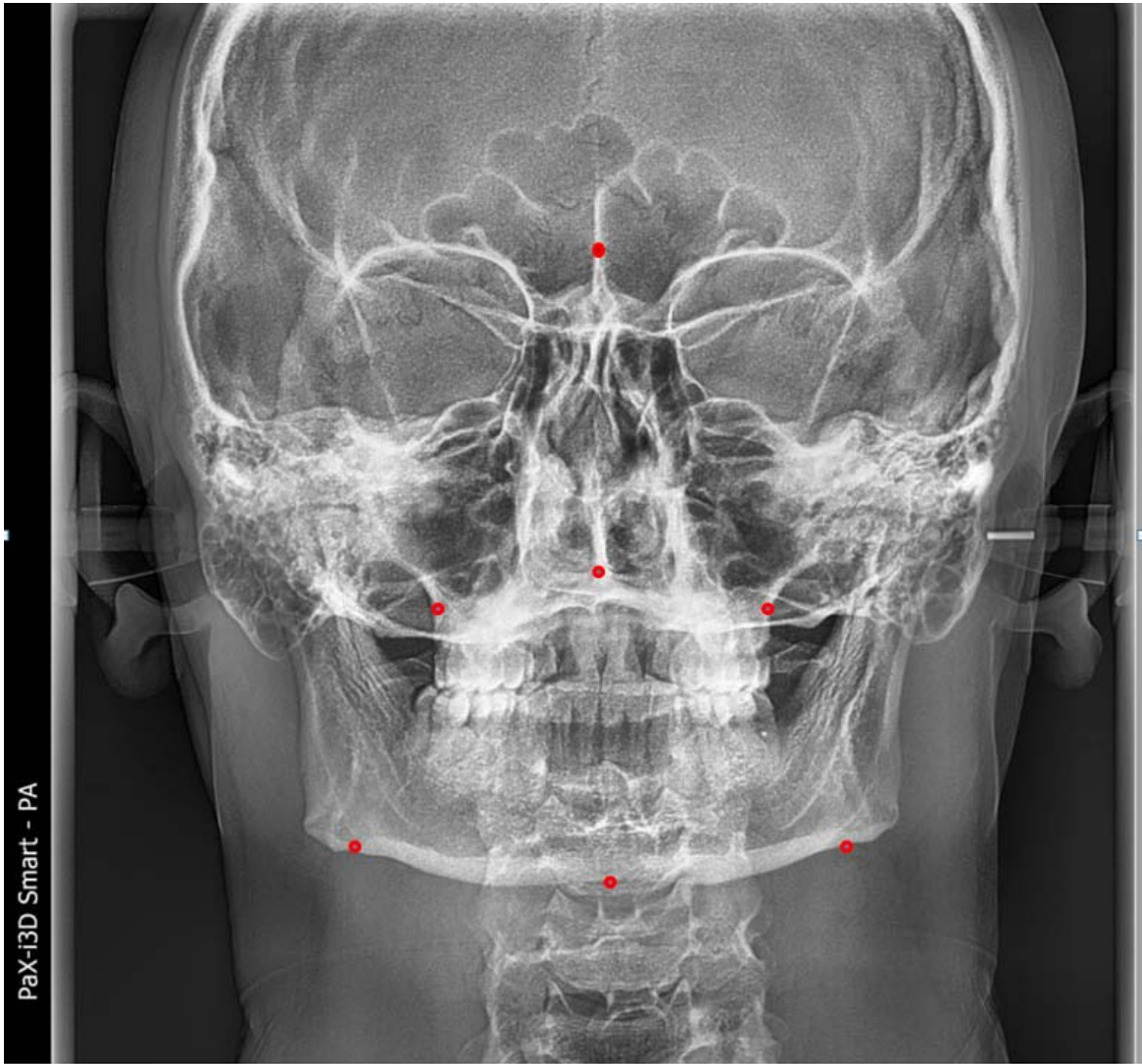


Figure 1: Points (Landmarks) used in Maxilla-Mandibular Relationship Indicators of the Frontal Cephalogram

The length (mm) of the sides that form these four triangles and angles are compared and symmetry is determined (table 2).

Table 2: Lines used in Maxilla-Mandibular Relationship Indicators of the Frontal Cephalogram

No.	Latin designation of surfaces	Names of surfaces generating frontal cephalogram indicators (in Latin script)	Names of surfaces generating frontal cephalogram indicators (Linear measurements on postero-anterior (PA) cephalogram)
1	MSR	(Mid-sagittal reference plane)	Mid sagittal line
2	J- J	Jugal Process - Jugal Process	The line connecting the middle points of the right and left upper jaw
3	J-MSR	(Jugal Process - Mid-sagittal reference plane)	J-line connecting the middle point of the maxillary growth - midsagittal line bn
4	Cg-J	Crista galli - Jugal Process plane)	frontal growth of the nose- cock (the line connecting the point of the crown (Cg) with the growth of the upper jaw
5	Ag- Ag	Antegonial notch plane- Antegonial notch plane	the middle point of the groove of the angle of the lower jaw is the line connecting the right and left sides
6	Cg-Ag	Crista galli - Antegonial notch plane)	- the forehead growth of the nose - the line connecting the point of the crown of the cock (Cg) with the point of the angle of the lower jaw (
7	Ag-MSR	Antegonial notch- Mid-sagittal reference plane	Distance from the groove of the angle of the mandibular joint to the midsagittal line

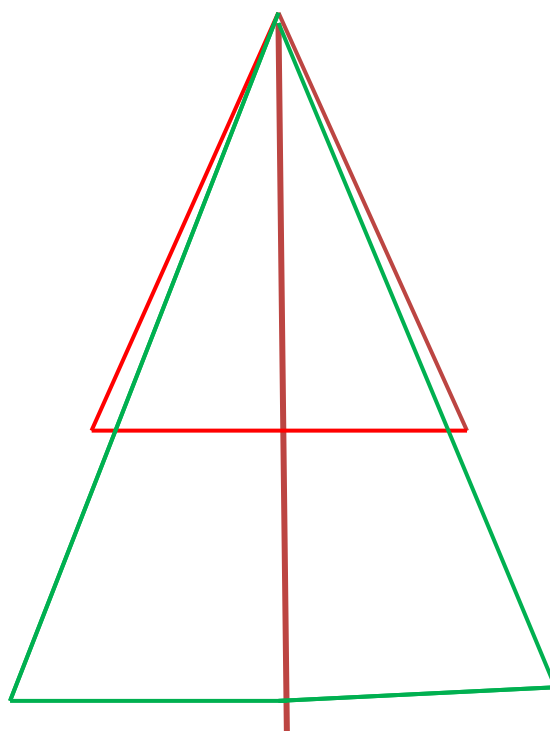




Figure 2: Comparison of upper and lower Jaws (Maxillo – Mandibular Comparison)

In this study, we determined and tabulated the indicators of “maxilla-mandibular relationship” according to Grummons’ frontal cephalometric analysis in representatives of the Uzbek population with normal physiological pricus (table3).

Table 3: Indicators of “Comparison of upper and lower Jaws” of Representatives of the Uzbek Population

Line Name Variables	Sides	Women (N=40) (M±m)	SD	Men (N=55) (M±m)	SD	Average (Men and Women) (N=95) (M±m)	SD
J-MSR	Oh	31.25±0.25	1.77	32.07±0.21	1.59	31.72 ± 0.18	1.73
	Ch	31.33±0.27	1.68	31.96±0.21	1.58	31.69 ± 0.17	1.66
Ag-MSR	Oh	39.98±0.37 *	2.33	42.6±0.25 ^	1.85	41.49 ± 0.25	2.51

	Ch	41.0±0.35	2.24	42.49±0.29	2.14	41.86 ± 0.24	2.45
Cg-J	Oh	65.7±0.45 *	2.82	71 , 0 9 ± 0 , 58* ^	4.32	6 8 , 82 ± 0 . 4 7	4.61
	Ch	65.55±0.49 *	3.08	70 , 87 ± 0 , 55* ^	4.10	6 8 , 63 ± 0.4 6	4.55
Cg-Ag	Oh	109.28±0.81 *	5.12	118.02±0.66 * ^	4.88	114 .33 ± 0.68	6.62
	Ch	109.15±0.81 *	5.13	117.91±0.67 * ^	4.96	114.22 ± 0.68	6.66

* - $P < 0.05$ significant differences compared to the mean

^ - $P < 0.05$ significant differences compared to female values

We compared the indicators of "comparison of the upper and lower jaws" of the representatives of the Uzbek population with normal physiological bite with the results of the average indicators of men and women. The J-MSR index for Uzbeks is 31.72 ± 0.18 mm on the right and 31.69 ± 0.17 mm on the left; in men, right 32.07 ± 0.21 mm. and left 31.96 ± 0.21 mm; right 31.25 ± 0.25 mm in women and left 31.33 ± 0.27 mm. equal to, and no significant difference was found when they were compared with each other or compared with the average values ($P > 0.05$). Ag-MSR index in men is 42.6 ± 0.25 mm right and 42.49 ± 0.29 mm left; Ag-MSR index of women is 39.98 ± 0.37 mm right and 41.0 ± 0.35 mm left. is equal to It was found that the average of the Ag-MSR indicator of Uzbeks is equal to 41.49 ± 0.25 mm on the right and 41.86 ± 0.24 mm on the left. Now, when we compared Ag-MSR values of women and men with respect to mean Ag-MSR values, only female Ag-MSR R values were significantly different ($P < 0.05$). When the Ag-MSR indicators of men and women were compared, it was found that there was a reliable difference between the Ag-MSR R indicator of men and the Ag-MSR R indicator of women ($P < 0.05$). The average of the Cg-J indicator of Uzbeks is 68.82 ± 0.47 mm on the right and 68.63 ± 0.46 mm on the left. Cg-J index in men is 71.09 ± 0.58 mm right and 70.87 ± 0.55 mm left; in women, the right is 65.7 ± 0.45 mm and the left is 65.55 ± 0.49 mm. When comparing the Cg-J index of women and men, there are reliable differences in the Cg-J index of men compared to the Cg-J index of women ($P < 0.05$). Now, when

comparing the Cg-J index of women and men to the average of Uzbeks, a reliable difference was found only in men's Cg-J index compared to the average Cg-J index ($P < 0.05$).

The average Cg-Ag indicator of Uzbeks is 114.33 ± 0.68 mm on the right and 114.22 ± 0.68 mm on the left; Cg-Ag indicator of women is right 109.28 ± 0.81 mm and left 109.15 ± 0.81 mm.; in men it was found that the right is 118.02 ± 0.66 mm and the left is 117.91 ± 0.67 mm. When comparing the Cg-Ag index of women and men to the average Cg-Ag indicator of Uzbeks, a reliable difference was found only in the Cg-Ag indicator of men compared to the average Cg-Ag indicator ($P < 0.05$). When the Cg-Ag indicators of women and men were compared, a reliable difference was found in the Cg-Ag indicator of men compared to the Cg-Ag indicator of women ($P < 0.05$).

a) Comparison of Personally Obtained Results with Indicators Determined by Grummons

In order to evaluate the relation of the upper and lower jaws of the representatives of the Uzbek population, we need the "relationship of the upper and lower jaws" indicators proposed by the author - Grummons. For this, we studied several articles of the author and used the most favorable indicators [5,6]. In table 4, we compare the upper and lower jaw relationship indicators of male and female representatives of the Uzbek population with the upper and lower jaw relationship indicators of women and men determined by the author.

Table 4: Comparison of "Comparison of upper and lower Jaws " Indicators of Uzbek Population with Grummons Indicators.

Surfaces Variables	Sex	Party(side)	N	Uzbeks	SD	N	Grummons	SD	P
J-MSR	A	Right	40	31.25 ± 0.25	1.77	15	39.1 ± 0.28	1.84	> 0.05
		Left		31.33 ± 0.27	1.68		39.2 ± 0.21	1.78	> 0.05
	E	Right	55	32.07 ± 0.21	1.59	15	37.37 ± 0.42	2.35	> 0.05
		Left		31.96 ± 0.21	1.58		35.5 ± 0.39	1.66	> 0.05
Ag-MSR	A	Right	40	39.98 ± 0.37	2.33	15	37.1 ± 0.44	1.52	> 0.05
		Left		41.0 ± 0.35	2.24		38.8 ± 0.24	2.81	< 0.05
	E	Right	55	42.6 ± 0.25	1.85	15	44.5 ± 0.31	2.37	> 0.05
		Left		42.49 ± 0.29	2.14		43.5 ± 0.29	2.08	> 0.05
Cg-J	A	Right	40	65.7 ± 0.45	2.82	15	60.2 ± 0.52	3.11	< 0.05
		Left		65.55 ± 0.49	3.08		59.4 ± 0.47	2.73	< 0.05

Cg-Ag	E	Right	55	71.09±0.58	4.32	15	60.8±0.55	3.3	<0.01
		Left		70.87±0.55	4.10		62.2±0.51	2.95	<0.01
	A	Right	40	109.28±0.81	5.12	15	101.5±0.74	4.98	<0.05
		Left		109.15±0.81	5.13		99.4±0.9	5.24	<0.01
	E	Right	55	118.02±0.66	4.88	15	108.5±0.71	4.35	<0.01
		Left		117.91±0.67	4.96		108.8±0.68	5.13	<0.01

The J-MSR index of representatives of the Uzbek population in women, right 31.25 ± 0.25 mm and left 31.33 ± 0.27 mm; in men, the right 32.07 ± 0.21 and left 31.96 ± 0.21 mm. The same J-MSR indicator in women according to the author is 39.1 ± 0.28 mm. and left 39.2 ± 0.21 mm.; in men, right 37.37 ± 0.42 mm. and left 35.5 ± 0.39 mm. mentioned in the articles of its establishment. Now when we compared these J-MSR scores, no reliable differences were found ($P > 0.05$).

Ag-MSR index in female representatives of the Uzbek population is 39.98 ± 0.37 mm. and left 41.0 ± 0.35 mm.; in male representatives, the right is 42.6 ± 0.25 and the left is 42.49 ± 0.29 mm. According to the author - Grummons, Ag-MSR indicator is right 37.1 ± 0.44 mm and left 38.8 ± 0.24 mm in women; right 44.5 ± 0.31 mm in men. and the left is equal to 43.5 ± 0.29 mm. We can see from table 4 that there is no reliable difference between the Ag-MSR indicators of the author and the Ag-MSR indicators of representatives of the Uzbek population ($P > 0.05$).

Cg-J index in female representatives of the Uzbek population is right 65.7 ± 0.45 mm and left 65.55 ± 0.49 mm; and in male representatives, the right is 71.09 ± 0.58 mm. and the left side is 70.87 ± 0.55 mm. was found to be equal to Cg-J indicator Grummons during his research in women right 60.2 ± 0.52 mm. and the left 59.4 ± 0.47 mm.; in men, the right is 60.8 ± 0.55 mm and the left is equal to 62.2 ± 0.51 mm. When we compared the Cg-J indicators of female representatives of the Uzbek population with the Cg-J indicators determined by the author in women, a reliable difference was found compared to the Cg-J indicators of the Uzbek population representatives ($P < 0.05$). When we compared the Cg-J indicators of male representatives of the Uzbek population with the Cg-J indicators determined by the author in men, a highly reliable difference was found compared to the Cg-J indicators of the Uzbek population representatives ($P < 0.01$).

Cg-Ag index in Uzbek women is 109.28 ± 0.8 mm on the right and left sides. and 109.15 ± 0.81 mm. According to the author, the Cg-Ag indicator is 101.5 ± 0.74 mm right in women and 99.4 ± 0.9 mm left in men; right 108.5 ± 0.71 mm in men. and left 108.8 ± 0.68 mm. is equal to in his article. Now, when we compare the Cg-Ag indicators of the author with the Cg-Ag indicators of Uzbeks, reliable differences were found between the Cg-AgR indicator of Uzbek women and the author's Cg-AgR indicator in women ($P < 0.05$). When comparing Cg-AgL indicator of

Uzbek women, Cg-AgR and Cg-AgL indicators of Uzbek men, Cg-AgL indicator of the author's same in women, in the Cg-AgR and Cg-AgL indicators of the author, we can see that high-level reliable differences were detected ($P < 0.01$).

IV. CONCLUSION

1. In comparison of the upper and lower jaws relationship of representatives of the Uzbek population, the Cg-J index is 65.6 ± 0.47 mm in women. and 70.98 ± 0.56 mm in men. and Cg-Ag index is equal to 109.21 ± 0.81 mm in women; 117.96 ± 0.66 mm in men. It was found that there is a difference of 5.38 mm in the Cg-J index and 8.75 mm in the Cg-Ag index ($P < 0.05$). Gender dependence should be taken into account when performing the analysis of the comparison of the upper and lower jaws.
2. When comparing the average upper and lower jaws of men and women of the Uzbek population, the Cg-J index of men is 2.16 mm. and 3.68 mm differences were found in Cg-Ag indicator ($P < 0.05$). When determining Cg-Ag and Cg-J indicators in Uzbeks, gender dependence should be taken into account.
3. Comparison of upper and lower jaws of male and female representatives of the Uzbek population compared to the parameters proposed by the author - Grummons, Cg-J index is 9.48 mm., 9.31 mm in the Cg-Ag index. differences were found ($P < 0.05$). Therefore, it is appropriate to use the norms developed for the Uzbek population when analyzing according to Grummons.

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INTRODUCTION



FMRC/AMRC is the most prestigious membership of Global Journals accredited by Open Association of Research Society, U.S.A (OARS). The credentials of Fellow and Associate designations signify that the researcher has gained the knowledge of the fundamental and high-level concepts, and is a subject matter expert, proficient in an expertise course covering the professional code of conduct, and follows recognized standards of practice. The credentials are designated only to the researchers, scientists, and professionals that have been selected by a rigorous process by our Editorial Board and Management Board.

Associates of FMRC/AMRC are scientists and researchers from around the world are working on projects/researches that have huge potentials. Members support Global Journals' mission to advance technology for humanity and the profession.

FMRC

FELLOW OF MEDICAL RESEARCH COUNCIL

FELLOW OF MEDICAL RESEARCH COUNCIL is the most prestigious membership of Global Journals. It is an award and membership granted to individuals that the Open Association of Research Society judges to have made a 'substantial contribution to the improvement of computer science, technology, and electronics engineering.

The primary objective is to recognize the leaders in research and scientific fields of the current era with a global perspective and to create a channel between them and other researchers for better exposure and knowledge sharing. Members are most eminent scientists, engineers, and technologists from all across the world. Fellows are elected for life through a peer review process on the basis of excellence in the respective domain. There is no limit on the number of new nominations made in any year. Each year, the Open Association of Research Society elect up to 12 new Fellow Members.



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Global Journals sends a letter of appreciation of author to the Dean or CEO of the University or Company of which author is a part, signed by editor in chief or chief author.



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A FMRC member gets access to a closed network of Tier 1 researchers and scientists with direct communication channel through our website. Fellows can reach out to other members or researchers directly. They should also be open to reaching out by other.

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Fellows receive a printed copy of a certificate signed by our Chief Author that may be used for academic purposes and a personal recommendation letter to the dean of member's university.

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Fellows get secure and fast GJ work emails with unlimited storage of emails that they may use them as their primary email. For example, john [AT] globaljournals [DOT] org.

Career

Credibility

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To take future researches to the zenith, fellows receive access to all the premium tools that Global Journals have to offer along with the partnership with some of the best marketing leading tools out there.

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We accept the manuscript submissions in any standard (generic) format.

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Alternatively, you can download our basic template from <https://globaljournals.org/Template>

Authors should submit their complete paper/article, including text illustrations, graphics, conclusions, artwork, and tables. Authors who are not able to submit manuscript using the form above can email the manuscript department at submit@globaljournals.org or get in touch with chiefeditor@globaljournals.org if they wish to send the abstract before submission.

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Authors must ensure the information provided during the submission of a paper is authentic. Please go through the following checklist before submitting:

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2. Authors must accept the privacy policy, terms, and conditions of Global Journals.
3. Ensure corresponding author's email address and postal address are accurate and reachable.
4. Manuscript to be submitted must include keywords, an abstract, a paper title, co-author(s') names and details (email address, name, phone number, and institution), figures and illustrations in vector format including appropriate captions, tables, including titles and footnotes, a conclusion, results, acknowledgments and references.
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Plagiarized content will not be considered for publication. We reserve the right to inform authors' institutions about plagiarism detected either before or after publication. If plagiarism is identified, we will follow COPE guidelines:

Authors are solely responsible for all the plagiarism that is found. The author must not fabricate, falsify or plagiarize existing research data. The following, if copied, will be considered plagiarism:

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- Findings
- Writings
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- Graphs
- Illustrations
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- Any other original work

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1. Substantial contributions to the conception and acquisition of data, analysis, and interpretation of findings.
2. Drafting the paper and revising it critically regarding important academic content.
3. Final approval of the version of the paper to be published.

Changes in Authorship

The corresponding author should mention the name and complete details of all co-authors during submission and in manuscript. We support addition, rearrangement, manipulation, and deletions in authors list till the early view publication of the journal. We expect that corresponding author will notify all co-authors of submission. We follow COPE guidelines for changes in authorship.

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Unless specified in the notification, the Editorial Board's decision on publication of the paper is final and cannot be appealed before making the major change in the manuscript.

Acknowledgments

Contributors to the research other than authors credited should be mentioned in Acknowledgments. The source of funding for the research can be included. Suppliers of resources may be mentioned along with their addresses.

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Global Journals is in partnership with various universities, laboratories, and other institutions worldwide in the research domain. Authors are requested to disclose their source of funding during every stage of their research, such as making analysis, performing laboratory operations, computing data, and using institutional resources, from writing an article to its submission. This will also help authors to get reimbursements by requesting an open access publication letter from Global Journals and submitting to the respective funding source.

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Authors can submit papers and articles in an acceptable file format: MS Word (doc, docx), LaTeX (.tex, .zip or .rar including all of your files), Adobe PDF (.pdf), rich text format (.rtf), simple text document (.txt), Open Document Text (.odt), and Apple Pages (.pages). Our professional layout editors will format the entire paper according to our official guidelines. This is one of the highlights of publishing with Global Journals—authors should not be concerned about the formatting of their paper. Global Journals accepts articles and manuscripts in every major language, be it Spanish, Chinese, Japanese, Portuguese, Russian, French, German, Dutch, Italian, Greek, or any other national language, but the title, subtitle, and abstract should be in English. This will facilitate indexing and the pre-peer review process.

The following is the official style and template developed for publication of a research paper. Authors are not required to follow this style during the submission of the paper. It is just for reference purposes.



Manuscript Style Instruction (Optional)

- Microsoft Word Document Setting Instructions.
- Font type of all text should be Swis721 Lt BT.
- Page size: 8.27" x 11", left margin: 0.65, right margin: 0.65, bottom margin: 0.75.
- Paper title should be in one column of font size 24.
- Author name in font size of 11 in one column.
- Abstract: font size 9 with the word "Abstract" in bold italics.
- Main text: font size 10 with two justified columns.
- Two columns with equal column width of 3.38 and spacing of 0.2.
- First character must be three lines drop-capped.
- The paragraph before spacing of 1 pt and after of 0 pt.
- Line spacing of 1 pt.
- Large images must be in one column.
- The names of first main headings (Heading 1) must be in Roman font, capital letters, and font size of 10.
- The names of second main headings (Heading 2) must not include numbers and must be in italics with a font size of 10.

Structure and Format of Manuscript

The recommended size of an original research paper is under 15,000 words and review papers under 7,000 words. Research articles should be less than 10,000 words. Research papers are usually longer than review papers. Review papers are reports of significant research (typically less than 7,000 words, including tables, figures, and references)

A research paper must include:

- a) A title which should be relevant to the theme of the paper.
- b) A summary, known as an abstract (less than 150 words), containing the major results and conclusions.
- c) Up to 10 keywords that precisely identify the paper's subject, purpose, and focus.
- d) An introduction, giving fundamental background objectives.
- e) Resources and techniques with sufficient complete experimental details (wherever possible by reference) to permit repetition, sources of information must be given, and numerical methods must be specified by reference.
- f) Results which should be presented concisely by well-designed tables and figures.
- g) Suitable statistical data should also be given.
- h) All data must have been gathered with attention to numerical detail in the planning stage.

Design has been recognized to be essential to experiments for a considerable time, and the editor has decided that any paper that appears not to have adequate numerical treatments of the data will be returned unrefereed.

- i) Discussion should cover implications and consequences and not just recapitulate the results; conclusions should also be summarized.
- j) There should be brief acknowledgments.
- k) There ought to be references in the conventional format. Global Journals recommends APA format.

Authors should carefully consider the preparation of papers to ensure that they communicate effectively. Papers are much more likely to be accepted if they are carefully designed and laid out, contain few or no errors, are summarizing, and follow instructions. They will also be published with much fewer delays than those that require much technical and editorial correction.

The Editorial Board reserves the right to make literary corrections and suggestions to improve brevity.



FORMAT STRUCTURE

It is necessary that authors take care in submitting a manuscript that is written in simple language and adheres to published guidelines.

All manuscripts submitted to Global Journals should include:

Title

The title page must carry an informative title that reflects the content, a running title (less than 45 characters together with spaces), names of the authors and co-authors, and the place(s) where the work was carried out.

Author details

The full postal address of any related author(s) must be specified.

Abstract

The abstract is the foundation of the research paper. It should be clear and concise and must contain the objective of the paper and inferences drawn. It is advised to not include big mathematical equations or complicated jargon.

Many researchers searching for information online will use search engines such as Google, Yahoo or others. By optimizing your paper for search engines, you will amplify the chance of someone finding it. In turn, this will make it more likely to be viewed and cited in further works. Global Journals has compiled these guidelines to facilitate you to maximize the web-friendliness of the most public part of your paper.

Keywords

A major lynchpin of research work for the writing of research papers is the keyword search, which one will employ to find both library and internet resources. Up to eleven keywords or very brief phrases have to be given to help data retrieval, mining, and indexing.

One must be persistent and creative in using keywords. An effective keyword search requires a strategy: planning of a list of possible keywords and phrases to try.

Choice of the main keywords is the first tool of writing a research paper. Research paper writing is an art. Keyword search should be as strategic as possible.

One should start brainstorming lists of potential keywords before even beginning searching. Think about the most important concepts related to research work. Ask, "What words would a source have to include to be truly valuable in a research paper?" Then consider synonyms for the important words.

It may take the discovery of only one important paper to steer in the right keyword direction because, in most databases, the keywords under which a research paper is abstracted are listed with the paper.

Numerical Methods

Numerical methods used should be transparent and, where appropriate, supported by references.

Abbreviations

Authors must list all the abbreviations used in the paper at the end of the paper or in a separate table before using them.

Formulas and equations

Authors are advised to submit any mathematical equation using either MathJax, KaTeX, or LaTeX, or in a very high-quality image.

Tables, Figures, and Figure Legends

Tables: Tables should be cautiously designed, uncrowned, and include only essential data. Each must have an Arabic number, e.g., Table 4, a self-explanatory caption, and be on a separate sheet. Authors must submit tables in an editable format and not as images. References to these tables (if any) must be mentioned accurately.



Figures

Figures are supposed to be submitted as separate files. Always include a citation in the text for each figure using Arabic numbers, e.g., Fig. 4. Artwork must be submitted online in vector electronic form or by emailing it.

PREPARATION OF ELETRONIC FIGURES FOR PUBLICATION

Although low-quality images are sufficient for review purposes, print publication requires high-quality images to prevent the final product being blurred or fuzzy. Submit (possibly by e-mail) EPS (line art) or TIFF (halftone/ photographs) files only. MS PowerPoint and Word Graphics are unsuitable for printed pictures. Avoid using pixel-oriented software. Scans (TIFF only) should have a resolution of at least 350 dpi (halftone) or 700 to 1100 dpi (line drawings). Please give the data for figures in black and white or submit a Color Work Agreement form. EPS files must be saved with fonts embedded (and with a TIFF preview, if possible).

For scanned images, the scanning resolution at final image size ought to be as follows to ensure good reproduction: line art: >650 dpi; halftones (including gel photographs): >350 dpi; figures containing both halftone and line images: >650 dpi.

Color charges: Authors are advised to pay the full cost for the reproduction of their color artwork. Hence, please note that if there is color artwork in your manuscript when it is accepted for publication, we would require you to complete and return a Color Work Agreement form before your paper can be published. Also, you can email your editor to remove the color fee after acceptance of the paper.

TIPS FOR WRITING A GOOD QUALITY MEDICAL RESEARCH PAPER

1. Choosing the topic: In most cases, the topic is selected by the interests of the author, but it can also be suggested by the guides. You can have several topics, and then judge which you are most comfortable with. This may be done by asking several questions of yourself, like "Will I be able to carry out a search in this area? Will I find all necessary resources to accomplish the search? Will I be able to find all information in this field area?" If the answer to this type of question is "yes," then you ought to choose that topic. In most cases, you may have to conduct surveys and visit several places. Also, you might have to do a lot of work to find all the rises and falls of the various data on that subject. Sometimes, detailed information plays a vital role, instead of short information. Evaluators are human: The first thing to remember is that evaluators are also human beings. They are not only meant for rejecting a paper. They are here to evaluate your paper. So present your best aspect.

2. Think like evaluators: If you are in confusion or getting demotivated because your paper may not be accepted by the evaluators, then think, and try to evaluate your paper like an evaluator. Try to understand what an evaluator wants in your research paper, and you will automatically have your answer. Make blueprints of paper: The outline is the plan or framework that will help you to arrange your thoughts. It will make your paper logical. But remember that all points of your outline must be related to the topic you have chosen.

3. Ask your guides: If you are having any difficulty with your research, then do not hesitate to share your difficulty with your guide (if you have one). They will surely help you out and resolve your doubts. If you can't clarify what exactly you require for your work, then ask your supervisor to help you with an alternative. He or she might also provide you with a list of essential readings.

4. Use of computer is recommended: As you are doing research in the field of medical research then this point is quite obvious. Use right software: Always use good quality software packages. If you are not capable of judging good software, then you can lose the quality of your paper unknowingly. There are various programs available to help you which you can get through the internet.

5. Use the internet for help: An excellent start for your paper is using Google. It is a wondrous search engine, where you can have your doubts resolved. You may also read some answers for the frequent question of how to write your research paper or find a model research paper. You can download books from the internet. If you have all the required books, place importance on reading, selecting, and analyzing the specified information. Then sketch out your research paper. Use big pictures: You may use encyclopedias like Wikipedia to get pictures with the best resolution. At Global Journals, you should strictly follow here.



6. Bookmarks are useful: When you read any book or magazine, you generally use bookmarks, right? It is a good habit which helps to not lose your continuity. You should always use bookmarks while searching on the internet also, which will make your search easier.

7. Revise what you wrote: When you write anything, always read it, summarize it, and then finalize it.

8. Make every effort: Make every effort to mention what you are going to write in your paper. That means always have a good start. Try to mention everything in the introduction—what is the need for a particular research paper. Polish your work with good writing skills and always give an evaluator what he wants. Make backups: When you are going to do any important thing like making a research paper, you should always have backup copies of it either on your computer or on paper. This protects you from losing any portion of your important data.

9. Produce good diagrams of your own: Always try to include good charts or diagrams in your paper to improve quality. Using several unnecessary diagrams will degrade the quality of your paper by creating a hodgepodge. So always try to include diagrams which were made by you to improve the readability of your paper. Use of direct quotes: When you do research relevant to literature, history, or current affairs, then use of quotes becomes essential, but if the study is relevant to science, use of quotes is not preferable.

10. Use proper verb tense: Use proper verb tenses in your paper. Use past tense to present those events that have happened. Use present tense to indicate events that are going on. Use future tense to indicate events that will happen in the future. Use of wrong tenses will confuse the evaluator. Avoid sentences that are incomplete.

11. Pick a good study spot: Always try to pick a spot for your research which is quiet. Not every spot is good for studying.

12. Know what you know: Always try to know what you know by making objectives, otherwise you will be confused and unable to achieve your target.

13. Use good grammar: Always use good grammar and words that will have a positive impact on the evaluator; use of good vocabulary does not mean using tough words which the evaluator has to find in a dictionary. Do not fragment sentences. Eliminate one-word sentences. Do not ever use a big word when a smaller one would suffice.

Verbs have to be in agreement with their subjects. In a research paper, do not start sentences with conjunctions or finish them with prepositions. When writing formally, it is advisable to never split an infinitive because someone will (wrongly) complain. Avoid clichés like a disease. Always shun irritating alliteration. Use language which is simple and straightforward. Put together a neat summary.

14. Arrangement of information: Each section of the main body should start with an opening sentence, and there should be a changeover at the end of the section. Give only valid and powerful arguments for your topic. You may also maintain your arguments with records.

15. Never start at the last minute: Always allow enough time for research work. Leaving everything to the last minute will degrade your paper and spoil your work.

16. Multitasking in research is not good: Doing several things at the same time is a bad habit in the case of research activity. Research is an area where everything has a particular time slot. Divide your research work into parts, and do a particular part in a particular time slot.

17. Never copy others' work: Never copy others' work and give it your name because if the evaluator has seen it anywhere, you will be in trouble. Take proper rest and food: No matter how many hours you spend on your research activity, if you are not taking care of your health, then all your efforts will have been in vain. For quality research, take proper rest and food.

18. Go to seminars: Attend seminars if the topic is relevant to your research area. Utilize all your resources.

19. Refresh your mind after intervals: Try to give your mind a rest by listening to soft music or sleeping in intervals. This will also improve your memory. Acquire colleagues: Always try to acquire colleagues. No matter how sharp you are, if you acquire colleagues, they can give you ideas which will be helpful to your research.



20. Think technically: Always think technically. If anything happens, search for its reasons, benefits, and demerits. Think and then print: When you go to print your paper, check that tables are not split, headings are not detached from their descriptions, and page sequence is maintained.

21. Adding unnecessary information: Do not add unnecessary information like "I have used MS Excel to draw graphs." Irrelevant and inappropriate material is superfluous. Foreign terminology and phrases are not apropos. One should never take a broad view. Analogy is like feathers on a snake. Use words properly, regardless of how others use them. Remove quotations. Puns are for kids, not grunt readers. Never oversimplify: When adding material to your research paper, never go for oversimplification; this will definitely irritate the evaluator. Be specific. Never use rhythmic redundancies. Contractions shouldn't be used in a research paper. Comparisons are as terrible as clichés. Give up ampersands, abbreviations, and so on. Remove commas that are not necessary. Parenthetical words should be between brackets or commas. Understatement is always the best way to put forward earth-shaking thoughts. Give a detailed literary review.

22. Report concluded results: Use concluded results. From raw data, filter the results, and then conclude your studies based on measurements and observations taken. An appropriate number of decimal places should be used. Parenthetical remarks are prohibited here. Proofread carefully at the final stage. At the end, give an outline to your arguments. Spot perspectives of further study of the subject. Justify your conclusion at the bottom sufficiently, which will probably include examples.

23. Upon conclusion: Once you have concluded your research, the next most important step is to present your findings. Presentation is extremely important as it is the definite medium through which your research is going to be in print for the rest of the crowd. Care should be taken to categorize your thoughts well and present them in a logical and neat manner. A good quality research paper format is essential because it serves to highlight your research paper and bring to light all necessary aspects of your research.

INFORMAL GUIDELINES OF RESEARCH PAPER WRITING

Key points to remember:

- Submit all work in its final form.
- Write your paper in the form which is presented in the guidelines using the template.
- Please note the criteria peer reviewers will use for grading the final paper.

Final points:

One purpose of organizing a research paper is to let people interpret your efforts selectively. The journal requires the following sections, submitted in the order listed, with each section starting on a new page:

The introduction: This will be compiled from reference matter and reflect the design processes or outline of basis that directed you to make a study. As you carry out the process of study, the method and process section will be constructed like that. The results segment will show related statistics in nearly sequential order and direct reviewers to similar intellectual paths throughout the data that you gathered to carry out your study.

The discussion section:

This will provide understanding of the data and projections as to the implications of the results. The use of good quality references throughout the paper will give the effort trustworthiness by representing an alertness to prior workings.

Writing a research paper is not an easy job, no matter how trouble-free the actual research or concept. Practice, excellent preparation, and controlled record-keeping are the only means to make straightforward progression.

General style:

Specific editorial column necessities for compliance of a manuscript will always take over from directions in these general guidelines.

To make a paper clear: Adhere to recommended page limits.



Mistakes to avoid:

- Insertion of a title at the foot of a page with subsequent text on the next page.
- Separating a table, chart, or figure—confine each to a single page.
- Submitting a manuscript with pages out of sequence.
- In every section of your document, use standard writing style, including articles ("a" and "the").
- Keep paying attention to the topic of the paper.
- Use paragraphs to split each significant point (excluding the abstract).
- Align the primary line of each section.
- Present your points in sound order.
- Use present tense to report well-accepted matters.
- Use past tense to describe specific results.
- Do not use familiar wording; don't address the reviewer directly. Don't use slang or superlatives.
- Avoid use of extra pictures—include only those figures essential to presenting results.

Title page:

Choose a revealing title. It should be short and include the name(s) and address(es) of all authors. It should not have acronyms or abbreviations or exceed two printed lines.

Abstract: This summary should be two hundred words or less. It should clearly and briefly explain the key findings reported in the manuscript and must have precise statistics. It should not have acronyms or abbreviations. It should be logical in itself. Do not cite references at this point.

An abstract is a brief, distinct paragraph summary of finished work or work in development. In a minute or less, a reviewer can be taught the foundation behind the study, common approaches to the problem, relevant results, and significant conclusions or new questions.

Write your summary when your paper is completed because how can you write the summary of anything which is not yet written? Wealth of terminology is very essential in abstract. Use comprehensive sentences, and do not sacrifice readability for brevity; you can maintain it succinctly by phrasing sentences so that they provide more than a lone rationale. The author can at this moment go straight to shortening the outcome. Sum up the study with the subsequent elements in any summary. Try to limit the initial two items to no more than one line each.

Reason for writing the article—theory, overall issue, purpose.

- Fundamental goal.
- To-the-point depiction of the research.
- Consequences, including definite statistics—if the consequences are quantitative in nature, account for this; results of any numerical analysis should be reported. Significant conclusions or questions that emerge from the research.

Approach:

- Single section and succinct.
- An outline of the job done is always written in past tense.
- Concentrate on shortening results—limit background information to a verdict or two.
- Exact spelling, clarity of sentences and phrases, and appropriate reporting of quantities (proper units, important statistics) are just as significant in an abstract as they are anywhere else.

Introduction:

The introduction should "introduce" the manuscript. The reviewer should be presented with sufficient background information to be capable of comprehending and calculating the purpose of your study without having to refer to other works. The basis for the study should be offered. Give the most important references, but avoid making a comprehensive appraisal of the topic. Describe the problem visibly. If the problem is not acknowledged in a logical, reasonable way, the reviewer will give no attention to your results. Speak in common terms about techniques used to explain the problem, if needed, but do not present any particulars about the protocols here.



The following approach can create a valuable beginning:

- Explain the value (significance) of the study.
- Defend the model—why did you employ this particular system or method? What is its compensation? Remark upon its appropriateness from an abstract point of view as well as pointing out sensible reasons for using it.
- Present a justification. State your particular theory(-ies) or aim(s), and describe the logic that led you to choose them.
- Briefly explain the study's tentative purpose and how it meets the declared objectives.

Approach:

Use past tense except for when referring to recognized facts. After all, the manuscript will be submitted after the entire job is done. Sort out your thoughts; manufacture one key point for every section. If you make the four points listed above, you will need at least four paragraphs. Present surrounding information only when it is necessary to support a situation. The reviewer does not desire to read everything you know about a topic. Shape the theory specifically—do not take a broad view.

As always, give awareness to spelling, simplicity, and correctness of sentences and phrases.

Procedures (methods and materials):

This part is supposed to be the easiest to carve if you have good skills. A soundly written procedures segment allows a capable scientist to replicate your results. Present precise information about your supplies. The suppliers and clarity of reagents can be helpful bits of information. Present methods in sequential order, but linked methodologies can be grouped as a segment. Be concise when relating the protocols. Attempt to give the least amount of information that would permit another capable scientist to replicate your outcome, but be cautious that vital information is integrated. The use of subheadings is suggested and ought to be synchronized with the results section.

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Materials:

Materials may be reported in part of a section or else they may be recognized along with your measures.

Methods:

- Report the method and not the particulars of each process that engaged the same methodology.
- Describe the method entirely.
- To be succinct, present methods under headings dedicated to specific dealings or groups of measures.
- Simplify—detail how procedures were completed, not how they were performed on a particular day.
- If well-known procedures were used, account for the procedure by name, possibly with a reference, and that's all.

Approach:

It is embarrassing to use vigorous voice when documenting methods without using first person, which would focus the reviewer's interest on the researcher rather than the job. As a result, when writing up the methods, most authors use third person passive voice.

Use standard style in this and every other part of the paper—avoid familiar lists, and use full sentences.

What to keep away from:

- Resources and methods are not a set of information.
- Skip all descriptive information and surroundings—save it for the argument.
- Leave out information that is immaterial to a third party.



Results:

The principle of a results segment is to present and demonstrate your conclusion. Create this part as entirely objective details of the outcome, and save all understanding for the discussion.

The page length of this segment is set by the sum and types of data to be reported. Use statistics and tables, if suitable, to present consequences most efficiently.

You must clearly differentiate material which would usually be incorporated in a study editorial from any unprocessed data or additional appendix matter that would not be available. In fact, such matters should not be submitted at all except if requested by the instructor.

Content:

- Sum up your conclusions in text and demonstrate them, if suitable, with figures and tables.
- In the manuscript, explain each of your consequences, and point the reader to remarks that are most appropriate.
- Present a background, such as by describing the question that was addressed by creation of an exacting study.
- Explain results of control experiments and give remarks that are not accessible in a prescribed figure or table, if appropriate.
- Examine your data, then prepare the analyzed (transformed) data in the form of a figure (graph), table, or manuscript.

What to stay away from:

- Do not discuss or infer your outcome, report surrounding information, or try to explain anything.
- Do not include raw data or intermediate calculations in a research manuscript.
- Do not present similar data more than once.
- A manuscript should complement any figures or tables, not duplicate information.
- Never confuse figures with tables—there is a difference.

Approach:

As always, use past tense when you submit your results, and put the whole thing in a reasonable order.

Put figures and tables, appropriately numbered, in order at the end of the report.

If you desire, you may place your figures and tables properly within the text of your results section.

Figures and tables:

If you put figures and tables at the end of some details, make certain that they are visibly distinguished from any attached appendix materials, such as raw facts. Whatever the position, each table must be titled, numbered one after the other, and include a heading. All figures and tables must be divided from the text.

Discussion:

The discussion is expected to be the trickiest segment to write. A lot of papers submitted to the journal are discarded based on problems with the discussion. There is no rule for how long an argument should be.

Position your understanding of the outcome visibly to lead the reviewer through your conclusions, and then finish the paper with a summing up of the implications of the study. The purpose here is to offer an understanding of your results and support all of your conclusions, using facts from your research and generally accepted information, if suitable. The implication of results should be fully described.

Infer your data in the conversation in suitable depth. This means that when you clarify an observable fact, you must explain mechanisms that may account for the observation. If your results vary from your prospect, make clear why that may have happened. If your results agree, then explain the theory that the proof supported. It is never suitable to just state that the data approved the prospect, and let it drop at that. Make a decision as to whether each premise is supported or discarded or if you cannot make a conclusion with assurance. Do not just dismiss a study or part of a study as "uncertain."



Research papers are not acknowledged if the work is imperfect. Draw what conclusions you can based upon the results that you have, and take care of the study as a finished work.

- You may propose future guidelines, such as how an experiment might be personalized to accomplish a new idea.
- Give details of all of your remarks as much as possible, focusing on mechanisms.
- Make a decision as to whether the tentative design sufficiently addressed the theory and whether or not it was correctly restricted. Try to present substitute explanations if they are sensible alternatives.
- One piece of research will not counter an overall question, so maintain the large picture in mind. Where do you go next? The best studies unlock new avenues of study. What questions remain?
- Recommendations for detailed papers will offer supplementary suggestions.

Approach:

When you refer to information, differentiate data generated by your own studies from other available information. Present work done by specific persons (including you) in past tense.

Describe generally acknowledged facts and main beliefs in present tense.

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Methods and Procedures	Clear and to the point with well arranged paragraph, precision and accuracy of facts and figures, well organized subheads	Difficult to comprehend with embarrassed text, too much explanation but completed	Incorrect and unorganized structure with hazy meaning
Result	Well organized, Clear and specific, Correct units with precision, correct data, well structuring of paragraph, no grammar and spelling mistake	Complete and embarrassed text, difficult to comprehend	Irregular format with wrong facts and figures
Discussion	Well organized, meaningful specification, sound conclusion, logical and concise explanation, highly structured paragraph reference cited	Wordy, unclear conclusion, spurious	Conclusion is not cited, unorganized, difficult to comprehend
References	Complete and correct format, well organized	Beside the point, Incomplete	Wrong format and structuring



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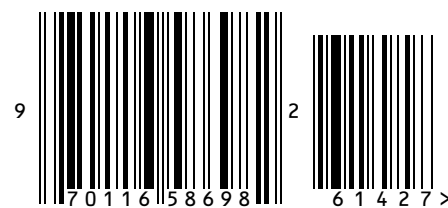
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