



### REVIEWER'S REPORT

Manuscript No.: IJAR-50774

Date: 26-03-2025

**Title: Single case study on Adolescent obesity- An Ayurvedic Management**

**Recommendation:**

- Accept as it is.....**YES**.....
- Accept after minor revision.....
- Accept after major revision .....
- Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality	√			
Techn. Quality		√		
Clarity		√		
Significance			√	

**Reviewer's Name:** Dr Aamina

**Reviewer's Decision about Paper:**      **Recommended for Publication.**

**Comments** (*Use additional pages, if required*)

### **Reviewer's Comment / Report**

#### **Abstract**

The abstract effectively highlights the rising concern of obesity due to Western lifestyle influences, particularly in young individuals. It introduces the Ayurvedic perspective by correlating obesity with *Sthaulya* or *Medoroga*. The case presentation of a 13-year-old male patient provides a practical example of Ayurvedic management, detailing symptomatic improvements such as weight reduction, increased energy levels, and decreased perspiration. The inclusion of real-life intervention outcomes strengthens the study's relevance.

#### **Introduction**

The introduction provides a well-researched background on obesity, citing World Health Organization (WHO) statistics to emphasize its global impact. The discussion of *Atisthula* as

## REVIEWER'S REPORT

described by Acharya Charaka adds an Ayurvedic perspective, enriching the study with traditional insights. The connection between childhood obesity and long-term health risks, including diabetes, cardiovascular diseases, and psychological effects, is well articulated. The inclusion of epidemiological trends and nutritional transitions further contextualizes the issue, making the study relevant to both contemporary medicine and Ayurveda.

### Materials & Methods

The methodology is structured in a tabular format, making it easy to follow. The description of Ayurvedic interventions, including herbal formulations (*Arogyavardhini vati*, *Shankh vati*, *Medohar guggul*, *Krumikuthar ras*), external therapies (*Udwartana* with *Triphala churna*), and *Lekhan basti*, provides clarity on the treatment approach. The dosage, frequency, and duration of each intervention are clearly outlined, ensuring that the study remains systematic and informative.

### Overall Evaluation

The case study is well-structured, combining modern health concerns with Ayurvedic management. The statistical references, classical Ayurvedic explanations, and clinical intervention details enhance the credibility of the research. The case study successfully demonstrates the effectiveness of Ayurvedic treatment in adolescent obesity, making it a valuable contribution to integrative healthcare literature.