

REVIEWER'S REPORT

Manuscript No.: IJAR-50828

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Title: ROLE OF BASTI AS SHODHANA ALONG WITH SHAMANA IN TREATING JANUSANDHIGATAVATA (PRIMARY OSTEOARTHRITIS OF KNEE): A CASE REPORT

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 Review: The abstract effectively introduces the concept of Sandhigataavata, correlating it with Osteoarthritis (OA) in contemporary medical science. The description of clinical features, including pain, swelling, and restricted movement, aligns well with both Ayurvedic and modern perspectives. The patient case summary is concise and clearly presents the symptoms, treatment approach, and outcomes. The inclusion of Ayurvedic treatment protocols such as Samshamana and Samshodana, along with external therapies and dietary considerations, provides a comprehensive overview of the holistic approach undertaken. The abstract successfully highlights the significant improvement in symptoms, reinforcing the efficacy of the treatment methods employed.

Introduction Review: The introduction presents a well-structured discussion on OA, detailing its prevalence, risk factors, and impact on different demographics, particularly women. The statistical data strengthens the relevance of the study. The correlation between OA and Janu Sandhigata Vata is effectively established, offering insight into the Ayurvedic perspective of the disease. The discussion on Vata Vyadhi and its classification within Ayurvedic texts provides a strong foundational understanding of the condition. Additionally, the elaboration on pathological changes, symptomatology, and disease progression enhances the clarity of the topic. The reference to classical texts such as Charaka Samhita

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and the description of clinical features such as Vatapurnadritisparsha and Shotha effectively bridge the connection between Ayurveda and modern medical understanding.

Materials and Methods Review: The materials and methods section presents the case report in a detailed and structured manner. The description of the patient's history, symptom progression, and the impact of OA on daily activities is well-articulated. The inclusion of specific triggers such as prolonged standing, climbing stairs, and dietary factors provides a thorough context for understanding the severity of the condition. The patient's prior treatment history and decision to opt for Ayurvedic management over surgical intervention is clearly stated. The approach to treatment, including both internal and external therapies, is systematically outlined. The emphasis on therapies such as Udwartana, Janu Basti, Upanaha, and the use of Basti for Vata Shamana and tissue nourishment showcases a holistic treatment methodology. The explanation of Samshodhana and Samshamana interventions is well-integrated, highlighting the rationale behind their application in Janu Sandhigata Vata.

Case Report Review: The case report effectively narrates the patient's clinical journey, providing a clear chronology of symptom progression and the impact on quality of life. The description of the patient's pain, its aggravating and relieving factors, and the influence of dietary habits adds depth to the clinical presentation. The explanation of the treatment course, including the selection of Ayurvedic therapies, is presented in a coherent and structured manner. The report successfully illustrates the observed improvements in pain reduction, swelling, and mobility, reinforcing the efficacy of the chosen Ayurvedic approach.

Overall Assessment: The case report is well-organized, comprehensive, and provides a clear depiction of the role of Ayurvedic therapies in managing Janu Sandhigata Vata. The integration of classical Ayurvedic principles with contemporary medical understanding enhances the study's credibility. The report effectively communicates the clinical benefits of Basti therapy as a Shodhana along with Shamana interventions, demonstrating a well-founded approach to OA management. The discussion is supported by classical references and modern statistical data, strengthening the overall narrative and making a valuable contribution to the field of Ayurveda and integrative medicine.