

REVIEWER'S REPORT

Manuscript No.: IJAR-52213

Date: 13.06.2025

Title: Effect of Nasya and Greeva Pichu for the Management of Manyastambha wsr Cervical Spondylosis: A Case Study

Recommendation:

Accept as it is

Accept after minor revision..... **Accept after minor revision**

Accept after major revision

Do not accept (*Reasons below*)

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

Reviewer Name: Mittameedi Chandra Mohan

Date: 13.06.2025

Reviewer's Comment for Publication.

(To be published with the manuscript in the journal)

The reviewer is requested to provide a brief comment (3-4 lines) highlighting the significance, strengths, or key insights of the manuscript. This comment will be Displayed in the journal publication alongside with the reviewers name.

This study demonstrate that combining Ayurvedic therapies like *Nasya* and *Greeva Pichu* with modern assessment tools significantly improves symptoms of Manyastambha (Cervical Spondylosis). The integration of classical diagnostics and contemporary measures offers a holistic and effective treatment approach. These results support Ayurveda as a safe and complementary option to conventional care, warranting further clinical validation.

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Detailed Reviewer's Report

Comment 1:

In discussion, While the role of *Nasya* and *Mahanarayan Taila* is acknowledged, the manuscript would benefit from a more detailed explanation of the underlying mechanisms by which these therapies reduce inflammation and enhance nerve function. Including relevant pharmacological data or empirical evidence, if available, would strengthen the scientific credibility of the discussion.

Comment 2:

The discussion on Vata and Kapha involvement in the pathogenesis of Manyastambha is well grounded in classical Ayurvedic texts. However, the linkage between these traditional concepts and the modern clinical manifestation of cervical spondylosis could be more clearly articulated to enhance interdisciplinary relevance and comprehension.

Comment 3:

In discussion, The integration of Ayurvedic therapies with modern diagnostic tools is a promising approach; however, the manuscript would benefit from a clearer justification of how this combination enhances clinical outcomes relative to conventional treatment alone. Including specific comparative data or a more detailed discussion on efficacy and safety would help substantiate this claim.