

REVIEWER'S REPORT

Manuscript No.: IJAR-52322

Date: 17-06-2025

Title: The Great Revert of Uncontrolled Type 2 Diabetes Mellitus with Diabetic Neuropathy by Ayurvedic Intervention: A Case Study Relating To Pittaj Prameha-Subtype Haridra meha

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 Evaluation:

The abstract clearly presents the clinical context, diagnosis, Ayurvedic interpretation, and treatment outcomes of a 45-year-old male patient with uncontrolled Type 2 Diabetes Mellitus (T2DM) and diabetic neuropathy. The alignment of the patient's condition with the Ayurvedic concept of *Pittaj Prameha*, specifically *Haridra Meha*, establishes a traditional diagnostic lens. The report effectively communicates the symptomatic presentation, lab findings (HbA1c), and the clinical reversal observed after 74 days of Ayurvedic intervention. The integration of classical herbal therapy, dietary modifications, and physical activity as part of treatment is coherently presented. The abstract concludes with a positive therapeutic outcome, reinforcing the potential of Ayurveda in metabolic disorders.

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Introduction Evaluation:

The introduction successfully contextualizes the global burden of diabetes, citing the WHO definition and the increasing incidence of Type 2 DM, particularly in sedentary populations. It briefly distinguishes between Type 1 and Type 2 DM and notes the pathophysiology relevant to insulin resistance. The Ayurvedic correlation is introduced via *Apathy-nimittaj Prameha*, referencing classical sources like Acharya Sushruta. This dual-lens approach—modern biomedical and Ayurvedic—provides a strong conceptual framework for the case study. The background lays a clear foundation for understanding the rationale behind the Ayurvedic diagnostic and therapeutic pathway applied.

Overall Assessment:

The case study represents a meaningful and insightful attempt to bridge traditional Ayurvedic diagnostics and therapeutic strategies with modern clinical evaluation. The documentation of HbA1c regression and symptom resolution adds scientific credibility to the therapeutic claim. The case contributes to the growing discourse on integrative medicine and suggests promising results for managing chronic lifestyle-related diseases like Type 2 DM through classical Ayurvedic principles. The emphasis on holistic care—medicine, diet, and lifestyle—is well-aligned with contemporary preventive and curative health approaches.