

## REVIEWER'S REPORT

Manuscript No.: **IJAR-52398**

Date: 19.06.25

**Title:** **CONCEPT OF SHADCHAKRA IN AYURVEDA AND MODERN PERSPECTIVE**

### 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 Name: PROF. DR. DILLIP KUMAR MOHAPATRA

Date: 19.06.25

### Detailed Reviewer's Report

*The concept of Shadchakra in Ayurveda refers to the seven energy centers or chakras in the human body, which govern various physiological, mental, and spiritual functions. Here's an overview of the Shadchakra concept:*

#### Significance in Ayurveda

- **Holistic Approach:** Shadchakra is an integral part of Ayurvedic philosophy, which views the human being as a holistic entity comprising physical, mental, and spiritual aspects.
- **Balance and Harmony:** Balancing the energies in each chakra is believed to promote overall well-being, prevent disease, and enhance spiritual growth.
- **Yoga and Meditation:** Practices like yoga and meditation can help awaken and balance the energies in each chakra, leading to higher states of consciousness and self-realization <sup>2</sup>.

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### *Modern Perspective*

- Integration with Modern Science: Researchers are exploring the connection between Ayurveda and modern science, including the potential benefits of Shadchakra in maintaining physical and mental well-being.*
- Energy Centers and Physiological Functions: Modern studies suggest that the chakras may be linked to specific physiological functions, such as the root chakra's association with the nervous system and the heart chakra's connection to cardiovascular health.*
- Therapeutic Applications: Understanding the Shadchakra concept can provide insights into developing new therapeutic approaches, such as yoga and meditation practices tailored to specific energy centers*