

## REVIEWER'S REPORT

Manuscript No.: IJAR-52416

Date: 20/06/2025

**Title:** Therapeutic Potential of Hirudotherapy (Irsāl-i-‘Alaq) in the Management of Plaque Psoriasis: A Case Study

### Recommendation:

- ✓ Accept as it is .....  
 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: Dr. S. K. Nath

Date: 21/06/2025

### Reviewer's Comment for Publication:

The case study suggests that leech therapy (Irsāl-i-‘Alaq) could be a promising alternative or adjunct treatment for psoriasis, demonstrating significant clinical improvement with no adverse effects in this patient. However, due to its single-case nature, further research involving larger sample sizes, controlled designs, and long-term follow-ups is necessary to substantiate these findings and understand the underlying mechanisms. Integrating traditional Unani practices with modern dermatological care could enrich therapeutic options for psoriasis.

### Reviewer's Comment / Report

#### Strengths

- Innovative Alternative Approach:** The study explores a traditional Unani therapy, which adds diversity to psoriasis treatment options, especially for patients seeking natural or integrative therapies.
- Quantitative Assessment:** Use of PASI provides a standardized and objective measure of disease severity and response to treatment.
- Significant Outcome:** The reported 95% improvement demonstrates high efficacy, with complete resolution of pruritus and scaling.
- Safety Profile:** No adverse effects were observed, indicating the therapy's safety in this case.
- Holistic Explanation:** The paper integrates traditional Unani concepts with modern clinical evaluation, bridging historical practices with contemporary medicine.

#### Weaknesses

- Single Case Report:** The study's findings are based on one patient, limiting generalizability. Larger controlled studies are needed to validate efficacy.
- Lack of Control Group:** Without placebo or comparison therapy, it is difficult to attribute improvements solely to leech therapy.
- Short Follow-up Duration:** The two-month follow-up period may not be sufficient to assess long-term recurrence or sustained efficacy.
- Limited Discussion on Mechanisms:** While traditional concepts are discussed, there is limited explanation of the biological or biochemical mechanisms behind the observed effects.
- Potential Bias:** As a case report, there may be selection or reporting bias, and external factors may influence outcomes.
- No Histopathological Data:** The study lacks tissue-level or histopathological confirmation of lesion improvement.