

## REVIEWER'S REPORT

Manuscript No.: IJAR-52416

Date: 21-06-2025

**Title: Therapeutic Outcomes of Hirudotherapy in Plaque Psoriasis: A Case-Based Insight from Unani Practice**

### Recommendation:

Accept as it is .....  
 Accept after minor revision.....YES.....  
 Accept after major revision .....  
 Do not accept (*Reasons below*) .....

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

Reviewer Name: Dr Payal Adwani (PT)

Date: 25-06-2025

### Reviewer's Comment for Publication.

This article is valuable as a preliminary demonstration of the potential of hirudotherapy in plaque psoriasis, especially in the context of Unani medicine. It effectively revives a traditional therapy and aligns it with modern clinical assessment tools.

However, its scientific credibility would be greatly enhanced with more patients, objective biomarkers, longer follow-up, and ideally a randomized controlled trial.

### Detailed Reviewer's Report

#### APPRAISALS / STRENGTHS

##### Integration of Traditional and Modern Knowledge:

The paper successfully bridges Unani medicine and modern dermatology. It provides both historical context (humoral theory) and scientific justification (cytokine modulation, antioxidant effects of leech saliva).

##### Clear Methodology:

Detailed information is provided about the treatment protocol: frequency, leech placement, duration, safety precautions, and follow-up. The use of **site-specific PASI scoring** (Psoriasis Area Severity Index) adds objective value to the outcomes.

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### Substantial Clinical Improvement:

PASI score reduced from 22.8 to 1.1 over 8 weeks, with complete resolution of pruritus and scaling—suggesting significant clinical efficacy.

### Historical Context and Justification:

The article supports the intervention with classical Unani references (e.g., Ibn Sina), adding cultural credibility and historical continuity.

### Safety Profile:

No adverse effects were reported, reinforcing the safety of the intervention under controlled conditions.

### Visual Documentation:

Pre- and post-treatment photographic comparisons (though not displayed in the PDF) are mentioned, indicating thorough clinical monitoring.

## CRITIQUES / LIMITATIONS

### Single Case Design:

As a **case study**, the findings **lack generalizability**. Results may not apply to other patients due to individual variation. No control group or placebo comparison was used, which limits the ability to establish causality.

### Subjectivity in Unani Interpretation:

Terms like “morbid black bile” and “humoral imbalance” lack quantifiable biological correlates, making it hard for non-Unani audiences to critically assess mechanisms.

### No Biochemical or Immunological Testing:

The proposed actions (e.g., immunomodulatory, antioxidant) of leech saliva are discussed but **not measured** in this study. Objective lab markers (e.g., CRP, IL-17, TNF- $\alpha$ ) would have strengthened the argument.

### Limited Demographic Scope:

Only one female patient (age 35) is reported. There's **no age or gender variability**, and familial history (mother also affected) might indicate a genetic influence, which is not discussed further.

### Lack of Long-Term Follow-Up:

Although a 2-month follow-up was done, psoriasis is a **relapsing-remitting** condition. Longer follow-up (e.g., 6 months to 1 year) would better assess durability of remission.

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### Incomplete Visual Evidence:

The article references comparative images and time points but does not include them in the PDF. This weakens the visual proof of results.

### No Comparative Analysis with Modern Therapies:

While systemic and topical modern treatments are listed, **no direct comparison** (efficacy, cost, compliance) is made with hirudotherapy

### Unclear Ethical Oversight:

The paper doesn't mention **ethical clearance**, informed consent process, or conflict of interest—critical components in clinical case reporting.