

REVIEWER'S REPORT

Manuscript No.: IJAR-52432

Date: 25/06/2025

Title: A multi-centric, double-blind, randomized controlled trial to assess safety and efficacy of a proprietary Ayurvedic medicine, "Tab. Prasham" in the management of anxiety disorders as an add-on treatment to the Standard of Care

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: Sakshi Jaju

Date: 25/06/2025

Reviewer's Comment for Publication.

Abstract:

The study shows that Tab. Prasham is effective and safe as an add-on treatment for anxiety. It significantly reduced HAM-A scores and improved sleep quality and duration. The results support its use in clinical practice.

Introduction:

The introduction explains well how common anxiety and insomnia are. It also highlights the side effects of current medicines and the need for safer options. The use of Ayurvedic medicine like Tab. Prasham is clearly supported and well explained.

Methods and study design:

The study design is well-planned and follows all ethical and clinical trial guidelines. It was double-blind and randomized, which makes the results more reliable. The methodology is clearly described, including ethical approval, trial registration, blinding, randomization, and inclusion/exclusion criteria. The use of proper tools and safety measures adds value to the study.

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Result:

The results are clearly explained with useful tables and charts. Both groups had similar age and gender distribution. The HAM-A scores showed good improvement in the treatment group, with meaningful results by day 15 and day 60. Other patient details like health conditions, habits, and background were also included, which gives a complete picture. The data supports that Tab. Prasham is effective and safe.

References: References are relevant to study.

Final Recommendation:

Accept as it is