

REVIEWER'S REPORT

Manuscript No.: IJAR-52444

Date: 24/06/2025

Title: "Bridging Ayurveda and Female Sexual Dysfunction - A Paradigm for Intimate Renewal"

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: 25/06/2025

Reviewer's Comment for Publication:

The paper advocates for an integrated Ayurvedic and modern perspective on female sexual dysfunction, emphasizing the importance of addressing psychological, physiological, and cultural factors. It highlights the potential benefits of Ayurvedic therapies like Satwavajaya chikitsa and Vrishya drugs in improving sexual health and suggests that a holistic approach can be especially effective. However, the lack of clinical validation underscores the need for further research, including controlled studies, to substantiate the efficacy of Ayurvedic interventions. Overall, it contributes valuable traditional insights and calls for a nuanced, culturally sensitive approach to female sexual health.

Reviewer's Comment / Report

Strengths

- **Holistic Perspective:** Integrates modern understanding of FSD with traditional Ayurvedic views, promoting a comprehensive approach.
- **Cultural Relevance:** Addresses sociocultural factors affecting sexual health awareness and acceptance, particularly in conservative societies.
- **Inclusion of Psychological Factors:** Emphasizes the role of mental health and psychological well-being, which aligns with current evidence-based approaches.
- **Use of Classical Texts:** Draws from authoritative Ayurvedic works such as Charaka Samhita and Sushruta Samhita, providing a strong traditional foundation.
- **Encourages Integrative Treatment:** Advocates for combining Ayurvedic therapies with modern management strategies, fostering multidisciplinary collaboration.

Weaknesses

- **Lack of Empirical Evidence:** The paper primarily discusses theoretical and conceptual aspects without presenting clinical trials or experimental data validating Ayurvedic treatments for FSD.
- **Limited Specific Treatment Protocols:** While broad categories like vrishya drugs and Satwavajaya are discussed, detailed, standardized treatment regimens are absent.
- **Absence of Comparative Data:** Does not compare the efficacy of Ayurvedic approaches with conventional modern treatments.
- **Potential Bias:** The discussion tends to favor traditional approaches without critical evaluation or acknowledgment of limitations.
- **Insufficient Focus on Sociocultural Barriers:** While acknowledging societal taboos, the paper does not offer detailed strategies to combat stigmas around female sexuality.