

REVIEWER'S REPORT

Manuscript No.: IJAR-53233

Date: 10.08.2025

Title: Ayur Tech: Digital Solutions for Diabetes Reversal — A Case Study

Recommendation:

Accept as it is

Accept after minor revision

Accept after major revision – Reports and supporting documents are to be submitted

Do not accept (*Reasons below*)

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

Reviewer Name: Dr. Divyaparvathy J

Reviewer's Comment:

This case study presents a promising and innovative approach by successfully integrating Ayurveda with digital health tools for T2DM remission. The structured protocol and measurable outcomes are clearly articulated and clinically relevant. It offers valuable insight for future integrative healthcare models in low-resource settings.

Detailed Reviewer's Report

1. The article presents a case study of a 38-year-old male with T2DM and hypertension who achieved clinical remission through a 6-month integrative intervention combining Ayurveda and digital lifestyle tools.

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2. The hybrid approach which blends the classical Ayurvedic therapies with digital health monitoring, is contextually relevant, particularly for resource-limited settings.
3. The clinical outcomes are clearly documented, including HbA1c reduction from 6.7% to 5.5%, weight loss of 7.95 kg, and cessation of all allopathic medications, supported by GTT and vitals. Since there was no control or comparison group included, it becomes difficult to isolate the effect of the intervention from natural variations, placebo, or external factors.
4. The author is requested to provide anonymised copies of baseline and post-intervention **HbA1c reports, Glucose tolerance test (GTT) results, any discontinuation orders or documentation of cessation of medications and Digital Monitoring Data.**
5. **Further, the precise details (or reference to standardized protocols) for interventions like Kala Basti, Panchakarma, herbal formulations, including dosage, frequency, and sourcing of medicines are also requested.**
6. These documents help assess the credibility, transparency, and reproducibility of the case study, which are all essential for scientific reporting, even in case-based formats.
7. The study claims to use a "simple random case study" design, but lacks clarity on how the case was selected, whether ethics approval was obtained, and if informed consent was secured.
8. While the data is informative, figures like "Figure 1" are referenced but not presented.

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9. Despite limitations, the study contributes meaningfully to integrative health literature and offers a low-cost, replicable model worth further exploration in larger, controlled studies.