

REVIEWER'S REPORT

Manuscript No.: IJAR-53233

Date: 10-08-2025

Title: AyurTech: Digital Solutions for Diabetes Reversal — 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: Shashi Prakash

Date: 10-08-2025

Reviewer's Comment for Publication.

(To be published with the manuscript in the journal)

The reviewer is requested to provide a brief comment (3-4 lines) highlighting the significance, strengths, or key insights of the manuscript. This comment will be Displayed in the journal publication alongside with the reviewers name.

This paper is a novel and opportune case series merging Ayurveda and digital medicine to achieve T2DM remission, substantiated by objective biochemical findings, such as GTT confirmation. Its utility is in the systematic, phased strategy, cost-effectiveness, and possible usage in low-resource environments. The integration of ancient healthcare principles and contemporary monitoring devices is novel and clinically valuable.

Detailed Reviewer's Report

1. Abstract: Clear and well-structured; it would, however, be enhanced by the precise identification of study type ("single-patient integrative intervention") and by the inclusion of a short note on long-term follow-up intentions to enhance translational value.
2. Introduction: Context is sufficient, but the inclusion of references to more up-to-date (2023–2025) global remission trials and Ayurveda-based lifestyle medicine studies would improve scholarly resonance. A brief definition of "digital therapeutics" here would provide necessary clarity.

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3. Case Presentation: Clear information; however, a timeline graph consolidating the intervention stages together with tapering of medication would enhance visual understanding. Provide baseline lipid profile and BMI to present a complete metabolic picture.
4. Materials and Methods: Well described, but include references for herbal treatment and Panchakarma regimens followed, for enhanced reproducibility. Detail digital platforms/software employed for monitoring and counseling.
5. Results: Data are solid. Mention confidence in laboratory test reliability (accredited lab).
6. Discussion: Strongly connected with Ayurvedic principles and contemporary remission criteria; could be made stronger by incorporating a limitations paragraph (single-patient, short-term follow-up, potential confounders). Briefly refer to potential adverse effects monitoring.
7. Conclusion: Brief, but recommend emphasizing policy/public health significance—particularly in light of India's increasing burden of diabetes—and recommending how this model might be scaled.