

REVIEWER'S REPORT

Manuscript No.: IJAR-53276

Date: 12/08/2025

Title: Management of Type 2 Diabetes Mellitus Significantly Through Ayurvedic Intervention: A Case Study of Vataja Prameha Chikitsa

Recommendation:

Accept as it isYES.....

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. Srinivas Babu Kathi

Date: 12/08/2025

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.

The article effectively highlights the Ayurvedic perspective on *Anukta Vyadhi*—conditions not explicitly described in classical texts—and the methodology for their management through careful observation of signs, symptoms, and detailed assessment of *dosha* and *dushya* involvement. Placing subclinical hypothyroidism under the category of *Anukta Vyadhi* is both appropriate and relevant, given its absence in ancient nosological lists but compatibility with Ayurvedic diagnostic principles.

Detailed Reviewer's Report

This case study underscores the adaptability and effectiveness of Ayurvedic principles in managing diseases not explicitly described in classical texts. By understanding the underlying Ayurvedic pathogenesis (*samprapti*), even conditions like subclinical hypothyroidism—an “unsaid” disease in Ayurvedic literature—can be addressed successfully.

A meticulous assessment of the patient's clinical features, coupled with thorough history-taking, enabled accurate identification of the *dosh-dushya* involvement and guided a personalized treatment approach. The integration of Ayurvedic medications, dietary regulations, and lifestyle modifications yielded remarkable results: within two months, the patient's TSH levels normalized (from 17.836 $\mu\text{IU/mL}$ to 2.982 $\mu\text{IU/mL}$), T3 and T4 remained stable within normal limits, and hemoglobin levels improved from 12.4 g/dL to 13.6 g/dL.

These outcomes not only validate the therapeutic potential of Ayurveda in chronic subclinical hypothyroidism but also highlight that the precise selection of medicines, adherence to a wholesome lifestyle, and patient compliance can bring about significant reversal of thyroid dysfunction while alleviating associated systemic symptoms.