

REVIEWER'S REPORT

Manuscript No.: IJAR-53276

Date: 13/08/2025

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

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: 13/08/2025

Reviewer's Comment for Publication.

Abstract:

The abstract explains the aim — to show how Ayurveda helped in a diabetes case (Vataja Prameha). It gives patient details, treatment, and results. It is clear but can be made shorter.

Introduction:

The introduction explains type 2 diabetes, its connection with Ayurveda's Prameha, and the difficulty in treating Vataja Prameha. It gives good background and treatment ideas.

Material and Methods:

A 42-year-old man had uncontrolled diabetes (HbA1c 11.9%). He was treated as Vataja Prameha with Ayurvedic medicines, diet, and light exercise. No Panchakarma was used because of low strength. Follow-ups were done and medicines were slowly reduced as health improved.

Result and Discussion:

In 2 months, HbA1c reduced to 6.7%. Night urination stopped, weight became stable, weakness improved in a few days, and digestion became normal. The tongue changed from coated to clean, and pulse became balanced. This case shows that with early diagnosis, Ayurvedic medicines, diet, and lifestyle changes, even difficult diabetes cases can improve without insulin.

Relevance and Contribution:

It shows a possible way to manage diabetes with Ayurveda and improve health naturally.

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Clarity and Writing:

Clear and easy to follow, but could be shorter. The article should be concise for better readability.

Recommendation:

Manuscript accepted for the publication after minor revision