

REVIEWER'S REPORT

Manuscript No.: IJAR-53293

Date: 12/08/2025

Title: Considerable Effect Of Ayurvedic Intervention In Subclinical Hypothyroidism: A Case Study Of Anukta Vyadhi (unsaid disorder)

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.

This case highlights Ayurveda's effectiveness in managing *anukta vyadhi* like subclinical hypothyroidism through precise assessment of *dosha-dushya* and individualized treatment. The patient not only achieved normalization of TSH levels but also experienced significant relief from psoriatic symptoms. Ayurvedic oral medicines combined with lifestyle modifications played a vital role in restoring overall health and well-being. This demonstrates Ayurveda's holistic approach in addressing multiple conditions simultaneously.

Detailed Reviewer's Report

This case study demonstrates that even when a disease is not explicitly described in Ayurvedic literature, it can be successfully managed by understanding its Ayurvedic pathogenesis. Careful observation of clinical features, thorough history taking, and accurate identification of the involved dosh-dushya are essential for correct diagnosis in such "unsaid" conditions.

In this instance, a 38-year-old female with a 7-year history of subclinical hypothyroidism showed notable improvement following a targeted Ayurvedic treatment plan combining herbal medications, dietary guidance, and lifestyle modifications. Within two months, her TSH levels normalized from 17.836 $\mu\text{IU/mL}$ to 2.982 $\mu\text{IU/mL}$, with stable T3 and T4 values, and hemoglobin increased from 12.4 g/dL to 13.6 g/dL. Symptomatic relief was also observed in dermatological and gastrointestinal complaints.

These findings suggest that with precise drug selection and adherence to a healthy lifestyle, chronic subclinical hypothyroidism can be effectively reversed in a short time frame, highlighting the potential of Ayurveda in managing both documented and undocumented diseases.