

REVIEWER'S REPORT

Manuscript No.: IJAR-53293

Date: 13/08/2025

Title: Considerable Effect of Ayurvedic Intervention in Subclinical Hypothyroidism: A Case Study of Anukta Vyadhi (Unsaid Disorder)

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.

This case study is about a 38-year-old woman who had subclinical hypothyroidism for 7 years and also had psoriasis. Her thyroid test (TSH) was high at 17.836 μ IU/mL, but other thyroid hormones (T3, T4) were normal. She took Ayurvedic treatment at Jeena Sikho Lifecare Hospital. The treatment included herbal medicines, a special diet (DIP diet plan), yoga, exercise, and healthy sleep habits. After 2 months, her TSH level dropped to 2.982 μ IU/mL (normal), her hemoglobin increased, skin dryness reduced, psoriasis patches improved, and she lost 3 kg weight. The report says that Ayurvedic treatment can help manage subclinical hypothyroidism effectively.

Strengths:

1. Complete patient history and test results before and after treatment.
2. Shows improvement in both thyroid function and skin problems.
3. Combines medicines, diet, exercise, and lifestyle changes.
4. Explains Ayurvedic approach clearly.

Weaknesses:

1. Only one patient, so results may not apply to everyone.
2. No comparison with regular modern treatment.
3. Short follow-up time.
4. No details about possible side effects.

Overall Assessment:

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A clear and well-recorded case showing that Ayurvedic treatment, along with diet and lifestyle changes, improved thyroid function in just 2 months. More patients and longer studies are needed to prove its effectiveness.

Recommendation:

Manuscript accepted for the publication.