

## REVIEWER'S REPORT

Manuscript No.: IJAR-53321

Date: 13/08/2025

Title: Efficacy of Ayurvedic Medicines in the Management of Psoriasis: A Case Report

### 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: Dr. S. K. Nath

Date: 14/08/2025

### Reviewer's Comment for Publication:

This case report contributes valuable anecdotal evidence supporting Ayurveda's role in psoriasis management. It highlights the multi-faceted approach of Ayurvedic treatment and its impact on patient quality of life. However, due to its limitations as a single case study, further rigorous research is essential before drawing definitive conclusions about efficacy and safety.

### Reviewer's Comment / Report

#### Strengths:

- Holistic Approach:** The paper illustrates an integrative use of Ayurvedic principles targeting systemic imbalances (Vata, Kapha, Pitta) and local skin lesions, aligning with traditional practices.
- Detailed Treatment Regimen:** Specific ingredients and formulations—such as VPK Balance Kit, Dr. Immune Tab, Nabhi Oil—are described with their respective ingredients and intended uses, allowing reproducibility.
- Patient-Centered Outcomes:** The treatment outcomes are clearly quantified (e.g., 90% relief in patches, 50% improvement in pigmentation), making the results tangible.
- Quality of Life Focus:** Apart from skin improvement, increased bowel regularity and overall well-being are reported, highlighting the holistic benefits of Ayurveda.
- Contextual Background:** The paper provides good context about psoriasis, its conventional management challenges, and Ayurvedic classification and understanding of the disease.

#### Weaknesses:

- Limited Scope (Single Case Study):** As a single case report, the findings are not generalizable. Larger studies or clinical trials would be necessary to validate efficacy.
- Lack of Control Group:** No comparison with standard treatments or placebo, limiting evaluation of the true effectiveness of the Ayurvedic approach.
- Short-term Follow-up:** The duration of follow-up post-treatment is unclear, so long-term efficacy and potential relapses are not addressed.
- Potential Biases:** Subjective reports of relief and improvements may introduce bias; objective measures such as standardized scoring systems (e.g., PASI score) are not mentioned.
- Insufficient Detail on Diagnostic Criteria:** The diagnostic process, including clinical or histopathological confirmation, is not elaborated, which is important for establishing case validity.
- No Mention of Adverse Effects:** The safety profile and possible side effects of prescribed formulations are not discussed.