

## REVIEWER'S REPORT

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**Title: EFFICACY OF AYURVEDIC MEDICINES IN THE MANAGEMENT OF PSORIASIS: A CASE REPORT**

### Recommendation:

**Accept as it is .....YES.....**

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 Aamina

### Reviewer's Comment for Publication.

### Abstract Review:

The abstract begins with a clear definition and overview of psoriasis as a chronic skin disorder, highlighting its common locations, symptoms, and underlying causes such as immune system dysfunction, genetic predisposition, and environmental triggers. It acknowledges both the clinical manifestations and potential complications, such as psoriatic arthritis, cardiovascular disease, and diabetes, providing a comprehensive medical context.

The case description introduces a 55-year-old male with a 25-year history of psoriasis, presenting with symptoms like red psoriatic patches on hands and legs, blackish pigmentation, weight gain, and unsatisfactory bowel movements. The persistence of these symptoms over 14 months is noted to have significantly affected the patient's quality of life, giving clinical relevance to the case. The abstract also emphasizes the rationale for employing an Ayurvedic formulation aimed at addressing both the autoimmune basis of the disease and its symptomatic expression. The therapeutic objectives—reducing inflammation, improving bowel function, and addressing pigmentation—are clearly outlined.

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The keywords—*Psoriasis, Kushtha, Ayurvedic formulation, Ayurvedic medicines, case report*—are precise and relevant, linking biomedical and traditional medicine terminologies.

### Introduction Review:

The introduction reiterates psoriasis as a chronic and relapsing condition characterized by itchy, scaly skin patches, with substantial effects on daily living through pain, sleep disruption, and impaired concentration. It highlights the cyclical nature of flare-ups and remissions, establishing the clinical challenges of management.

The section further organizes psoriasis into its recognized clinical subtypes, including plaque, nail, guttate, inverse, pustular, and erythrodermic psoriasis. Each subtype is concisely described with distinctive features and common triggers, providing a structured classification. This demonstrates the heterogeneous presentation of the disease and underscores the need for nuanced therapeutic approaches.

### Overall Assessment:

The abstract and introduction collectively provide a strong foundation for the case report. The abstract balances a general medical understanding of psoriasis with the specifics of the presented case, while the introduction expands on the disease's complexity through a clear classification of its forms. The integration of conventional medical knowledge with Ayurvedic therapeutic framing is central, setting the stage for the case discussion. Together, these sections establish both the clinical relevance of psoriasis and the rationale for exploring Ayurvedic management in this case report.

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