

REVIEWER'S REPORT

Manuscript No.: IJAR-53427

Date: 20-08-2025

Title: A CLINICAL STUDY ON THE EFFICACY OF KATI BASTI USING SAHACHARADI TAILA IN VATAJA GRIDHRASI W.S.R (SCIATICA)

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 Aamina

Reviewer's Comment for Publication.

The **abstract** provides a concise overview of the study, effectively correlating classical Ayurvedic concepts of Gridhrasi with the modern clinical understanding of Sciatica. The linkage of symptoms described in Charaka, Sushruta, and Vagbhata to the pathophysiology of Sciatica is clearly articulated, establishing a strong theoretical foundation. The description of the intervention—**Kati Basti with Sahacharadi Taila**—and the methodology involving a 21-day treatment in 10 patients is straightforward and focused. The results, as stated, demonstrate statistically significant improvements in subjective and objective parameters, leading to a clear and well-supported conclusion.

The **introduction** successfully contextualizes the study by highlighting the Ayurvedic understanding of **Kati** as a vital site of Vata and by explaining the derivation and meaning of the term **Basti**. The philological and textual references to **Charaka Samhita**, **Sushruta Samhita**, and **Vachaspatyam** add depth and authenticity, strengthening the integration of classical knowledge with modern application. The explanation of Kati Basti as a localized form of Bahya Sthanika Basti and its mechanism of action in relieving pain, stiffness, and other musculoskeletal symptoms is well presented.

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

REVIEWER'S REPORT

The **methodology** is clearly described, with patient selection from the Panchakarma OPD and standardized treatment procedures detailed. The duration of 21 days, along with the use of Sahacharadi Taila, aligns well with traditional practices. The criteria for observation and evaluation provide a credible clinical basis for assessing efficacy.

The **results** are summarized in a manner that reflects positive therapeutic outcomes, with improvements noted in pain (Ruka), stiffness (Stambha), pricking sensation (Toda), and twitching (Muhurspandana). The claim of statistical significance across both subjective and objective parameters adds weight to the study's findings.

The **conclusion** reaffirms that Kati Basti with Sahacharadi Taila offers effective relief in Vataja Gridhrasi, demonstrating its potential as a viable therapeutic modality for managing Sciatica within the framework of Ayurvedic medicine.

Overall, the study bridges traditional Ayurvedic wisdom with modern clinical relevance, offering valuable insights into the role of Panchakarma interventions in musculoskeletal and neurological disorders. Its integration of classical references, practical methodology, and positive clinical outcomes contributes meaningfully to evidence-based Ayurvedic research.
