

REVIEWER'S REPORT

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Title: Rapid Healing Of Liver Health Along With Preventing It from Converting Into Acute To Chronic Liver Disease by Ayurvedic Management in the Viewpoint of Yakrit Vikara: A CASE STUDY

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.

Abstract and Scope:

The case study provides an integrative Ayurvedic perspective on liver health, focusing on the concept of *Yakrit Vikara* and its association with *Raktadhatu* vitiation. The abstract identifies lifestyle, dietary factors, and stress as primary etiological contributors, aligning them with traditional Ayurvedic pathology. The scope is well-defined, aiming to demonstrate how Ayurvedic management can restore liver health and prevent progression from acute to chronic disease states.

Clinical Context:

Liver disease is contextualized both in modern biomedical terms (SGOT, SGPT, bilirubin, globulin parameters, cirrhosis, cancer, liver failure) and Ayurvedic principles (*Raktadhatu*, hot potency food, etiological lifestyle factors). This dual framing strengthens the conceptual foundation of the study, connecting traditional and contemporary perspectives on liver pathology.

Case Description:

The case centers on a 49-year-old male patient presenting with hallmark symptoms of liver dysfunction—low appetite, vomiting, and bloating—supported by abnormal liver function test results. The clinical presentation is described with clarity, allowing readers to understand the baseline health condition and its severity.

Intervention:

The patient underwent Ayurvedic management alongside a Discipline and Intelligence (DIP) diet regimen. Although specific therapeutic details are not enumerated in the abstract, the treatment is positioned as holistic and tailored, grounded in Ayurvedic clinical reasoning. The emphasis on dietary control and lifestyle discipline reflects the integrative approach characteristic of Ayurveda.

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Findings:

The reported outcome is significant, with rapid improvement of liver function parameters and symptomatic relief achieved within 16–28 days. This time frame emphasizes the potential efficacy of Ayurvedic interventions in acute cases while highlighting their preventive dimension in halting disease progression toward chronic stages.

Discussion and Contribution:

The discussion underscores the liver's essential role in digestion, metabolism, and detoxification, situating the case within both modern medical and Ayurvedic frameworks. The study highlights the potential of early diagnosis and prompt intervention to restore liver health. By combining clinical results with Ayurvedic theory, the work contributes to ongoing discourse on integrative approaches to hepatology.

Overall Assessment:

This case study presents a clinically relevant example of Ayurvedic management of liver dysfunction, with clear reporting of symptoms, diagnostic findings, intervention, and outcomes. The integration of classical Ayurvedic concepts with biomedical parameters enriches the analysis, offering a valuable contribution to the evidence base for traditional medicine in hepatology.