

## REVIEWER'S REPORT

**Manuscript No.:** IJAR-53469

**Date:** 20/08/2025

**Title:** Rapid Healing Of Liver Health Along With Preventing It from Converting Into Acute To Chronic Liver Disease byAyurvedic Management inthe Viewpoint ofYakrit Vikara: A CASE STUDY

### 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:** 20/08/2025

### Reviewer's Comment for Publication:

This case report illustrates successful management of a patient with liver dysfunction (elevated LFTs and clinical symptoms) through Ayurvedic diagnosis and treatment, coupled with dietary interventions like the DIP diet. The significant reduction of liver enzyme levels within a short period suggests the potential of integrated Ayurvedic and dietary strategies in liver disease management. However, due to the limitations inherent in case reports, further studies with larger sample sizes, control groups, and long-term follow-up are necessary to validate these findings and establish clinical guidelines.

### *Reviewer's Comment / Report*

#### Strengths:

- Detailed Case Documentation:** The report thoroughly documents the patient's clinical presentation, including symptoms, duration, and specific investigations like Liver Function Tests (LFTs), providing a clear baseline and post-treatment comparison.
- Pre- and Post-Treatment Data:** Inclusion of specific investigation values before and after treatment (e.g., SGOT, SGPT, Bilirubin) demonstrates measurable outcomes, supporting claims of treatment efficacy.
- Integration of Traditional and Modern Medicine:** The report references Ayurvedic principles (e.g., Dashavidha and Ashtavidha parikshan) alongside modern biochemical parameters, reflecting an integrative approach.
- Treatment Description:** The mention of specific diets (like DIP diet) and lifestyle modifications—supported by references—shows a holistic management strategy.
- Use of Literature:** Extensive referencing to classical texts (e.g., Sushrut Samhita, Sharangdhar Samhita) and modern sources emphasizes scientific backing and traditional validation of methods.

#### Weaknesses:

- Limited Sample Size:** The study appears to be a single case report, which limits the generalizability of the findings and the ability to draw broad conclusions about efficacy.
- Lack of Control Group or Comparative Data:** Without a control or comparator, it is difficult to attribute improvements solely to the Ayurvedic treatment or dietary interventions.
- Insufficient Methodological Details:** The specific Ayurvedic treatment protocols—medications used, duration, lifestyle modifications—are not detailed in the excerpts provided, making reproducibility challenging.
- Short Follow-up Duration:** The reversal of elevated LFTs within 16–28 days is promising; however, long-term follow-up data are not evident, which is essential for assessing sustained outcomes.

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5. **Potential Bias:** As a case report authored by practitioners with a vested interest in Ayurvedic medicine, there may be inherent biases, and perceptions of efficacy could be subjective.