

REVIEWER'S REPORT

Manuscript No.: IJAR-54207

Date: 06/10/2025

Title: Reinterpreting Ojas in Ayurveda: A Conceptual Correlation with Systemic Glucose in Modern Physiology

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: 07/10/2025

Reviewer's Comment for Publication:

This paper presents a compelling and innovative conceptual framework that reinterprets the Ayurvedic notion of Ojas through the lens of modern glucose physiology. Its strength lies in integrating classical texts with contemporary biomedical concepts, which can stimulate further research. However, it remains primarily theoretical, requiring empirical validation to substantiate the proposed correlations. Minor revisions to improve clarity, address grammatical issues, and refine definitions are recommended.

Reviewer's Comment / Report

Strengths:

- Innovative Cross-Disciplinary Approach:** The paper attempts to bridge Ayurveda and modern physiology by exploring the conceptual similarities between Ojas and systemic glucose, opening avenues for integrative biomedical research.
- Thorough Literature Review:** It draws upon classical Ayurvedic texts (Charaka Samhita, Sushruta Samhita, etc.) and supports assertions with relevant modern biomedical literature, providing a comprehensive context.
- Clear Objectives and Methodology:** The study clearly states its aim to redefine Ojas beyond immunity, emphasizing a qualitative textual review that is appropriate given the subject matter.
- Clinical and Theoretical Insights:** Drawing parallels between Ayurveda's disease concepts like Madhumeha and modern diabetes mellitus enhances understanding of traditional concepts in a contemporary framework.
- Potential for Broader Impact:** The reinterpretation of Ojas as a metabolic energy resource could influence future research on integrative therapies and holistic health models.

Weaknesses:

- Lack of Empirical Data:** The study is primarily conceptual and based on textual analysis without experimental validation, which limits the strength of its conclusions.
- Vague Definitions:** Terms such as "Ojas" and "systemic glucose" are analyzed conceptually; however, precise operational definitions aligned with biomedical parameters would improve clarity.
- Limited Discussion on Biochemical Markers:** The paper suggests biochemical correlations but doesn't provide detailed discussion on specific markers or pathways that could empirically validate the hypotheses.
- Language and Grammar:** Minor grammatical issues and some typographical errors are present, which affect the readability. For example, inconsistent punctuation and awkward sentence structures.
- Organization of Content:** Sections such as the methodology and discussion could benefit from clearer subheadings for better readability and logical flow.

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Recommendations for Authors:

- Review and correct grammatical and typographical errors for improved readability.
- Clarify operational definitions of key concepts such as Ojas and systemic glucose.
- Consider discussing potential biochemical markers or pathways that could empirically support the proposed correlation.
- Enhance the organization of sections by adding subheadings for better flow.
- Include a section on limitations and future research directions, emphasizing the need for experimental validation.