

REVIEWER'S REPORT

Manuscript No.: IJAR-54334

Date: 15/10/2025

Title: Ayurvedic management of Sun Allergy (Solar Urticaria): A single case study

Recommendation:

Accept after minor revision

Rating	Excel.	Good	Fair	Poor
Originality	✓			
Techn. Quality	✓			
Clarity	✓			
Significance	✓			

Reviewer Name: Mrs. Shreya Vaz

Date: 15/10/2025

Reviewer's Comment for Publication.

The authors present a single-case report of a 75-year-old male with solar urticaria and food intolerance managed through an integrative Ayurvedic protocol targeting Pitta Dosha imbalance, Ama detoxification, and Srotas cleansing. Internal polyherbal formulations and external applications were administered over six months alongside dietary, lifestyle, and yogic interventions. Progressive clinical improvement—marked by resolution of erythema, pruritus, and ulcerations—was achieved without adverse effects, and sun tolerance was restored.

Detailed Reviewer's Report

This article is based comprises a brief contents.

The authors present a single-case report of a 75-year-old male with solar urticaria and food intolerance managed through an integrative Ayurvedic protocol targeting Pitta Dosha imbalance, Ama detoxification, and Srotas cleansing. Internal polyherbal formulations and external applications were administered over six months alongside dietary, lifestyle, and yogic interventions. Progressive

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clinical improvement—marked by resolution of erythema, pruritus, and ulcerations—was achieved without adverse effects, and sun tolerance was restored.

Major Comments

Study Design & Generalizability

- Reliance on a single case limits external validity. Inclusion of at least a small case series or historical controls would strengthen evidence of reproducibility.
- Clear justification for dose selection and regimen duration is needed; current description lacks rationale based on pharmacokinetic or prior clinical data.

Outcome Assessment

- Clinical status is reported descriptively; standardized outcome measures (e.g., Urticaria Activity Score) and objective phototesting before and after treatment would enhance rigor.
- The timeline of follow-up assessments should include exact dates and quantitative scales to allow reproducibility.

Mechanistic Interpretation

- Discussion of Ayurvedic pharmacology is rich, but linkage to modern immunological markers (e.g., histamine levels, mast cell counts) is speculative. Incorporating any laboratory data—including blood tests or skin biopsy findings—would substantiate mechanistic claims.

Ethical Considerations

- While patient consent is noted, institutional approval details are brief. A statement of institutional review board (IRB) approval number and ethical oversight in line with international guidelines should be included .

Minor Comments

- Title & Keywords: Consider specifying “single-case report” in the title for clarity.
- Abstract: Methods section should briefly mention outcome metrics and follow-up duration.
- Introduction: A concise comparison to existing case reports or small trials of omalizumab or other immunomodulators would contextualize the novelty of the Ayurvedic approach .
- Table Formatting: Tables 1–4 contain valuable information but should be reformatted for readability: align columns uniformly and define abbreviations (e.g., L/A).

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- Herbal Nomenclature: Include botanical authority names and voucher specimen details to ensure reproducibility.
- References: The manuscript cites multiple webpages from the authors' institution; peer-reviewed sources should be emphasized. Remove redundant non-indexed URLs.

Recommendations for Revision

- Expand the case series or provide retrospective data on additional patients to improve generalizability.
- Incorporate objective outcome measures and laboratory parameters to support clinical observations.
- Clarify ethical approval details and ensure compliance with international reporting standards (CARE guidelines).
- Refine tables and standardize terminology for an international readership.

Overall, the report offers an interesting integrative approach but requires methodological enhancements and objective data to warrant publication.