

REVIEWER'S REPORT

Manuscript No.:IJAR-54363

Title:MANAGEMENT OF GRAHANI DOSH USING KALPIT PICCHA BASTI AND LAJJALU CHURNA - A CASE STUDY,

Recommendation:

Accept as it is

Accept after minor revisionYES

Accept after major revision

Do not accept (*Reasons below*).....

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

Reviewer Name: Dr. Himanshu Gaur

Date: 16/10/2025

Detailed Reviewer's Report

The presented case study offers a valuable clinical insight into the management of Grahani Dosh through Ayurvedic intervention, effectively correlating it with the modern medical condition of Ulcerative Colitis (Inflammatory Bowel Disease). The introduction establishes a sound theoretical basis by linking Agni Dushti to the pathogenesis of Grahani Dosh, demonstrating the relevance of classical Ayurvedic understanding in explaining chronic gastrointestinal disorders. The clinical findings are well-documented, with a clear presentation of the patient's symptoms such as frequent loose stools, abdominal pain, mucus and blood in stool, anorexia, and weakness—accurately reflecting the manifestations of Ulcerative Colitis. The intervention methodology, involving Kalpit Piccha Basti administered for eight days along with LajjaluChurna (3 g twice daily after meals with lukewarm water) and dietary-lifestyle support, showcases a holistic therapeutic approach rooted in Panchakarma and herbal management. The results are clearly outlined and clinically significant, with normalization of bowel movements (1–2 times/day), formation of stools, resolution of mucus and blood, improvement in overall well-being, reduction of assessment score from 20 to 6, and a 2 kg weight gain within 60 days—all indicating substantial recovery and therapeutic efficacy. The abstract is concise and systematically structured, reflecting the strength of Ayurvedic modalities in treating chronic gastrointestinal ailments. Minor refinements, however, are recommended to enhance scientific presentation—such as correcting typographical inconsistencies (e.g., “LajjaluChurna” to “Lajjalu Churna”), briefly mentioning the composition or preparation of Kalpit Piccha Basti for replicability, and specifying the scoring criteria used to evaluate outcomes. Additionally, the keywords can be alphabetically arranged for uniformity and better indexing. Overall, the paper successfully bridges traditional Ayurvedic concepts with clinical evidence, contributing meaningfully to integrative health research. The manuscript demonstrates clarity, therapeutic relevance, and academic value, and is therefore **accepted with minor revision.**