

REVIEWER'S REPORT

Manuscript No.: IJAR-54633

Date: 3/11/2025

Title: Ayurvedic Management of Multiple Food Allergies with Associated Allergic Rhinitis: A Gut-Immune Axis Case Report

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: 4/11/2025

Reviewer's Comment for Publication:

This case report presents an insightful integration of Ayurvedic principles in managing complex food allergies and allergic rhinitis. It highlights the potential benefits of a structured, holistic approach emphasizing gut health and immune modulation. While the clinical outcomes are promising, the report would benefit from more objective assessments, clearer methodological descriptions, and acknowledgment of the limitations inherent in single-case studies.

Reviewer's Comment / Report

Strengths:

- Comprehensive Case Approach:** The paper presents a detailed, structured Ayurvedic management protocol, including phase-wise therapy, which is valuable for clinical replication and understanding.
- Integration of Modern and Traditional Concepts:** The discussion effectively links Ayurvedic principles with modern understanding of the gut-immune axis, fostering a holistic perspective.
- Clinical Relevance:** The case involves complex, chronic allergic conditions with significant improvements reported, making it relevant to practitioners of both Ayurveda and integrative medicine.
- Use of Multi-Modal Treatment:** The combination of dietary regulation, nasal therapies, internal herbal formulations, and lifestyle modifications exemplifies a holistic treatment paradigm.

Weaknesses:

- Limited Sample Size:** As a single case report, the findings have limited generalizability; this should be acknowledged explicitly.
- Lack of Quantitative Data and Objective Measures:** While symptomatic improvement is noted, the report lacks specific quantitative measures (e.g., allergy testing results, immune markers) to substantiate the outcomes objectively.
- Insufficient Details on Diagnostic Criteria:** The method of diagnosing food intolerance and allergic rhinitis (e.g., allergen testing, clinical scoring) is not elaborated, which could affect reproducibility.
- Methodological Clarity:** The description of treatment phases and herbs, while detailed, could be better structured for clarity, possibly with flowcharts or tables summarizing interventions per phase.
- References and Literature Support:** The references are appropriate but somewhat limited; including more recent or high-quality studies exploring the gut-immune axis would strengthen the scientific basis.
- Language and Formatting:** Minor grammatical issues, typographical errors, and formatting inconsistencies are present, which can impact readability.

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Recommendations for the Authors:

- Include explicit diagnostic criteria and any relevant testing results to substantiate the clinical diagnosis.
- Provide quantitative data or validated scales to improve the objectivity of symptom improvement.
- Clarify the treatment protocol with summarized tables or flowcharts for easier understanding.
- Acknowledge the limitations of single-case reports and suggest future avenues for research.
- Proofread the manuscript to correct minor grammatical and typographical errors; for example, ensure consistency in terminology and formatting.
- Consider including recent literature on the gut-immune axis to reinforce the scientific context.