

REVIEWER'S REPORT

Manuscript No.: IJAR-54690

Title: "Role of Yoga in the Prevention and Management of PCOD through the Lens of Swasthavritta in Ayurveda"

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: 07.11.25

Detailed Reviewer's Report

Strengths

- Comprehensive Integration of Ayurveda and Modern Concepts:** The paper effectively combines classical Ayurvedic principles with contemporary understanding of PCOD, providing a holistic perspective on management strategies.
- Focus on Preventive and Lifestyle Approaches:** Emphasizing Swasthavritta (healthful routines) and Yoga underlines the importance of lifestyle modifications in managing chronic disorders like PCOD, which aligns with current integrative health trends.
- Use of Multiple References:** The paper references classical texts and recent clinical studies, indicating a sound research basis and breadth of literature review.
- Clear Structure and Logical Flow:** The sections—abstract, introduction, methodology, discussion, and conclusion—are well-organized, making the content accessible and easy to follow.

Weaknesses

- Language and Grammar:** There are multiple grammatical errors and typographical mistakes throughout, such as inconsistent sentence structures, missing punctuation, and awkward phrasing (e.g., "swasthavritta emphasizes the integration of:81"). These reduce readability and professional quality.
- Lack of Methodological Detail:** The methodology states that the review is conceptual and literary, but lacks specific inclusion/exclusion criteria, search strategies, or appraisal methods, which are necessary for transparency and reproducibility.
- Absence of Ethical Clearance Declaration:** The manuscript does not mention ethical approval or consent processes, which is particularly important even in review articles that cite clinical studies.
- Insufficient Discussion on Limitations:** The paper could benefit from a critical discussion of limitations, such as the scope of literature reviewed, potential biases, and the need for clinical validation.
- Formatting Issues:** The references are inconsistently formatted, and some citation details seem incomplete or cluttered (e.g., repetitive numbering and brackets). Proper adherence to a referencing style (e.g., APA, Vancouver) is recommended.
- Lack of Visual Aids:** Incorporation of tables, figures, or flowcharts summarizing Yoga protocols, Ayurvedic routines, or the pathophysiological mechanisms would enhance comprehension.

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Recommendations to the Author

- Language and Grammar:**
Conduct thorough editing to correct grammatical errors, improve sentence clarity, and ensure proper punctuation. Consider professional proofreading or editing services.
- Methodology Clarification:**
Specify criteria for literature selection, search databases, and inclusion/exclusion parameters.
- Ethical Considerations:**
Include a statement regarding ethical approval if applicable, or clarify that the review involves publicly available literature.
- Formatting and Referencing:** Follow a consistent referencing style throughout the manuscript. Correct or complete reference details for all citations.
- Add Visual Aids:** Incorporate tables or diagrams summarizing Yoga practices, Ayurvedic routines, or mechanisms of action.
- Discussion of Limitations:** Acknowledge limitations and suggest future research directions.