REVIEWER'S REPORT

Manuscript No.: IJAR-54939

Title: Role of Kosthashodhana with Shamana Chikitsa in the management of Eka-Kustha (Psoriasis) - A 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:** 24.11.25

Detailed Reviewer's Report

Strengths of the Paper

- **Comprehensive Case Presentation**: The paper provides detailed clinical data, including patient history, examination findings, treatment timeline, and follow-up results, which enhances the depth of the case report.
- **Integration of Ayurvedic and Modern Assessment**: The use of the Psoriasis Area Severity Index (PASI) score alongside Ayurvedic diagnostic parameters illustrates a multidisciplinary approach that adds to the robustness of the report.
- **Clear Treatment Protocol Description**: The treatment regimen, including Kosthashodhana and Shamana Chikitsa, is well-detailed, allowing for potential replication and understanding of the Ayurvedic approach.
- **Positive Clinical Outcome**: The report documents significant improvement in the patient's condition, supported by photographic evidence and PASI score reduction, thereby demonstrating treatment efficacy.
- **Relevant Literature References**: The inclusion of appropriate references supports the Ayurvedic diagnosis, treatment rationale, and contextualizes the case within existing literature.

Weaknesses of the Paper

- **Limited Sample Size**: As a single case report, the findings lack generalizability and cannot establish causality or broad efficacy.
- **Absence of Controls or Comparative Groups**: No comparison with other treatments or placebo limits the strength of the conclusions regarding efficacy.
- **Inadequate Discussion of Limitations**: The paper does not sufficiently address potential limitations such as placebo effects, spontaneous remission, or confounding factors.
- **Insufficient Details on Laboratory Investigations**: Basic investigations are listed but more detailed lab data (e.g., baseline inflammatory markers, specific metabolic parameters) could strengthen the clinical narrative.
- **Lack of Long-term Follow-up Data**: The follow-up period appears short; long-term outcomes and recurrence rates are not discussed.

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

REVIEWER'S REPORT

Reviewer Comments

- **Ethical Clearance Status**: The paper does not mention whether ethical clearance or institutional review board approval was obtained, which is crucial for patient confidentiality and ethical compliance, especially when publishing case details.
- **Methodology Issues**: The methodology is primarily descriptive; further details on how treatment adherence was monitored, and if any other concurrent therapies were used, would improve the rigor.
- **Typographical Mistakes**: Minor typographical issues are present, such as inconsistent spacing and punctuation errors.
- **Grammar and English Language Quality**: The language is generally clear but could benefit from editing to improve fluency, grammatical consistency, and eliminate awkward phrasing.
- **Formatting Issues**: Some sections lack uniform formatting, such as inconsistent heading styles and irregular spacing, which could be improved for readability.
- **Clarity of Objectives, Results, and Conclusion**: Objectives and results are somewhat clear; however, the conclusion could better summarize key findings and their clinical significance.
- **Adequacy of References**: References are relevant but somewhat limited; including more recent and diverse studies could strengthen the literature support.
- **Missing or Incomplete Information**: Additional details on patient follow-up beyond the immediate post-treatment phase, as well as information on any adverse effects or treatment contraindications, would enhance completeness.