

REVIEWER'S REPORT

Manuscript No.: IJAR-55167

Title: "Kolakulaththadi Udvartana in Medoroga: A Case Study"

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: 10.12.25

Detailed Reviewer's Report

Strengths of the Paper

- **Clear Focus on a Traditional Ayurvedic Treatment** The paper provides an insightful case study of Udvartana with Kolakulaththadi Churna, illustrating its application in managing Medoroga.
- **Detailed Description of the Intervention** The methodology, including the preparation of the herbal formulation and the procedure of Udvartana, is described comprehensively, facilitating reproducibility.
- **Quantitative and Qualitative Outcome Measures** The study reports measurable outcomes such as weight reduction and girth measurements, along with symptomatic relief, providing tangible evidence of the treatment's efficacy.
- **Integration of Traditional Concepts with Modern Assessment** The paper effectively links Ayurvedic principles with clinical observations, demonstrating a harmonious approach between traditional knowledge and contemporary evaluation.
- **Potential Clinical Relevance** The findings suggest that Udvartana with Kolakulaththadi Churna could serve as a supportive, non-invasive therapy for lifestyle-related obesity, which could inspire further research.

Weaknesses of the Paper

- **Limited Sample Size** The study is based on a single case, which restricts the generalizability and scientific strength of the conclusions.
- **Lack of Control Group** Without a comparative group or placebo, it is difficult to attribute observed effects solely to the intervention.
- **Short-term Follow-up** The follow-up duration appears limited to 21 days; long-term effects and sustainability of benefits are not addressed.
- **Inadequate Detailing of Statistical Analysis** The paper does not include statistical analyses to validate the significance of the results.
- **Absence of Ethical Clearance Mention** There is no mention of ethical approval or informed consent, which is vital even in case studies.
- **Formatting and Presentation Issues** The layout and organization of references, tables, and figures are inconsistent, which impacts readability.
- **Limited Discussion on Possible Limitations and Confounding Factors** The discussion does not critically appraise potential biases or the influence of external variables.

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Reviewer Comments

- *Ethical Clearance*: The manuscript does not mention approval from an ethics committee or obtaining informed consent from the patient, which is a necessary procedural requirement even for case reports. Clarification is advised.
- *Methodology* : The intervention description is adequate but lacks details on the standardization of the herbal powder and monitoring of adverse effects.
- *Typographical and Language Issues*: Minor typographical mistakes are present; overall, the English language quality is acceptable but could benefit from proofreading for clarity.
- *Formatting*: Consistent formatting of headings, references, and tables should be improved for better readability and professionalism.
- *Clarity of Objectives, Results, and Conclusion*: The objectives are clear, and the results are described adequately; however, the conclusion could emphasize the limitations of evidence due to the single-case nature.
- *References*: The references are appropriate but need standardization in citations. Also, international references like the article on obesity risks enhance the manuscript's credibility.
- *Missing Information*: Details such as the specific criteria used for diagnosis, patient consent, and potential adverse effects are absent and should be included.