

REVIEWER'S REPORT

Manuscript No.: IJAR-55202

Title: A Case Study on Polycystic Ovarian Syndrome Through the Lens of *Garbha SambhavaSamagri*: Unlocking Natural Conception

Recommendation:

Accept as it is

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

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

Reviewer Name: Dr. Sumathi

Detailed Reviewer's Report

1. PCOS management focuses on lifestyle changes and medications to regulate cycles manage symptoms like acne hair growth, improve insulin resistance and support fertility, with specific treatments tailored to individual goals like pregnancy or long term health.
2. Key strategies include a balanced diet regular activity and managing insulin while preventing risks like uterine cancer.
3. Natural conception to conceive naturally, have regular intercourse during our fertile window, track ovulation with kits or discharge changes and adopt healthy weight, eating well, exercising moderately quitting smoking heavy drinking and starting prenatal vitamins to boost fertility for both partners.
4. Ayurvedic fertility care is a holistic natural approach to enhancing reproductive health by balancing the body's fundamental energies known as doshas and nourishing the reproductive tissues.
5. It views infertility as an imbalance or blockage within the body's systems not just a standalone condition, and addresses the physical, mental and emotional well being of both partners.

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

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- 6. The approach focuses on four essential elements for conception proper timing a healthy reproductive field optimal nutrition and fluids and healthy reproductive cells.**
- 7. Key words are good to understand the research topic.**
- 8. Discussion part and abstract parts are good with significant points.**
- 9. Result part the tables with results and graphs needed.**
- 10. Relevant pictures should be added.**
- 11. References should be in alphabetical order.**
- 12. After those corrections good to publish in your journal.**