

REVIEWER'S REPORT

Manuscript No.: IJAR-55240

Title: From Origin to Application of Indian Knowledge Systems: The Effect of Surya Namaskar on Mental Health in Women Cohort,

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.Mithilesh kumar shukla

Reviewer's Comment for Publication:

Surya Surya Namaskar is continues worshipped all over the world with different names ,but in india these are importance n our daily life since the Vedic period. Surya Namaskar is a good physical exercise and connect spiritually with God. The Krishna Yajur Veda has mentioned verses in a chapter titled 'Surya Namaskar'. Surya Namaskar predominantly depicted strong positive results. Surya Namaskar is a gift of blessings for maintaining positive physical, physiological, and mental health, even for individuals who cannot set aside much time for yogic practices every day. our Indian Knowledge Systems have propagated worshipping the Sun God as a path to prosperity and gaining intellect.

Recommendation: Accept after minor revision

Detailed Reviewer's Report

STRENGTHS:

- 1- The Surya Namaskar originated more than a century ago in India, The Surya Namaskar enhances joint movements, activates performing the various asanas of Surya Namaskar brings about balance in mental health.
- 2- Surya Namaskar practice involves 12 postures and 24 steps in a particular round. These include Pranamasana, Hasta Utthanasana, Padahasthasana, etc
- 3- Neuro-Linguistic Programming was found to complement yogic practices well. Psychological parameters like depression, anxiety, and stress showed a significant positive impact.
- 4- A major finding of Surya Namaskar is that it can increase metabolic activity and respiratory efficiency for a similar cardiac output, thereby limiting additional cardiac stress.

WEAKNESSES:

- 1- Use Only two types Database such as Google Scholar And Articles from past 20 years were searched

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2- Surya Namaskar is traditional and historical practice of worshipping the sun God. It is not related only for women's.

3- Literature context is limited.