



REVIEWER'S REPORT

Manuscript No.: IJAR- 56029

Title: EFFECT OF NIDANA PARIVARJANA, DIETARY REGULATION, AND AYURVEDIC THERAPEUTICS IN FATTY LIVER WITH ASSOCIATED DYSLIPIDEMIA

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	Excellent			
Clarity	Excellent			
Significance	Excellent			

Reviewer Name: Dr. Sumathi

Detailed Reviewer's Report

- 1. Ashmari, commonly known as kidney stones or urinary calculi, is an Ayurvedic term for solid, stone-like accretions formed in the urinary tract (Mutravahasrotas) due to the accumulation of waste materials and vitiated Doshas. It causes severe, "enemy-like" pain in the abdomen and, if untreated, is considered a grave, often fatal, disease.**
- 2. Dyslipidemia is a condition characterized by abnormal levels of fats (lipids) in the blood, such as high LDL ("bad") cholesterol, low HDL ("good") cholesterol, or high triglycerides. This imbalance increases the risk of atherosclerosis (fatty deposits in arteries) and other cardiovascular diseases, like heart attack and stroke. Dyslipidemia can be inherited (primary) or caused by lifestyle factors or other medical conditions (secondary).**
- 3. Medo dhatvangi mandya refers to the weakened state of the metabolic fire responsible for fat tissue (Medo Dhatu) metabolism in Ayurveda. This hypometabolic state causes improper digestion of fat, leading to excessive, abnormal accumulation of body fat (Medoroga),**

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metabolic toxins (Ama), and is the root cause of obesity (Sthaulya) and related disorders like metabolic syndrome.

4. **Nidana Parivarjana** is a foundational Ayurvedic principle meaning the avoidance or removal of disease-causing factors (*Nidana* = cause, *Parivarjana* = avoidance). Considered the first line of treatment, it involves eliminating improper diet (*Ahara*) and lifestyle (*Vihara*) habits that trigger disease, thereby stopping progression and preventing recurrence.
5. **Santarpanjanya Vyadhi** is an Ayurvedic term for diseases resulting from overnutrition (Santarpana), caused by excessive food intake, high-calorie diets, and sedentary lifestyles. These disorders, often correlated with modern metabolic syndrome, include obesity (Sthaulya), diabetes, and high cholesterol due to impaired metabolism.
6. **Grade 2 fatty liver** means you have moderate fat accumulation (around 10-30%) in your liver cells, often accompanied by inflammation (steatohepatitis), a step up from mild (Grade 1) but before severe damage (Grade 3). While often asymptomatic, it can cause fatigue, upper right abdominal discomfort, and signals a need for lifestyle changes (diet, exercise, weight loss) to prevent progression to more serious liver disease like fibrosis, cirrhosis, or liver cancer.
7. **Key words** are given good.
8. **Review part** is given clearly with significant points.
9. **Result part** for tables can be made graphs.
10. **Summary points** also be added.
11. **References** should be in alphabetical order.
12. **After a small changes** good to publish in your journal.