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## REVIEWER'S REPORT

Manuscript No.: IJAR- 56033

**Title:**

**EFFECTIVENESS OF SHODHANA AND SHAMANA THERAPIES IN UDAR VIKAR:  
INSIGHTS FROM 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    |           | Good |      |      |
| Techn. Quality | Excellent |      |      |      |
| Clarity        | Excellent |      |      |      |
| Significance   | Excellent |      |      |      |

Reviewer Name: Dr. Sumathi

### *Detailed Reviewer's Report*

1. Rokitansky-Aschoff sinuses (RAS) are benign, microscopic to macroscopic epithelial invaginations or herniations (diverticula) of the gallbladder mucosa that penetrate through the fibromuscular layer. Commonly associated with chronic cholecystitis and adenomyomatosis, they arise from increased intraluminal pressure and a weakened, thickened muscle wall, often containing bile or microstones.
2. Deepana-Pachana is a foundational Ayurvedic therapeutic approach (Shamana Chikitsa) used to ignite digestive fire (Agni) and digest toxins (Ama). *Deepana* stimulants increase appetite and metabolic fire, while *Pachana* substances digest Ama without necessarily boosting fire. It is essential for treating metabolic disorders, improving gastrointestinal health, and preparing the body for detoxification (Shodhana).
3. Gallbladder polyps are abnormal, usually benign (95%) growths or tissue protrusions on the inner lining of the gallbladder, often found incidentally during abdominal imaging. Frequently caused by

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cholesterol deposits (cholesterolosis), most are harmless, though they can rarely be cancerous, requiring monitoring for size changes.

4. The best diet for fatty liver (MASLD) is the mediterranean diet, focusing on nutrient-dense, high-fiber, and plant-based foods to reduce liver fat and inflammation. It emphasizes vegetables, fruits, whole grains, lean protein (fish/legumes), and healthy fats (olive oil, nuts) while eliminating added sugars, saturated fats, and refined carbs. Losing 5-10% of body weight is critical for reversing the condition.
5. Ayurvedic interventions are holistic, individualized approaches to health that balance mind, body, and spirit through diet, herbal remedies, lifestyle modifications, and detoxification, often used for chronic, metabolic, and stress-related conditions. These therapies, including Panchakarma, yoga, and specialized diets, aim to restore balance, often complement conventional medicine, and show potential in managing conditions like diabetes, infertility, and stress.
6. The gallbladder is a small, pear-shaped organ located in the upper right abdomen beneath the liver that stores and concentrates bile produced by the liver. It releases this digestive fluid into the small intestine to break down fats. While it assists digestion, it is not essential for life.
7. Gallbladder polyps are abnormal, usually benign (95%) growths or tissue protrusions on the inner lining of the gallbladder, often found incidentally during abdominal imaging. Frequently caused by cholesterol deposits (cholesterolosis), most are harmless, though they can rarely be cancerous, requiring monitoring for size changes.
8. Key words are good to understand.
9. Review of information is excellent.
10. Result part is awesome with tables can be made graphs for results.
11. Summary points must be included.
12. References should be in alphabetical order.
13. After those changes good to publish in your journal.