

REVIEWER'S REPORT

Manuscript No.: IJAR-56049

Title: *Investigating the Role of Traditional Indian Diets in Diabetes Risk*

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: 03.02.26

Detailed Reviewer's Report

Strengths of the Study

- The study addresses a highly relevant public health issue in India, where the prevalence of Type 2 diabetes is rising rapidly.
- It offers a comprehensive review of traditional Indian diets, emphasizing both protective and risk factors associated with glycemic responses.
- The integration of concepts such as glycemic index (GI) and glycemic load (GL) provides a valuable framework for understanding dietary impacts on diabetes risk.
- The paper draws on diverse data sources, including clinical trials, national surveys, and food composition databases, enriching its evidence base.
- It highlights culturally appropriate dietary modifications, which are essential for effective public health interventions in India.

Weaknesses of the Study

- Although the manuscript claims a systematic review, details regarding the search strategy, inclusion/exclusion criteria, and data synthesis process are lacking.
- The manuscript does not specify the quality assessment of the included studies, which may impact the reliability of conclusions.
- There is no assessment of the heterogeneity among the studies reviewed, nor any quantitative meta-analytical synthesis.
- The discussion on regional dietary patterns, while informative, lacks detailed analysis of how these patterns quantitatively impact glycemic measures.
- The references cited are somewhat dated and do not include recent large-scale epidemiological or intervention studies.
- The paper does not mention ethical considerations, approval processes, or informed consent, which could be relevant if primary data collection was involved.
- The language exhibits minor grammatical inconsistencies and typographical errors, affecting clarity.

Reviewer Comments

- **Title and Abstract:** The title clearly indicates the focus. The abstract succinctly summarizes the rationale, objectives, methods, key findings, and recommendations, but could benefit from more precise language regarding the scope of the review.

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

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- **Introduction and Objectives:** The introduction effectively sets the context, emphasizing India's rising diabetes burden and dietary shifts. The objectives are clearly stated and aligned with the content.
- **Methodology and Statistical Analysis:** The review methodology lacks transparency; explicit information about literature search databases, keywords, inclusion/exclusion criteria, and quality assessment tools is missing. No statistical analysis or meta-analytical methods are described, limiting the strength of evidence synthesis.
- **Results and Discussion:** The findings are well-articulated, emphasizing the role of traditional diets and cooking methods in glycemic control. However, the discussion sometimes relies on correlational data without sufficient critical appraisal or acknowledgment of limitations. The implications for public health are relevant but could be elaborated further.
- **Conclusion and Implications:** The conclusions logically follow the presented evidence, underscoring the need for dietary policy shifts and public education. Recommendations are culturally sensitive and practical.
- **Ethical Clearance:** The manuscript does not mention ethical approval, which is acceptable if it is a literature review. If any primary data was collected, ethical considerations should be documented.
- **Language and Formatting:** The manuscript exhibits minor grammatical inconsistencies and typographical errors, including inconsistent use of hyphens and punctuation. The references are well-cited but could be updated to include more recent studies.
- **Tables and Figures:** The manuscript does not include tables or figures; incorporating visual summaries of regional dietary patterns or GI/GL data could enhance clarity.
- **References:** The reference list is comprehensive, but including more recent studies from the last five years would strengthen the review.

Additional Note: A thorough check for prior online publication or redundancy indicates that this specific case report has not been published elsewhere, based on available data. Nevertheless, a standard disclosure confirming originality should be included before publication.