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## REVIEWER'S REPORT

Manuscript No.: IJAR-56062

Title: Efficacy of Triticum aestivum L. versus Placebo on Vascular 1 Function in Mexican Adults with Obesity

### 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

- Vascular function refers to the dynamic, active behavior of blood vessels (arteries, veins, and capillaries) to efficiently deliver oxygen and nutrients, remove waste products, regulate blood pressure, and maintain homeostasis. It involves essential processes like vasomotor tone (constriction/dilation), elasticity, and barrier regulation by the endothelium to manage blood flow and pressure.**
- Pulse Wave Velocity (PWV) is a non-invasive, clinical measurement of the speed at which blood pressure pulses travel through the circulatory system, serving as the "gold standard" for assessing arterial stiffness. Higher, faster velocity indicates stiffer, less elastic arteries, often associated with aging, hypertension, and increased cardiovascular risk.**
- An ankle branchial index (ABI) is a quick, non-invasive diagnostic test that compares blood pressure in the ankle to blood pressure in the arm to check for peripheral artery disease (PAD). A low ratio ( $\leq 0.90$ ) indicates narrowed arteries, while a normal result is between 1.0 and 1.4. It helps identify blockages in the legs using ultrasound and blood pressure cuffs.**

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- 4. Flow mediated dilation is a non-invasive, ultrasound-based diagnostic test that measures endothelial function by assessing how much an artery (usually the brachial) widens in response to increased blood flow. It assesses cardiovascular risk by measuring nitric oxide release in response to shear stress, where reduced dilation indicates vascular dysfunction.**
- 5. Obesity is a chronic disease characterized by an excessive accumulation of body fat that presents a risk to health, often defined by a Body Mass Index of 30 or higher. It is a serious condition that can lead to other health problems, such as diabetes, heart disease, and certain cancers, and can significantly reduce life expectancy.**
- 6. Key words are good to understand.**
- 7. Abstract and methodology part are good.**
- 8. Result part tables with graphs are excellent.**
- 9. References are given sufficient but can be made in alphabetical order.**
- 10. Summary points can be included.**
- 11. After those changes good to publish in your journal.**