

REVIEWER'S REPORT

Manuscript No.: IJAR-56085

Title: EFFECT OF JATAMANSI DHUPAN IN THE MANAGEMENT OF GENERALIZED ANXIETY DISORDER: A SINGLE 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		✓		
Techn. Quality		✓		
Clarity		✓		
Significance	✓			

Reviewer Name: Dr S. K. Nath

Date: 06.02.26

Detailed Reviewer's Report

Strengths of the Study:

- The study explores a traditional Ayurvedic intervention, Jatamansi Dhupan, for managing Generalized Anxiety Disorder (GAD), contributing to integration of traditional and modern approaches.
- The focus on a non-invasive, cost-effective therapy offers valuable insights for alternative anxiety management strategies.
- The use of standardized assessment tools such as the HAM-A scale enhances the objectivity of symptom measurement.
- The detailed case report provides a clear patient history and systematic documentation of interventions and outcomes.
- The study emphasizes safety, noting no adverse effects during treatment.

Weaknesses of the Study:

- The report is based on a single case, which limits generalizability and robustness of the conclusions.
- Absence of a control group or placebo comparison reduces the strength of causal inferences.
- No statistical analysis or detailed quantitative data beyond the HAM-A scores are provided.
- The methodology lacks detailed standardization of the Dhupan procedure, such as exact vapor concentration, duration consistency, and environmental factors.
- Ethical approval details, including specific approval authority and informed consent process, are not explicitly mentioned.
- The writing contains minor typographical and grammatical errors that impact readability.
- The formatting of references is inconsistent, and some references lack complete citation details.
- The paper does not discuss potential placebo effects or variability in patient response.

Reviewer Comments:

- **Title and Abstract Clarity:** The title clearly specifies the intervention and condition. The abstract summarizes the study well but could enhance clarity by explicitly mentioning that this is a case report and specifying the primary outcome measures. Language is generally acceptable, but minor polishing could improve readability.
- **Introduction and Objectives:** The introduction contextualizes anxiety disorders broadly and relates them to Ayurvedic concepts effectively. However, it would benefit from a more thorough explanation of the rationale for choosing Jatamansi Dhupan, citing existing literature on its

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neuropharmacological effects. The objective is straightforward but could be refined to specify it as a preliminary or exploratory case study.

- **Methodology and Statistical Analysis:** The methodology describes the intervention but lacks detailed standardization—such as precise control of vapor concentration and environmental conditions. The choice of a single case and use of the HAM-A scale are appropriate, yet no statistical analysis or repeated measures are presented. The absence of detailed ethical approval information is a concern.
- **Results and Discussion:** Results indicate a reduction in HAM-A scores and symptom improvement, consistent with the narrative. However, the discussion extrapolates the findings without addressing limitations such as the placebo effect or individual variability. The discussion references potential mechanisms but remains speculative without supporting experimental data.
- **Conclusion and Implications:** The conclusion appropriately indicates the potential efficacy of Jatamansi Dhupan but should emphasize the preliminary nature of the findings given the single case design. Future research directions could be more explicitly recommended.
- **Ethical Clearance:** The manuscript does not mention ethical approval, informed consent, or approval authority. Clarification on whether ethical clearance was obtained is necessary, especially for human interventions.
- **Language, Grammar, and Typographical Errors:** Minor language issues are present which could be addressed during editing, such as inconsistent spacing, typographical errors, and grammatical nuances. Overall, the language is understandable.
- **Tables, Figures, Formatting, and References:** The manuscript lacks visual aids such as tables or figures that could enhance understanding. Formatting of references is inconsistent; some references are incomplete or lack standard formatting. Proper citation style adherence is recommended.

Additional Note: Based on the content and referencing style of the provided manuscript, as well as a review of existing literature and online sources, there is no indication that this specific paper has been previously published on the internet. The manuscript appears to be an original work, although a formal plagiarism check or database search would be required for absolute confirmation.