

## 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. Amina

### Reviewer's Comment for Publication.

The manuscript presents a single case study evaluating the effect of *Jatamansi Dhupan* in the management of Generalized Anxiety Disorder (GAD). The topic is relevant, especially in the context of integrative and traditional medicine approaches for mental health disorders. The study highlights an Ayurvedic, non-invasive, and cost-effective intervention, which adds value to complementary mental health research.

The rationale for selecting Jatamansi as a *Medhya Rasayana* and the explanation of Dhupan therapy through olfactory and limbic system pathways are well presented. The use of the HAM-A scale for assessment is appropriate and provides a standardized method for evaluating anxiety severity. The reported improvement in symptoms without adverse effects is encouraging.

However, the manuscript requires **minor revisions** before publication:

#### 1. Study Design Limitation:

As this is a single case study, the limitations should be clearly acknowledged in the discussion or conclusion. The authors should avoid generalizing the results and emphasize the need for larger clinical trials.

#### 2. Language and Grammar:

Minor grammatical errors, spacing issues, and inconsistencies are present throughout the manuscript. Careful language editing is required to improve clarity and academic presentation.

#### 3. Methodological Details:

More clarity is needed regarding the diagnostic criteria used for GAD, including whether DSM-5 or ICD guidelines were followed in addition to the HAM-A scale.

#### 4. Ethical Considerations:

A brief statement regarding patient consent and ethical approval (if applicable) should be included to strengthen the scientific credibility of the study.

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### 5. Results Presentation:

The results section could be enhanced by presenting symptom-wise improvement in a tabular or structured format for better clarity.

Overall, the manuscript contributes preliminary clinical evidence supporting the role of *Jatamansi Dhupan* in anxiety management. With the above minor revisions, the article would be suitable for publication.