



ISSN NO. 2320-5407

ISSN(O): 2320-5407 | ISSN(P): 3107-4928

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

REVIEWER'S REPORT

Manuscript No.: IJAR-56156

Title: A Comprehensive Review of *Patola (Trichosanthes dioica)* in *Nighantus*

Recommendation:

Accept as it is

Accept after minor revision.....

Accept after major revision

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality		Good		
Clarity	Excellent			
Significance	Excellent			

Reviewer Name :Dr.Sumathi

Detailed Reviewer's Report

1. Ayurveda is a 5,000-year-old holistic healing system from India—translating to "knowledge of life"—that focuses on balancing the body, mind, and spirit to prevent and treat illness. It emphasizes personalized wellness through lifestyle practices like diet, exercise, yoga, and herbal remedies based on an individual's unique constitution or *dosha* (Vata, Pitta, Kapha).
2. *Trichosanthes dioica* (commonly known as Pointed Gourd, Parwal, or Poto) is a tropical perennial vine in the Cucurbitaceae family, widely cultivated in the Indian subcontinent for its green, edible fruits. It is a dioecious plant (separate male/female plants) grown on trellises, used as a staple vegetable, and prized in Ayurveda for medicinal properties, including liver support and blood purification.
3. Cucurbitaceae, also known as the gourd family, is a large plant family of herbaceous vines (like pumpkins, squash, cucumbers, melons, and gourds) characterized by tendrils, large flowers with inferior ovaries, and fruits that range from edible (squash, watermelon) to fibrous (luffa sponge), making them economically important for food and other uses globally.
4. *Nighantus* (Sanskrit: निघण्टु) are ancient Indian treatises that function as specialized, thematic glossaries or taxonomies, primarily used to classify words, deities, or, most famously, medicinal herbs and

REVIEWER'S REPORT

substances (in Ayurveda). They act as lexicons for interpreting difficult texts, containing synonyms, definitions, and pharmacological properties of substances.

5. **RasaPanchaka (or Rasapanchaka) is a fundamental Ayurvedic framework used in *Dravyaguna Vigyana* (pharmacology) to analyze the five key, intrinsic attributes of a substance—herbs, food, or minerals—to determine its therapeutic effects. It defines the pharmacological action, including its impact on Doshas and overall healing properties.**
6. **Karma, rooted in Sanskrit, literally means "action," "work," or "deed," and refers to the universal law of cause and effect. It signifies that every intentional mental, physical, or spoken action generates a ripple, with consequences that return to the individual, either in this life or future reincarnations.**
7. **Key words are given good.**
8. **Result part should be in tables with pie chart.**
9. **Introduction part is awesome with pictures and significant points.**
10. **Summary points must be included.**
11. **References should be in alphabetical order.**
12. **After those changes good to publish in your journal.**