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REVIEWER'S REPORT

Manuscript No.: IJAR-56409

Title: *Ayurvedic* Management of Chronic Liver Disease: A 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		Good		
Techn. Quality	Excellent			
Clarity	Excellent			
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

- Chronic liver disease (CLD) is a progressive, 6+ month deterioration of liver function—involving inflammation, fibrosis, and often cirrhosis—caused by factors like alcohol abuse, viral hepatitis (B or C), and fatty liver disease (NAFLD/NASH).**
- Early symptoms are often absent but can include fatigue, abdominal pain, and itching, progressing to jaundice, ascites, and cognitive confusion. Treatment focuses on managing underlying causes, preventing further damage, and sometimes liver transplantation.**
- Ayurveda approaches liver health by balancing *Pitta dosha* and strengthening *Agni* (metabolic fire) to manage conditions like *Kamala* (jaundice) and *Udara* (abdominal disorders).**
- Studies show that Ayurvedic treatments, including herbal remedies and *Panchakarma* (detoxification), can significantly improve liver function test (LFT) parameters—such as lowering ALT, AST, and Bilirubin—in cases of fatty liver and cirrhosis.**
- Ayurveda places great importance on a liver-friendly diet rich to support liver function. Incorporating a diet rich in antioxidants,**

REVIEWER'S REPORT

- fiber, and essential nutrients can enhance liver wellness. Foods such as turmeric, garlic, and leafy greens are particularly beneficial.
6. To heal your liver naturally, focus on a nutrient-rich diet (fruits, veggies, whole grains, lean proteins, healthy fats like olive oil), limit or avoid alcohol and processed sugars, stay hydrated with water and green tea, exercise regularly, and avoid unnecessary medications and toxins, all while maintaining a healthy weight and consulting a doctor for persistent issues, as lifestyle changes can reverse early damage.
 7. The damage to the liver usually can't be reversed. The goal of treatment is to slow down the buildup of scar tissue and prevent or treat any problems that happen. Lifestyle changes, such as not drinking alcohol, can sometimes help improve liver function. In severe cases, you may need a liver transplant.
 8. Early diagnosis may prevent damage from occurring in your liver. Your liver is an incredible organ. If you're diagnosed when some scar tissue has already formed, your liver can repair and even regenerate itself. Because of this, damage from liver disease can often be reversed with a well-managed treatment plan.
 9. A Chronic Liver Disease (CLD) case study typically analyzes a patient experiencing progressive liver deterioration lasting over six months, leading to fibrosis or cirrhosis. Cases often present with ascites, jaundice, fatigue, and variceal bleeding, stemming from causes like alcohol abuse, hepatitis, or NAFLD.
 10. Studies detail patient history, clinical symptoms (e.g., abdominal swelling, jaundice), diagnostic imaging/labs (e.g., FibroScan, liver function tests), and management strategies, such as diuretic therapy, lifestyle modifications, or transplantation.
 11. Key words are good but can be given more words.
 12. Pictures and significant points have been given appreciable.
 13. If possible can be made graphs for values.
 14. Summary points can be included.
 15. References can be altered in alphabetical order.
 16. After a small changes good to publish in your journal.