



REVIEWER'S REPORT

Manuscript No.: IJAR-56456

Title: *Comprehensive Management of Chronic Kidney Disease: A Holistic Approach Integrating Lifestyle Modifications and Ayurvedic Principles: A Case Report*

- 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

Detailed Reviewer's Report

Strengths of the Study

- The manuscript explores an integrated approach combining Ayurvedic therapies with lifestyle modifications, which is relevant given the increasing interest in complementary and alternative medicine for CKD management.
- The case report format provides detailed clinical descriptions, including biochemical parameters, symptom improvements, and therapeutic interventions, contributing valuable practical insights.
- The intervention employs traditional Ayurvedic therapies such as Panchakarma, which are described with regard to their proposed mechanisms, offering a comprehensive view of Ayurvedic management.
- The biochemical data pre- and post-treatment suggest potential supportive effects of the intervention on renal function.
- The paper attempts to bridge traditional Ayurvedic concepts with modern clinical parameters, highlighting a holistic perspective.

Weaknesses of the Study

- As a single case report, the findings have limited generalizability and are not sufficient to establish efficacy or safety.
- Lack of detailed methodology concerning the selection criteria, specific Ayurvedic formulations, adherence monitoring, and follow-up duration beyond initial results.
- No control or comparison group limits the ability to attribute improvements solely to the intervention.
- The absence of statistical analysis reduces the robustness of the claims regarding biochemical improvements.
- Ethical approval details, informed consent, and adherence to research protocols are not explicitly mentioned, which are essential for ethical compliance.
- The presentation of data, including tables and figures, could be clearer and more systematically organized.
- The references are extensive but require formatting consistency; some references lack complete publication details.
- Language and grammatical issues are present, affecting clarity and professionalism.

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Reviewer Comments

- **Title and Abstract:** The title clearly indicates the focus on a holistic Ayurvedic approach in CKD management. However, the abstract, though comprehensive, could more explicitly state the primary outcome measures and the significance of biochemical changes. Clearer separation of background, methods, results, and conclusion would improve readability.
- **Introduction and Objectives:** The introduction adequately contextualizes CKD and Ayurvedic perspectives. Clearer articulation of the specific objectives or hypotheses guiding this case report would be beneficial.
- **Methodology and Statistical Analysis:** The methodology details Ayurvedic interventions comprehensively but lacks specifics about dosage, duration, and adherence. No statistical methods are described; use of simple descriptive data is insufficient given the biochemical parameters. Clarification on follow-up duration and repeated assessments would strengthen the study.
- **Results and Discussion:** The results are presented with pre- and post-treatment comparisons but without statistical validation. The discussion appropriately links Ayurvedic concepts with clinical outcomes but should contextualize results within existing literature critically. Limitations of a single case must be acknowledged explicitly.
- **Conclusion and Implications:** The conclusion suggests potential benefits of Ayurveda in CKD management but overstates the findings given the case report design. More cautious language regarding the need for further research is advised.
- **Ethical Approval:** The manuscript does not mention obtaining ethical clearance or informed consent. This is a major oversight that needs addressing.
- **Language and Formatting:** The manuscript contains grammatical errors and awkward phrasing that impede clarity. Improvement in language, consistent formatting, and alignment of references are required.
- **Tables, Figures, and References:** Tables are generally informative but need consistent formatting and clearer labeling. The references are numerous but require proper citation style adherence and completeness.