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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		Good		
Techn. Quality		Good		
Clarity	Excellent			
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

1. **Chronic kidney disease (CKD) is the long-term, progressive loss of kidney function, commonly caused by diabetes and high blood pressure. It often has no symptoms until advanced stages, when it may cause fatigue, swelling, and foamy urine. While not curable, it is managed through diet, lifestyle changes, and medication to slow progression, with dialysis or transplant required for failure.**
2. **There is generally no cure for chronic kidney disease (CKD), as kidney damage is often not reversible, but treatments can effectively slow its progression, manage symptoms, and prevent kidney failure, allowing individuals to live longer, fuller lives. Management focuses on controlling underlying conditions like diabetes and high blood pressure, lifestyle changes (diet, exercise, quitting smoking), medications, and in advanced stages, dialysis or a kidney transplant may be necessary.**
3. **Ayurveda is a 5,000-year-old holistic healing system from India designed to promote health and prevent illness by balancing the body, mind, and spirit. It focuses on individualized care through diet,**

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yoga, meditation, and herbal remedies, aiming to harmonize one's internal life forces—known as doshas (Vata, Pitta, Kapha)—with the environment.

4. **Hypertension (high blood pressure) is caused by a mix of lifestyle factors, genetics, and underlying conditions, with common drivers being high sodium/low potassium diets, lack of exercise, obesity, stress, smoking, excessive alcohol, age, and family history. While often developing gradually, certain chronic diseases (like kidney disease, diabetes, sleep apnea) and some medications can also cause it, known as secondary hypertension.**
5. **Lifestyle modification refers to the deliberate, long-term adjustment of daily habits—specifically diet, physical activity, and behavior—to improve health, prevent chronic diseases (like diabetes or cardiovascular issues), and manage weight. It involves sustainable changes to habits rather than short-term fixes, targeting overall well-being.**
6. **For instance, promoting breastfeeding, discouraging unhealthy food marketing to children, and creating safe environments for physical activity are all forms of lifestyle modification aimed at primordial prevention.**
7. **Lifestyle modification: Lifestyle modification can be referred to the process of gradual adaptation of corrective lifestyle habits such as diet, physical activity and sleep for prevention and management of various diseases such as obesity, diabetes and hypertension.**
8. **Panchakarma is a comprehensive, five-step Ayurvedic detoxification and rejuvenation therapy designed to cleanse the body of toxins (ama), balance the three doshas (Vata, Pitta, Kapha), and restore mental/physical health. It involves personalized, physician-led procedures, including specialized massages, herbal treatments, and elimination techniques over several days.**
9. **Key words are given good.**
10. **Summary points can be given.**
11. **Significant points are given good with meaningful.**
12. **Flow chart of points are good.**
13. **References can be given in alphabetical order.**
14. **After a small changes good to publish in your journal.**