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REVIEWER'S REPORT

Manuscript No.: IJAR-56473

Title: The Practice of Pranayama, Bandha, and Mudras for the Attainment of the Pranamaya Kosha: A Critical 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 S. K. Nath

Detailed Reviewer's Report

Strengths of the Study

- The manuscript addresses an important and relevant topic within the field of yogic practices and their physiological and spiritual effects, particularly focusing on Pranayama, Bandha, and Mudras in relation to the Pranamaya Kosha.
- The study integrates classical yogic texts with contemporary research, contributing to the interdisciplinary understanding of these practices.
- It offers a critical analysis which could be valuable for scholars, practitioners, and researchers interested in the subtle energy systems.
- The manuscript demonstrates a comprehensive literature review, referencing notable classical and modern sources, thereby grounding the discussion in both traditional and current perspectives.

Weaknesses of the Study

- The manuscript lacks clarity regarding its research methodology, including whether it is a qualitative review, theoretical analysis, or experimental study.
- There is no explicit mention of data collection methods, sample selection (if any), or criteria for evaluating the efficacy of practices.
- The absence of statistical analysis or empirical evidence weakens the scientific rigor of the conclusions.
- No ethical considerations, such as approval from an ethics review board, informed consent, or participant confidentiality, are addressed.
- The paper is dense and somewhat inaccessible due to language issues; the clarity and coherence of arguments need improvement.
- References are numerous but inconsistently formatted, and some are incomplete, making it difficult to verify sources.
- No figures, tables, or visual aids are used to support the textual content, which could enhance understanding.
- The paper appears to have a primarily theoretical focus; an empirical component or case studies would strengthen the contribution.

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Reviewer Comments

- **Title and Abstract:** The title accurately reflects the content but could benefit from a clearer abstract summarizing the scope, methodology, and key findings of the study. Currently, the abstract is not distinctly provided in a summarized form.
- **Introduction and Objectives:** The introduction covers relevant background but lacks a clear statement of specific research objectives or hypotheses. Clarifying the aims would improve focus and reader understanding.
- **Methodology and Statistical Analysis:** The manuscript does not specify its methodology whether it is a literature review, philosophical discussion, or an experimental study. There is no description of data sources, selection process, or analytic techniques. For a critical study, inclusion of systematic review criteria or empirical methods should be detailed.
- **Results and Discussion:** As the paper appears predominantly theoretical, it would benefit from clearly outlined findings or synthesized conclusions based on literature. The discussion could be strengthened by explicitly differentiating between traditional concepts and scientific evidence.
- **Conclusion and Implications:** The conclusion offers a general summation but lacks specific actionable insights or suggestions for future research.
- **Ethical Clearance:** No mention of ethical approval, informed consent, or related considerations. If any empirical data involving human subjects was collected, ethical clearance is mandatory.
- **Grammar, Language, and Presentation:** The manuscript has several language issues, including grammatical errors, awkward phrasing, and typographical mistakes that hinder readability. Proper editing and proofreading are required. Formatting of references is inconsistent and needs standardization according to journal guidelines.
- **Figures, Tables, and References:** No figures or tables are included; incorporating visual aids could clarify complex concepts. References are numerous but lack uniform formatting and some are incomplete; this should be addressed.