ISSN: 2320-5407

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

ISSN NO. 2320-5407

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. Amina

Reviewer's Comment for Publication.

The manuscript titled *"The Practice of Pranayama, Bandha, and Mudras for the Attainment of the Pranamaya Kosha: A Critical Study"* presents a conceptual and theoretical exploration of yogic practices related to the development and purification of the **Pranamaya Kosha**, one of the five sheaths described in yogic philosophy. The study primarily focuses on classical yogic techniques such as **Pranayama, Bandha, and Mudras**, explaining their significance in regulating vital energy (Prana) and contributing to physical, mental, and spiritual development.

The topic is relevant within the fields of **Yoga studies, Indian philosophy, and traditional health sciences**, as it draws upon classical yogic texts such as *Hatha Yoga Pradipika, Gheranda Samhita,* and other traditional and contemporary sources. The manuscript provides a detailed descriptive explanation of various forms of **Pranayama**, including their physiological and spiritual implications, as well as the role of **Bandhas and Mudras** in channeling and controlling pranic energy. This theoretical discussion contributes to the understanding of yogic practices from a philosophical and traditional perspective.

However, the manuscript requires **minor revisions** before it can be considered for publication. First, the formatting of the manuscript needs improvement. There are several spacing issues, irregular line formatting, and typographical inconsistencies that affect readability. The Hindi text in the abstract and sections should also be carefully proofread to ensure linguistic clarity and correct presentation.

Secondly, the structure of the article could be improved. While the introduction explains the concept of the **Panchakosha** and emphasizes the role of the Pranamaya Kosha, the transition between sections could be made smoother. The methodology section describes the work as a descriptive or conceptual study based on classical texts and secondary sources; however, this should be explained more clearly to help readers understand the research approach.

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Furthermore, the discussion section could be strengthened by providing a more analytical perspective rather than only descriptive explanations of yogic practices. Incorporating comparisons with modern research in yoga physiology or health sciences may further enhance the academic value of the study.

The references used in the manuscript include both classical yogic literature and modern scholarly works, which is commendable. However, the citation style should be standardized and formatted consistently according to the journal's guidelines.

In conclusion, the manuscript addresses an important aspect of yogic philosophy and practice, particularly the role of **Pranayama, Bandhas, and Mudras in the development of the Pranamaya Kosha**. With improvements in language editing, formatting, and clearer methodological explanation, the manuscript can make a meaningful contribution to the academic discussion on yoga philosophy and practice. Therefore, the manuscript may be accepted after minor revision.