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## REVIEWER'S REPORT

Manuscript No.: IJAR-56817

**Title: Lifestyle Medicine for Melasma Management: A Narrative Review of Modifiable Behavioral and Environmental Factors.**

**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*

- 1. Melasma is a common chronic skin condition causing brown or gray-brown patches, primarily on the face (cheeks, forehead, upper lip) due to overactive pigment cells. Triggered by UV light, heat, and hormonal changes (pregnancy, birth control), it is most common in women and darker skin types. Treatment includes strict sun protection, topical creams, and cosmetic procedures.**
- 2. Lifestyle medicine is an evidence-based approach using therapeutic lifestyle interventions—primarily whole-food, plant-predominant eating, physical activity, sleep, stress management, avoidance of risky substances, and social connection—to treat, reverse, and prevent chronic diseases like type 2 diabetes, heart disease, and obesity. It focuses on the root causes of illness, shifting from "sick care" to health restoration.**
- 3. Modifiable risk factors are lifestyle behaviors and health conditions that can be altered to reduce the risk of chronic diseases like cancer, cardiovascular disease, and dementia. Key factors include poor diet, physical inactivity, smoking, excessive alcohol consumption, and**

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uncontrolled health conditions such as high blood pressure and obesity.

4. **Photoprotection involves strategies to reduce UV-induced skin damage—including photoaging, immunosuppression, and skin cancer—by utilizing sunscreens, protective clothing, hats, sunglasses, and shade. It acts as a primary preventative measure, employing physical barriers, chemical filters (both inorganic/organic), and increasingly, antioxidants to protect against UV and visible light damage.**
5. **Oxidative stress is an imbalance between excess free radicals and insufficient antioxidants, leading to cellular, lipid, and DNA damage. Caused by environmental toxins, poor diet, and stress, it drives chronic inflammation and diseases like cancer, diabetes, and Alzheimer's. Management includes antioxidant-rich diets, exercise, and reducing toxin exposure.**
6. **The gut-skin axis is a bidirectional communication network linking gastrointestinal health to skin homeostasis, where dysbiosis (microbial imbalance) in the gut triggers inflammation, causing skin conditions like acne, eczema, and psoriasis. A healthy gut microbiome regulates immunity, reducing systemic inflammation that affects skin integrity and aging.**
7. **Antioxidants are natural or synthetic compounds—such as vitamins C and E, beta-carotene, and polyphenols—that protect cells from free radical damage. They neutralize these unstable molecules to reduce oxidative stress, which is linked to chronic diseases like cancer and heart disease, and help protect skin from UV-induced damage.**
8. **A narrative review is a comprehensive, critical, and objective analysis of current knowledge on a specific topic, designed to provide a broad, interpretive overview without the rigid, pre-defined protocols of a systematic review. These reviews are often written by experts to summarize existing research, highlight themes, identify gaps, and offer new interpretations or historical context, making them flexible, educational, and ideal for exploring wide-ranging subjects.**
9. **Key words are excellent to understand.**
10. **Significant points are given.**

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11. Flow chart of main kinds are good to understand.
12. Summary points only can be added.
13. References should be with alphabetical order.