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## REVIEWER'S REPORT

Manuscript No.: IJAR-56947

**Title: Ayurvedic Management of Gambhira Vatarakta (Avascular Necrosis of Femoral Head) through Panchakarma: 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	Excellent			
Clarity	Excellent			
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

### *Detailed Reviewer's Report*

- 1. AVN is the death of bone tissue caused by a loss of blood supply, commonly affecting the ends of long bones like the hip. Symptoms include joint pain that increases over time—initially with pressure, later at rest—and restricted movement. Treatment ranges from medication to joint-saving surgeries like core decompression.**
- 2. Ayurvedic management is a holistic, ancient Indian medical system focused on balancing the body's three doshas (Vata, Pitta, Kapha) to maintain health and treat disease. It combines personalized diets, lifestyle modifications (yoga, meditation), and herbal remedies (e.g., Ashwagandha, Triphala) to remove toxins and increase disease resistance. Treatments often include internal cleansing (Panchakarma), therapeutic massage, and specialized treatments.**
- 3. The femoral head is the highest part of the thigh bone (femur), acting as a rounded ball that fits into the pelvis's socket (acetabulum) to form the hip joint. It allows for rotational hip movement and is crucial for stability. Injuries, often causing severe pain and immobility, are treated with surgery or stabilization.**

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- 4. The femoral head (or head of the femur) is the highest, ball-shaped part of the thigh bone (femur) that fits into the pelvis socket (acetabulum) to form the hip joint. It is essential for mobility and weight-bearing, covered in cartilage for smooth movement, and commonly injured in hip fractures or osteonecrosis.**
- 5. Ayurvedic medicine is a 5,000-year-old Indian holistic system aimed at balancing mind, body, and spirit to promote health and prevent illness. It treats issues like stress, digestion, skin disorders, and chronic pain (e.g., arthritis) using personalized herbal remedies, diet, yoga, and detoxification techniques (panchakarma).**
- 6. Avascular necrosis (AVN) of the femoral head is the death of bone tissue in the hip ball due to interrupted blood supply, often leading to bone collapse and severe arthritis. Symptoms include groin/buttock pain, stiffness, and reduced mobility, frequently affecting adults aged 30–50. Treatment ranges from core decompression (early stage) to total hip replacement.**
- 7. Abstract is good.**
- 8. Tables with significant points are awesome**
- 9. Summary points can be included.**
- 10. References should be in alphabetical order.**
- 11. After a small changes good to publish in your journal.**