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REVIEWER'S REPORT

Manuscript No.: IJAR-57199

Title: Attention Deficit Hyperactivity Disorder (ADHD) – An Ayurvedic Review.

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		Good		
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

- 1. Manovaha Srotas are the ayurvedic channels responsible for transporting mental impulses, emotions, and thoughts throughout the body. Originating in the (heart/brain) and involving the (ten great vessels/nerves), these channels bridge the mind, body, and consciousness, facilitating sensory perception and cognitive functions.**
- 2. Attention Deficit Hyperactivity Disorder (ADHD) is a common neurodevelopmental disorder marked by persistent inattention, hyperactivity, and impulsivity that impairs daily functioning. It typically appears in childhood and often continues into adulthood. Treatment involves behavioral therapies, medication, and support services to improve focus and impulse control.**
- 3. Medhya Rasayana is a group of Ayurvedic rejuvenators designed to improve memory, intellect, cognition, and mental health. These neuro-nutraceuticals function as natural nootropics, enhancing brain health through improved circulation, reduced inflammation, and better neurotransmitter regulation. Common herbs include Brahmi, Shankhpushpi, Guduchi, and Yastimadhu.**

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- 4. Sattvavajaya is the Ayurvedic system of psychotherapy focused on restraining the mind from unwholesome objects (ahitebhyo arthebhyo mano nigraha). It is a non-pharmacological approach used to manage mental disorders by increasing *sattva* (clarity) and reducing *rajas* (agitation) and *tamas* (inertia) through techniques like counseling, behavioral changes, and meditation.**
- 5. Shankhapushpi (*Convolvulus prostratus* or *pluricaulis*) is a revered Ayurvedic herb, traditionally known as a "Medhya Rasayana" (brain tonic) that enhances memory, cognitive function, and mental clarity. It is widely used to treat anxiety, stress, insomnia, and nervous system disorders. It also supports cardiovascular health and has potential anti-diabetic properties.**
- 6. Ayurveda views Attention Deficit Hyperactivity Disorder (ADHD) as a *Vāta-pradhāna Manas Vikāra* (psychosomatic disorder) caused by an imbalance in Vata and Pitta doshas, alongside a dominance of Rajas (restlessness) and Tamas (dullness) gunas. Management includes *Medhya Rasayana* herbs (brain tonics) like Brahmi, Shankhapushpi, and Ashwagandha to improve cognition, alongside *Panchakarma* (e.g., Shirodhara) for calming the nervous system.**
- 7. Significant points are given. But need to add more points with references.**
- 8. Result part can be focused some more.**
- 9. Pictures should be added.**
- 10. Medically and scientifically very valued research topic.**
- 11. After those changes good to publish in your journal.**