



ISSN NO. 2320-5407

ISSN(O): 2320-5407 | ISSN(P): 3107-4928

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

REVIEWER'S REPORT

Manuscript No.: IJAR-57217

Title: Yoga ke dwara hriday swasthya me sudhar ek vivechanatmak Adhyayan

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

Date: 18.04.26

Detailed Reviewer's Report

Strength of the study

- Focuses on an important public health issue related to heart disease
- Covers multiple aspects including lifestyle, stress, and metabolic factors
- Use existing literature and reports to support discussion
- Includes explanation of physiological mechanisms like HPA axis
- Diagram on page 5 clearly shows pathway of yoga intervention and heart health
- Provides practical insight into role of yoga in prevention and management
- References from national and international studies are included

Weaknesses of the study

- Purely descriptive review without original data
- No clear methodology for selection of literature
- Language and formatting issues present throughout
- Many sentences are lengthy and difficult to follow
- Repetition of similar concepts in different sections
- Lack of critical analysis of cited studies
- No clear statistical or quantitative evaluation
- Conclusion is general and not strongly evidence based

Reviewer's Comments

The manuscript discusses the role of yoga in improving heart health, which is a relevant and important topic in the current context of increasing non communicable diseases. The paper explains various mechanisms such as stress reduction through the HPA axis and improvement in lipid profile, as described in sections 2 and 3. The diagram on page 5 clarifies the pathway of yoga intervention and its effect on cardiovascular outcomes. However, the manuscript is mainly descriptive and does not present any original data or structured methodology for literature review. Ethical clearance is not applicable for this type of study, but a statement mentioning this would improve clarity. The writing quality needs improvement, as there are grammatical errors, spacing issues, and long sentences that affect readability. The discussion includes useful points but lacks critical analysis and scientific depth. There is also repetition across sections which should be reduced. Overall, the topic is relevant, but the manuscript requires improvement in language, structure, and academic rigor before publication.

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

REVIEWER'S REPORT

Previously Published anywhere/Plagiarism check

There is no clear indication that this manuscript has been published elsewhere, and it appears to be a literature based descriptive study. However, since the content is largely based on existing reports and commonly available information, there is a possibility of similarity with previously published sources. Therefore, a plagiarism check is recommended to ensure originality and proper paraphrasing before publication.