

# International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

## REVIEWER'S REPORT

Manuscript No.: IJAR-57441

Title: Understanding Balgraha in Ayurveda and Its Clinical Relevance: A Review,

### Recommendation:

Accept after minor revision

Rating	Excel.	Good	Fair	Poor
Originality		✓,		
Techn. Quality		✓,		
Clarity	✓,			
Significance	✓,			

Reviewer Name: Abdul Haseeb Mir

### Detailed Reviewer's Report

The manuscript titled "**Understanding Balgraha in Ayurveda and Its Clinical Relevance: A Review**" provides a comprehensive exploration of *Balgraha*, a specialized area within *Kaumarbhritya* (Ayurvedic pediatrics). The article successfully navigates the transition from traditional mythological descriptions to modern clinical correlations, making it highly relevant for contemporary practitioners and researchers. By highlighting the susceptibility of children due to *Alpa Bala* (immature immunity) and undeveloped *Dhatus* (tissues), the authors establish a solid physiological foundation for why these conditions primarily affect the pediatric population.

A significant strength of this review is the systematic comparison provided in **Table 2**, which links various *Grahas*—such as *Skanda*, *Putana*, and *Naigamesha*—to modern medical diagnoses like Polio, Gastroenteritis, and Meningitis. This comparative approach helps demystify ancient terminology and frames it within a diagnostic language understood by modern science. Furthermore, the inclusion of *Daivavyapashraya*, *Yuktivyapashraya*, and *Satvavajaya Chikitsa* reflects the holistic management style characteristic of Ayurveda, addressing physical, psychological, and spiritual health.

The methodology is grounded in classical texts like *Kashyapa Samhita* and *Sushruta Samhita*, ensuring the review's authenticity. However, the manuscript suffers from significant structural issues, including verbatim repetition in the Abstract and Introduction, several typographical errors, and inconsistent formatting in the tables. While the "Modern Scientific Correlation" section is intellectually stimulating, it requires better integration with the classical *Shlokas* to avoid appearing as a separate entity from the Ayurvedic discourse.

# International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

---

## REVIEWER'S REPORT

### Suggestions for Improvement

- **Eliminate Redundancy in the Abstract:** The second paragraph of the abstract repeats the exact wording of the first paragraph regarding *Charaka, Sushruta, and Kashyapa Samhita*; this should be condensed for clarity.
- **Correct Typographical and Grammatical Errors:** Numerous errors such as "immatureless immunity," "studipustakawan," "morden disease," "Mesha Geaha," and "shwaGraha" need urgent correction to meet academic standards.
- **Resolve Repetitive Headings:** The heading "2. Sushruta Samhita" appears twice (lines 114 and 118) with nearly identical text; these must be merged into a single, cohesive section.
- **Standardize Table Formatting:** In Table 2, fix the alignment and spelling (e.g., "morden" to "modern," "Geaha" to "Graha") and ensure the "Correlation" column is consistently filled.
- **Clarify the Literal Meaning Section:** The section under lines 54-58 would benefit from a more formal presentation of the Sanskrit etymology rather than a bulleted list of fragments.
- **Integrate Modern Correlations More Smoothly:** Instead of listing modern correlations as separate lists (lines 156-160), try to weave them into the discussion of the *Shlokas* to show a direct analytical link.
- **Explain "Raksha Karma" and "Dhoopana" in Greater Detail:** Given their importance in *Balgraha* management, provide a brief explanation of the common herbs used in these protective rituals and fumigation therapies.
- **Expand on the "Age of Reason" and "Satva":** The paper mentions *Satva, Rajas, and Tamas* (line 153); a brief explanation of how these mental qualities relate to a child's susceptibility to *Grahas* would add depth.
- **Address Nuclear Family Dynamics:** The mention of nuclear families (line 164) is a modern sociological observation; expand on how this specific modern environment contributes to the "causative factors" described in ancient texts.
- **Format References Consistently:** Ensure all references follow a single style (e.g., Vancouver or APA) and check for duplicate citations, such as references 3 and 6, or 5 and 7, which point to the same texts.

---

### Recommendation

**Recommendation: Recommended for publication with minor revision.**

The paper is an excellent review that offers a vital bridge between traditional Ayurvedic wisdom and modern pediatric pathology. It provides a clear framework for understanding *Balgraha* as a multifaceted

# International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

*www.journalijar.com*

---

## REVIEWER'S REPORT

group of disorders influenced by biological, environmental, and psychological factors. Once the structural redundancies are removed and the typographical/formatting issues are addressed, the manuscript will be a valuable contribution to the field of *Kaumarbhritya*.