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REVIEWER'S REPORT

Manuscript No.: IJAR-57462

Title: Ayurvedic management of Plantar Keratoderma (*Vipadika Kushtha*): 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		Good		
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

- Ayurvedic management is a 5,000-year-old Indian holistic health system focused on balancing mind, body, and spirit to prevent and treat illness, often termed the "science of life". It uses personalized plans including herbal medicine, specialized diets, detox techniques (panchakarma), yoga, and massage to manage issues like stress, arthritis, and digestive problems.**
- Ayurvedic management is a holistic, traditional Indian medical system (dating back thousands of years) that aims to balance body, mind, and spirit to prevent and treat disease. It focuses on enhancing health through customized lifestyle routines, diet, herbal remedies, and detoxification processes based on an individual's unique constitution (*doshas*—Vata, Pitta, Kapha).**
- Jatyadi Ghrita is a classical Ayurvedic medicated ghee used primarily for accelerating the healing of chronic wounds, deep cuts, burns, and anal fissures. It acts as a soothing agent, reducing pain and inflammation, and promotes rapid tissue regeneration. Key ingredients include jasmine (Jati), neem, and turmeric, often applied topically.**

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- 4. Jatyadi Ghrita is a traditional Ayurvedic medicated ghee (clarified butter) primarily used for external application to heal chronic wounds, ulcers, burns, and skin infections. It is particularly effective for treating deep-seated, painful, or discharging wounds, as well as hemorrhoids and anal fissures.**
- 5. Leech therapy (hirudotherapy) is a modern, FDA-approved medical treatment using medicinal leeches (*Hirudo medicinalis*) to treat venous congestion and improve circulation in compromised tissue grafts, flaps, and reattached digits. The leech's saliva acts as an anesthetic, anticoagulant, and vasodilator, allowing it to remove excess, stagnant blood while reducing clotting and swelling.**
- 6. Leech therapy, or hirudotherapy, is a medical treatment using live, medicinal leeches (*Hirudo medicinalis*) to improve circulation, relieve venous congestion, and salvage compromised tissue after surgeries like skin grafts or reattachments. Leeches secrete saliva containing anti-coagulants (such as hirudin), anesthetics, and vasodilators, which thin the blood, prevent clotting, and increase blood flow to the area.**
- 7. Palmoplantar keratoderma (PPK) is a group of skin disorders characterized by significant thickening of the skin on the palms and soles. It can be inherited (genetic) or acquired due to infections, inflammation (psoriasis/eczema), or internal cancers. Symptoms include thickened, yellowish skin, pain, and sometimes skin cracking. Treatments focus on reducing thickness with creams and regular, gentle care, as no cure currently exists.**
- 8. Palmoplantar keratoderma (PPK) is a group of skin disorders characterized by significant thickening of the skin on the palms and soles. It can be inherited (genetic) or acquired due to infections, inflammation (psoriasis/eczema), or internal cancers. Symptoms include thickened, yellowish skin, pain, and sometimes skin cracking. Treatments focus on reducing thickness with creams and regular, gentle care, as no cure currently exists.**
- 9. Key words are good.**
- 10. Abstract and pictures are good.**
- 11. But in result part should show clearly with tables and graphs.**
- 12. Summary points can be added.**
- 13. References should be with alphabetical order.**

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14. After a small changes good to publish in your journal.