



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-57627

**Title: AYURVEDIC APPROACH IN THE MANAGEMNET OF MEDO VAHA SROTO DUSHTI W.S.R TO HYPERLIPIDEMIA: A CASE STUDY.**

**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. Ayurvedic approaches are holistic, ancient Indian systems (5,000+ years old) focusing on balancing mind, body, and spirit to prevent illness and promote wellness. Key methods include personalized diets based on doshas, herbal remedies, panchakarma detoxification, yoga, meditation, and massage therapy to remove impurities and increase disease resistance.**
- 2. The Ayurvedic approach is an ancient holistic system of medicine from India that seeks to balance the mind, body, and spirit. Rather than treating just symptoms, it focuses on prevention, personalized wellness, and natural healing through diet, herbal remedies, daily lifestyle routines, yoga, and meditation.**
- 3. Management of *Medovaha Sroto Dushti* (vitiation of fat-transporting channels) focuses on restoring impaired fat metabolism through active lifestyle changes, specific dietary adjustments, and purifying therapies. The primary goals are to clear obstructions, reduce excess adipose tissue, and balance the *Kapha* and *Meda* (fat tissue) in the body.**

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- 4. Management of Medovaha Sroto Dushti (vitiation of fat-carrying channels) in Ayurveda aims to restore metabolic balance, primarily focusing on reducing fat tissue (Medas), breaking down toxins (Ama), and treating Obesity (Sthoulya) or related metabolic disorders. As per 2026 data, this condition is strongly correlated with dyslipidemia, metabolic syndrome, and fatty liver.**
- 5. Key management techniques for Medovaha Sroto Dushti follow the principles of treating Medo Roga (lipid disorders) by cleaning the channels at a cellular level, improving the digestive fire (Agnimandhya), and improving metabolic pathways.**
- 6. Hyperlipidemia (high cholesterol) is a condition where you have too many lipids—such as cholesterol and triglycerides—circulating in your blood. This buildup restricts blood flow and significantly increases your risk of heart attacks and strokes. It is typically managed through lifestyle changes and, if necessary, prescription medication.**
- 7. Hyperlipidemia is the medical term for high levels of fats (lipids), such as cholesterol and triglycerides, in the blood. This condition significantly increases the risk of cardiovascular diseases because excess fats can build up in artery walls, narrowing blood vessels and restricting blood flow.**
- 8. Key words must be given.**
- 9. Significant points are appreciable.**
- 10. Summary points also be added.**
- 11. Tables with values are good can be made graphs for values.**
- 12. Can be added some more references with alphabetical order.**
- 13. After those changes good to publish in your journal.**