

REVIEWER'S REPORT

Manuscript No.: IJAR-57629

Title: Role of *Ayurveda* in the Management of *VrikkaVikar*(Kidney Disorders): 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 treatment is a 5,000-year-old traditional Indian holistic health system. It focuses on preventing illness and restoring balance to the mind, body, and spirit by balancing your unique constitution of three vital energies (doshas): Vata, Pitta, and Kapha.
2. Ayurveda is based on the belief that everything in the universe is connected. It suggests that every individual has a unique constitution (*prakriti*) made up of three vital life forces, or doshas.
3. Chronic kidney disease (CKD) is a progressive condition where damaged kidneys lose their ability to filter waste and excess fluid from your blood. The leading causes are diabetes and high blood pressure. While there is no cure, early detection and strict lifestyle management can significantly slow the disease's progression.
4. Chronic kidney disease (CKD) is a long-term condition where your kidneys are damaged and lose their ability to properly filter waste and extra fluid from your blood. If untreated, waste builds up in the body and can lead to severe complications like heart disease or kidney failure.

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5. Ayurvedic medicine is an ancient holistic healing system originating in India more than 3,000 years ago. It focuses on integrating the body, mind, and spirit using personalized diet, lifestyle changes, yoga, meditation, and herbal remedies to balance three vital energies (doshas): *Vata* (space and air), *Pitta* (fire and water), and *Kapha* (water and earth).
6. *Vrikka Vikar* (or *Vrikka Vikara*) is the Ayurvedic term for kidney-related diseases. Most commonly, it aligns with Chronic Kidney Disease (CKD). In Ayurveda, it is caused by imbalances in the *Vata* and *Kapha* doshas, which lead to the accumulation of toxins in the urinary channels (*Mutravaha Srotas*).
7. Kidney conditions refer to diseases and dysfunctions that impair the kidneys' ability to filter waste, balance fluids, and regulate blood pressure. The two most common causes are diabetes and high blood pressure. Other primary types include chronic kidney disease (CKD), acute kidney injury (AKI), kidney stones, and genetic disorders like polycystic kidney disease (PKD).
8. Key words are good but can be included more words.
9. Medically very valued research.
10. Flow chart of significant points are awesome.
11. Result part graphs can be made for values.
12. Summary points can be included.
13. References should be with alphabetical order.
14. After those changes good to publish in your journal.