

REVIEWER'S REPORT

Manuscript No.: IJAR-57629

Title: Role of Ayurveda in the Management of Vrikka Vikar (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		✓		
Techn. Quality		✓		
Clarity		✓		
Significance	✓			

Reviewer Name: Dr S. K. Nath

Detailed Reviewer's Report

Strength of the study:

- The study addresses an important clinical condition with increasing global health burden
- Clear documentation of patient history, symptoms, treatment protocol, and follow up findings
- Biochemical parameters before and after treatment are properly presented and compared
- Integration of Ayurvedic principles with clinical observations is well explained
- Dietary and lifestyle recommendations add practical value to the case management approach

Weakness of the study:

- The study is based on a single case and lacks broader clinical evidence
- Follow up duration is short to assess long term sustainability of improvement
- Absence of control group limits scientific comparison and interpretation
- Some grammatical and formatting inconsistencies are present throughout the manuscript
- Detailed discussion on adverse effects and safety monitoring is insufficient in the paper

Reviewers Comments:

The manuscript presents a clinically relevant case study on the role of Ayurveda in the management of Chronic Kidney Disease described as Vrikka Vikar. The paper is organized in a systematic manner with detailed presentation of patient history, Ayurvedic assessment, treatment plan, dietary advice, and biochemical outcomes. The observed improvement in blood urea, serum creatinine, uric acid, and associated symptoms suggests possible benefits of the integrative Ayurvedic approach. The discussion appropriately correlates Ayurvedic concepts with modern understanding of kidney disease. The inclusion of diet and lifestyle modifications strengthens the practical applicability of the study. However, the manuscript is limited by its single case design and short follow up duration. Larger controlled studies are necessary to validate the findings scientifically. Some sections require improvement in grammar, formatting, and sentence clarity for better readability. Ethical clearance and patient consent should be clearly mentioned. Overall, the article provides useful preliminary clinical observations and contributes positively to integrative kidney care research.