

REVIEWER'S REPORT

Manuscript No.: IJAR-57962

Title: EFFICACY OF JALAUKAVACHARNA IN THE MANAGEMENT OF SIRAJGRANTHI W.S.R. TO VARICOSE VEINS: 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 ID: JP085

Reviewer's Comment for Publication.

This case study evaluates the effectiveness of Jalaukavacharana (Leech Therapy) in the management of Sirajgranthi in a 53-year-old male patient. Seven sessions of leech therapy were administered over 31 days, followed by assessment on Day 45. The patient showed significant improvement in pain, swelling, itching, burning sensation, and vein tortuosity, with the total symptom score reducing from 11 to 2 (81.8% improvement). The study suggests that Jalaukavacharana may be a beneficial non-surgical treatment option for varicose veins.

Strength:

1. Clinically relevant topic with practical Ayurvedic application
2. Detailed patient history, examination, and treatment protocol
3. Ethical approval and patient consent obtained
4. Clear assessment criteria with follow-up evaluations
5. Demonstrated improvement in both subjective and objective symptoms
6. Good discussion linking Ayurvedic concepts with modern scientific explanations of leech therapy.

Weakness:

1. Single case study with very limited scientific evidence
2. No control group or comparison with standard treatment
3. Short follow-up period
4. Improvement in vein tortuosity and skin pigmentation was only partial
5. No Doppler ultrasound findings before and after treatment to objectively assess venous changes
6. Some grammatical and formatting errors throughout the manuscript
7. Strong conclusions are drawn from a single patient case.

Overall assessment:

This manuscript presents an interesting Ayurvedic approach to managing varicose veins using leech therapy. The case is well documented and shows encouraging clinical improvement. However, the evidence is limited because it is based on a single patient, and objective vascular assessments are lacking.

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Larger controlled clinical studies are needed to confirm the effectiveness and long-term benefits of Jalaukavacharana.

Recommendation: Manuscript accepted for publication after minor revision.