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## REVIEWER'S REPORT

Manuscript No.: IJAR-57976

Title: The Role of Nutrition and Integrative Ayurvedic Principles in Age-Related Macular Degeneration (ARMD): A Literature Review

### 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 review addresses an important age related ophthalmic condition
- Integrates modern scientific understanding with Ayurvedic concepts
- Discusses both dry and wet forms of ARMD in a structured manner
- Highlights the role of nutrition in disease prevention and progression
- Includes evidence from AREDS and AREDS2 studies
- Provides detailed information on Ayurvedic dietary and therapeutic approaches
- Useful for researchers interested in integrative eye care

#### Weakness of the study:

- The review lacks a clearly defined search methodology
- No description of literature selection criteria is provided
- Ethical considerations for review preparation are not mentioned
- Some references are relatively old and require updating
- Certain Ayurvedic claims lack strong clinical evidence
- Language and formatting inconsistencies are present throughout
- Critical appraisal of cited studies is limited

#### Reviewers Comments:

This manuscript presents a literature review on the role of nutrition and integrative Ayurvedic principles in the management of age related macular degeneration. The topic is relevant because ARMD remains a leading cause of visual impairment among older adults. The authors have successfully summarized the modern understanding of disease pathogenesis and combined it with Ayurvedic concepts such as Timira, Apatarpanajanya Vyadhi, Rasayana therapy, and Chakshushya measures. The discussion on nutritional interventions, particularly antioxidants, lutein, zeaxanthin, vitamins, and zinc, adds practical value to the review. The manuscript is generally well organized and easy to understand. However, the review lacks a detailed methodology describing literature search strategy, database selection, and inclusion criteria. Several sections would benefit from stronger scientific evidence and critical analysis of available studies. Minor grammatical, formatting, and referencing issues should also be corrected. Ethical clearance is generally not required for literature reviews, but this may be stated if desired. Overall, the manuscript provides useful information and is suitable for publication after minor revision.

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## REVIEWER'S REPORT

### **Previously Published anywhere/Plagiarism check:**

There is no indication that this review article has been published previously. The manuscript appears to be an original compilation and interpretation of existing literature. No obvious evidence of plagiarism was observed during review. However, the journal should perform a formal similarity and plagiarism assessment before publication to confirm originality and adherence to accepted publication ethics standards.