



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 after major revision

Rating	Excel.	Good	Fair	Poor
Originality			✓	
Techn. Quality			✓	
Clarity		✓		
Significance			✓	

Reviewer's ID: JPR- 198

Detailed Reviewer's Report

This manuscript discusses the role of nutrition and Ayurvedic principles in the management of Age-Related Macular Degeneration (ARMD), an important cause of vision loss in older adults. The topic is relevant and may be useful for readers interested in integrative medicine.

The manuscript is easy to read and explains the difference between dry and wet ARMD clearly. The discussion on nutrients such as lutein, zeaxanthin, vitamins C and E, zinc, and omega-3 fatty acids is supported by established studies like AREDS and AREDS2.

However, the article is mainly descriptive and lacks a proper review methodology. The authors have not explained how the literature was searched or selected. Many Ayurvedic concepts and treatments are discussed, but there is limited scientific evidence presented to support their effectiveness specifically in ARMD patients. The manuscript would be stronger if it included more clinical studies and a more critical discussion of available evidence.

Overall, the article is informative but requires substantial improvement before publication.

Major Revision. The topic is interesting, but stronger scientific evidence and a more systematic review approach are needed.