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REVIEWER'S REPORT

Manuscript No.: IJAR-57980

Title: Impact of Sleep Deprivation (Anidra) on Ocular Surface Health: An Ayurvedic and Modern Review

Recommendation:	Rating	Excel.	Good	Fair	Poor
Accept as it is	Originality		✓		
✓ Accept after minor revision.....	Techn. Quality		✓		
Accept after major revision	Clarity		✓		
Do not accept (<i>Reasons below</i>)	Significance	✓			

Reviewer Name: Dr S. K. Nath

Detailed Reviewer's Report

Strength of the study:

- The review addresses a relevant and growing public health concern
- Integrates modern ophthalmic concepts with Ayurvedic principles effectively
- Discusses mechanisms linking sleep deprivation and ocular surface disorders
- Literature sources from both classical texts and modern databases are included
- Provides practical insights into preventive and therapeutic approaches
- The manuscript is logically organized and easy to follow
- Topic has clinical relevance in the era of increased screen exposure

Weakness of the study:

- The review lacks a detailed systematic search strategy
- Inclusion and exclusion criteria for literature selection are not clearly described
- Limited critical evaluation of the cited studies
- Several Ayurvedic interventions require stronger clinical evidence
- Ethical considerations are not mentioned
- Minor grammatical and formatting inconsistencies are present
- More recent high quality ophthalmic studies could be included

Reviewers Comments:

This manuscript presents a timely review on the impact of sleep deprivation on ocular surface health by integrating modern ophthalmic knowledge with Ayurvedic concepts. The topic is highly relevant considering the increasing prevalence of poor sleep habits, digital screen exposure, and dry eye disease. The authors have successfully described the relationship between sleep deprivation, tear film instability, lacrimal gland dysfunction, oxidative stress, and ocular surface damage while correlating these findings with the Ayurvedic concept of Anidra. The review is well structured and provides a balanced overview of both contemporary and traditional perspectives. The methodology section briefly describes the literature sources used, which is a positive aspect. However, the review would benefit from a more detailed search strategy and stronger critical analysis of the cited evidence. Some Ayurvedic therapeutic claims require additional scientific support. Minor grammatical, formatting, and referencing corrections are also needed. Ethical clearance is generally not required for a literature review, though this may be mentioned for clarity. Overall, the manuscript is informative and suitable for publication after minor revision.

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Previously Published anywhere/Plagiarism check:

The manuscript appears to be an original review based on published literature and classical Ayurvedic references. There is no indication that the work has been published elsewhere. No obvious signs of plagiarism were identified during review. Nevertheless, a formal similarity and plagiarism assessment should be performed by the journal before acceptance to ensure originality and compliance with publication ethics.