



REVIEWER'S REPORT

Manuscript No.: IJAR-57980

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

Recommendation:

Accept after minor revision.....

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

Reviewer's ID: JPR- 198

Detailed Reviewer's Report

This manuscript reviews the relationship between sleep deprivation (Anidra) and ocular surface health by combining modern ophthalmic evidence with Ayurvedic concepts. The topic is relevant and timely, particularly because excessive screen use and poor sleep habits are increasingly common.

The manuscript is generally well organized and easy to understand. The discussion linking sleep deprivation with dry eye disease, tear film instability, inflammation, and oxidative stress is supported by current literature. The Ayurvedic interpretation of Anidra and its relationship with ocular disorders is also presented clearly.

However, the review remains largely descriptive and lacks critical analysis of the available evidence. The methodology section is brief and does not explain how studies were selected, screened, or evaluated. Several Ayurvedic therapies such as Akshi Tarpana, Shirodhara, and Padabhyanga are discussed as beneficial, but supporting clinical evidence is limited. The manuscript would be stronger if it included more recent clinical studies and clearly differentiated evidence-based conclusions from traditional concepts.

Overall, the article is informative and readable but requires further scientific strengthening before publication.