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REVIEWER'S REPORT

Manuscript No.: IJAR-58029

Title: Role of Yoga in the Management of Hypertension: A Prospective Hospital-Based 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 Name: Dr S. K. Nath

Detailed Reviewer's Report

Strength of the study:

- The study addresses an important and common public health problem
- The topic has good clinical and preventive health relevance
- A prospective study design strengthens the overall approach
- The manuscript presents a clear overview of yoga interventions
- Literature review supports the scientific background
- The findings encourage integration of lifestyle modification with standard treatment
- The conclusions are practical and easy to understand

Weakness of the study:

- Ethical clearance details are not clearly reported
- Statistical analysis and study results are insufficiently presented
- Baseline characteristics of participants are not described
- The methodology lacks important procedural details
- Tables and outcome data are absent
- The discussion relies heavily on previous literature rather than original findings
- Minor grammatical and formatting corrections are required

Reviewers Comments:

This manuscript explores the role of yoga as a complementary intervention in the management of hypertension, an important topic with growing clinical relevance. The subject is timely and highlights the potential benefits of combining lifestyle interventions with standard medical therapy. The manuscript is generally well organized and supported by relevant literature. However, the presentation of the original research findings requires improvement. More detailed information on participant characteristics, statistical analysis, and study outcomes should be included to strengthen the scientific value of the work. Ethical approval should be clearly stated with the name of the ethics committee and approval number if available. Although informed consent is mentioned, the ethical section is incomplete. The manuscript would also benefit from minor grammar, formatting, and language editing to improve readability. As a prospective study, it has potential value, but clearer reporting of results and methodology is necessary. Overall, the manuscript is informative and suitable for publication after minor revision.

Previously Published anywhere/Plagiarism check:

The manuscript appears to be original, and there is no obvious indication that it has been published elsewhere. No clear evidence of plagiarism was identified during the review. However, the journal should perform a formal similarity and plagiarism check before acceptance to ensure originality and compliance with publication ethics.