



REVIEWER'S REPORT

Manuscript No.: IJAR-58029

Title: Role of Yoga in 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 ID: JP085

Reviewer's Comment for Publication.

This study looked at whether yoga can help control high blood pressure (hypertension). A total of 100 patients were included. One group practiced yoga along with their regular medicines, while the other group received only standard treatment. The study suggests that yoga practices such as asanas, pranayama, meditation, and relaxation exercises may help lower blood pressure, reduce stress, and improve heart health.

Strength:

1. Important health topic.
2. Includes 100 patients.
3. Yoga is a safe, low-cost, and natural therapy.
4. Easy-to-follow yoga program described.
5. Explains how yoga may help reduce blood pressure.
6. Useful for patients and healthcare professionals.

Weakness:

1. Actual study results are not clearly shown.
2. No detailed statistical analysis provided.
3. Patient group selection is not fully explained.
4. No information about patients who stopped the study.
5. Conducted at only one hospital.
6. Some language and formatting errors are present.

Overall assessment:

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The article discusses an important topic and highlights the benefits of yoga in managing hypertension. However, the study lacks clear result data and statistical evidence to strongly support its conclusions. More detailed results and better presentation are needed.

Recommendation: Manuscript accepted for publication after major revision.