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REVIEWER'S REPORT

Manuscript No.: IJAR-58081

Title: Ayurvedic Panchakarma with Calorie-Restricted Diet Significantly Reduces HbA1c and BMI in Type 2 Diabetes Mellitus: A Retrospective Observational Study from Two Centres in Bengaluru.

Recommendation:

Accept as it is

Accept after minor revision.....Y.....

Accept after major revision

Do not accept (*Reasons below*)

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

Reviewer's ID: JPR- JPR-077

Detailed Reviewer's Report

This manuscript addresses an important and highly relevant topic. The study presents encouraging clinical outcomes. However, the retrospective design, small sample size, lack of a control group, and multiple co-interventions (diet, Panchakarma, and individualized medications) limit the strength of causal conclusions.

The title is informative and reflects the main intervention and outcomes.

The abstract summarizes the study effectively and presents major findings clearly. Some conclusions, particularly comparisons with pharmacological agents, should be stated more cautiously given the observational design.

The introduction provides adequate background on T2DM and Ayurvedic concepts. Greater emphasis on existing clinical evidence for Panchakarma interventions would strengthen the rationale for the study.

The methodology is generally described in sufficient detail. However, treatment duration, follow-up intervals, and the role of individualized Ayurvedic medications require clearer standardization and reporting.

REVIEWER'S REPORT

Results are presented clearly with appropriate statistical analyses. Inclusion of confidence intervals and effect sizes would improve interpretation of clinical significance.

The discussion appropriately relates findings to previous literature. Nevertheless, mechanistic explanations and claims regarding disease modification or remission should be interpreted more cautiously due to the absence of a control group.

The conclusion reflects the observed improvements but slightly overstates the strength of evidence. Conclusions should emphasize that findings are preliminary and require confirmation through well-designed randomized controlled trials.

References are generally relevant and support the manuscript. Verification of citation formatting and inclusion of more recent diabetes and integrative medicine literature would further strengthen the paper.