



REVIEWER'S REPORT

Manuscript No.: IJAR-58082

Title: Ayurvedic CDC Multimodal Protocol for Type 2 Diabetes Mellitus at

3 Madhavbaug Clinic: Glycaemic and Cardiometabolic Outcomes in 97 DM

4 Package Patients — A Retrospective Observational Study.

Recommendation:

Accept as it is

Accept after minor revision: Need some revision.

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair
Originality	Yes		
Techn. Quality		Good	
Clarity		Good	
Significance		Good	

Reviewer's ID: JPR- JPR-237

Detailed Reviewer's Report

- The study is retrospective and observational without a control group. Therefore, the conclusion that the Madhavbaug CDC Panchakarma-based protocol caused the observed improvements is not fully justified. Lifestyle modification, regression to the mean, medication changes, and natural disease variation may have contributed to the outcomes.*
- The duration of treatment and follow-up is not reported. Interpretation of HbA1c changes requires knowledge of the intervention period because HbA1c reflects approximately 8–12 weeks of glycemic control.*
- The objective includes evaluation of antidiabetic medication reduction; however, no results regarding medication reduction are presented.*
- The sample size differs substantially among outcomes (HbA1c n=37, RBS n=82, total cohort n=97). This raises concerns regarding missing data and potential selection bias.*
- Although HbA1c reduction of 0.73% is statistically significant, the post-treatment HbA1c remains elevated at 8.0%, indicating persistent suboptimal glycemic control. Discuss the clinical relevance of the*

REVIEWER'S REPORT

observed reduction and compare with established diabetes treatment targets.

6. Important confounding factors such as diet, exercise, adherence, socioeconomic status, duration of diabetes, baseline medications, and comorbidities are not reported. Include baseline characteristics and discuss potential confounders.

Minor Reviewer Comments

7. Confidence intervals and effect sizes are not reported. Include 95% confidence intervals and Cohen's d values for all major outcomes.

8. The use of paired Student's t-test assumes normal distribution of differences. Report normality testing or consider non-parametric alternatives where appropriate.

9. No information regarding adverse events, hypoglycemia, treatment discontinuation, or safety is provided. Include safety and tolerability data.

The reports of this study statistically significant improvements in glycemic, anthropometric, and cardiovascular parameters among T2DM patients receiving the Madhavbaug CDC protocol. However, the absence of a control group, incomplete reporting of medication outcomes, lack of follow-up duration. Addressing these issues would substantially improve the scientific rigor and interpretability of the manuscript.