

## REVIEWER'S REPORT

Manuscript No.: IJAR-58119

Title: A Review of Lifestyle Factors and Their Impact on Menstrual Health in the Present Era: An Ayurvedic Perspective.

**Recommendation:**

Accept after minor revision

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

Reviewer's ID: JPR-Bilqees Hamza

*Detailed Reviewer's Report***Introduction**

The manuscript titled "A Review of Lifestyle Factors and Their Impact on Menstrual Health in the Present Era: An Ayurvedic Perspective" presents a timely and conceptually robust narrative. It effectively bridges modern epidemiological data regarding gynecological disorders with the preventive healthcare principles of classical Ayurveda.

In the contemporary era, the global burden of menstrual disorders—such as polycystic ovarian syndrome (PCOS), dysmenorrhea, premenstrual syndrome (PMS), and menorrhagia—has escalated dramatically. Modern clinical frameworks strongly link these conditions to modifiable environmental and lifestyle stressors, including sedentary habits, psychological stress, erratic diets, and endocrine-disrupting chemicals. The manuscript skillfully uses this modern paradigm as a baseline, matching these issues with classical Ayurvedic concepts.

The paper highlights the Ayurvedic view of menstrual health, which centers on *Artava* as the *upadhatu* (secondary tissue) of *Rasa Dhatu*. It notes that healthy menstruation relies on the balanced function of

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*Agni* (metabolic fire) and the proper downward movement of *Apana Vata*. The core argument of the study focuses on *Swasthavritta* (the science of healthy living). It presents a well-structured preventive framework based on daily routines (*Dinacharya*), seasonal behaviors (*Ritucharya*), and mental conduct (*Sadvritta*) to restore physiological and reproductive balance.

### List of Improvements to be Made

While the manuscript is structurally sound and clinically relevant, several specific areas require refinement, correction, and enhancement before final publication. The following improvements should be addressed by the authors:

#### 1. Formatting and Typographical Corrections

- Title Text Errors:** The title contains spacing errors, specifically "Impact onMenstrual Health" and "Present Era:An Ayurvedic Perspective". These must be corrected to include proper spacing.
- Run-on Words in Body Text:** There are multiple run-on words throughout the manuscript. For example, in the discussion section, "whatdistinguishes" and "fromconventional" are merged. A thorough proofreading pass is required to fix these throughout the document.
- Inconsistent Section Headings:** The headings AIM AND OBJECTIVES-, METHODOLOGY-, and RESULTS- use all-capital letters followed by hyphens. In contrast, Discussion and Conclusion use standard mixed-case formatting. All major headings should follow a unified, standard journal style.

#### 2. Methodological Clarifications

- Search Strategy Details:** The methodology section notes that databases like PubMed, Google Scholar, and the Ayush Research Portal were searched. However, it lacks specific search strings, date boundaries, and inclusion or exclusion criteria. The authors must clearly outline their search methodology to ensure transparency and reproducibility.

#### 3. Structural and Contextual Enhancements

- Abrupt Sanskrit Quotation:** At lines 87–88, a Sanskrit *Sloka* from the *Charaka Samhita* is introduced immediately after text regarding dietary habits without any introductory transition. The authors need to add a sentence explaining the relevance and meaning of this quotation within the context of *Ahara* (diet).
- Table Terminology Standardization:** In the comprehensive table mapping lifestyle factors, the row for "Screen Time & Posture" uses the term *Pradnyaparadha*. This should be updated to the standard international phonetic transliteration, *Prajnaparadha*, to ensure consistency across Ayurvedic literature.

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### 4. Reference and Citation Integrity

- Reference Pairing Discrepancy:** In the *Rasayana* subsection, the text references *Lodhra* (*Symplocos racemosa*) as a classical treatment for *Asrigdhara*. However, the text directly couples this with citation [29], which points to a clinical trial specifically evaluating *Ashwagandha* (*Withania somnifera*) for stress and anxiety. The authors must audit references 28 through 31 to ensure that each herbal medicine claim aligns precisely with its corresponding source.

### Final Reviewer Verdict

#### Decision: Accept with Minor Revisions

The manuscript titled "A Review of Lifestyle Factors and Their Impact on Menstrual Health in the Present Era: An Ayurvedic Perspective" is recommended for acceptance pending minor revisions.

The authors have successfully developed an integrative analysis that links modern gynecological health risks directly to classical Ayurvedic pathophysiology, specifically *Vata Prakopa* and *Apana Vata Dushti*. The paper demonstrates that the global crisis in women's reproductive health is deeply rooted in disrupted biological and daily rhythms. It offers a valuable, practical alternative to purely pharmaceutical interventions by presenting the *Swasthavritta* framework as an individualized lifestyle medicine protocol. Once the typographical artifacts are removed, the methodology details are clarified, and the reference citations are verified, this manuscript will serve as a high-quality contribution to the fields of integrative medicine and women's health.