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REVIEWER'S REPORT

Manuscript No.: IJAR-58120

Title: Role of Ayurveda in the Management of Alzheimer's Disease: A Comprehensive Review.

Recommendation:

Accept as it is

Accept after minor revision...

Accept after major revision

Do not accept (*Reasons below*)

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

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

1. Alzheimer's disease is a progressive brain disorder that gradually destroys memory, thinking skills, and the ability to perform basic tasks. It is the most common cause of dementia, accounting for 60 to 80% of cases. While not a normal part of aging, age is the biggest risk factor, with symptoms usually appearing in the mid-60s.
2. Ayurveda is a 5,000-year-old holistic system of medicine native to India. Translating to "the science of life," it focuses on balancing the mind, body, and spirit to prevent illness and promote wellness through individualized diet, lifestyle changes, yoga, meditation, and herbal remedies.
3. Cognitive decline involves a gradual loss of thinking skills, such as memory, reasoning, and attention. It exists on a continuum, ranging from normal age-related forgetfulness and Mild Cognitive Impairment (MCI) to more severe conditions like dementia.
4. Cognitive decline is the gradual loss of mental abilities—like memory, focus, and reasoning—ranging from typical age-related changes to severe conditions like dementia. It marks a decline in how the brain processes information, learns, or communicates, and can significantly impact daily life if it progresses to impairment.

REVIEWER'S REPORT

- 5. Medhya Rasayana refers to a group of Ayurvedic rejuvenative herbs and nootropic formulations traditionally used to boost memory, intellect, and cognitive function. The Sanskrit term translates directly to "intellect enhancer" and is prescribed to improve brain health, learning capacity, focus, and overall mental clarity.**
- 6. Neuroprotection refers to strategies and therapeutic agents designed to preserve neuronal structure and function, preventing or slowing the death of brain cells. It is a primary focus in treating acute injuries (like stroke) and chronic neurodegenerative diseases (like Alzheimer's, Parkinson's, and Multiple Sclerosis).**
- 7. Yoga is a holistic physical, mental, and spiritual practice that originated in ancient India. Pranayama—the conscious regulation and control of breath—is the fourth limb of the eight limbs of yoga, serving as a bridge between physical postures (asana) and deep meditation.**
- 8. Key words are good to understand research.**
- 9. Abstract is good.**
- 10. Result part should be clear with tables and graphs for values.**
- 11. Summary points also be added.**
- 12. References should be with alphabetical order.**
- 13. This research topic is excellent for medical research.**
- 14. Can be continued work with molecular level.**
- 15. After those changes good to publish in your journal.**