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REVIEWER'S REPORT

Manuscript No.: IJAR-58188

Title: Concept-to-Clinical Ayurvedic Management of Guillain Barr Syndrome with Special Emphasis on Ahara (Diet) and Yoga: A Narrative 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	√			
Techn. Quality		√		
Clarity			√	
Significance		√		

Reviewer ID: JP085

Reviewer's Comment for Publication.

This narrative review explores the Ayurvedic concept of Guillain–Barré Syndrome (GBS) with special emphasis on the supportive role of Ahara (diet) and Yoga during rehabilitation. The review correlates GBS with Vata Vyadhi in Ayurveda and discusses how a Vata-balancing diet, Rasayana therapy, and appropriate yogic practices may improve neuromuscular recovery, strength, respiratory function, and quality of life. The authors conclude that Ayurveda may serve as a complementary approach alongside modern rehabilitation, while emphasizing the need for further clinical research

Strength:

1. Covers a relevant and emerging topic in integrative medicine.
2. Clearly explains the Ayurvedic concept of GBS.
3. Well-organized and easy to understand.
4. Includes practical recommendations on diet and yoga.
5. Uses relevant classical Ayurvedic and modern references.
6. Highlights the need for future clinical studies.

Weakness:

1. Narrative review without a systematic search methodology.
2. No original clinical or experimental data.
3. Limited critical discussion of available scientific evidence.
4. Some recommendations are based mainly on traditional concepts.
5. More recent clinical evidence could strengthen the review.
6. Minor language and formatting corrections are needed.

Overall assessment:

The manuscript presents a useful overview of the potential supportive role of Ayurveda, diet, and yoga in the rehabilitation of Guillain–Barré Syndrome. It is well written and clinically relevant for integrative

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healthcare. However, stronger evidence from clinical studies and a more detailed literature review would improve the scientific quality.

Recommendation: Manuscript accepted for publication after minor revision.