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## REVIEWER'S REPORT

Manuscript No.: IJAR-58190

**Title: EVALUATING THE IMPACT OF STRUCTURED EXERCISE ON QUALITY OF LIFE IN PATIENTS WITH POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME: AN INTERVENTIONAL TRIAL.**

**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        | Excellent |      |      |      |
| Significance   | Excellent |      |      |      |

Reviewer's ID: Dr. Sumathi

### *Detailed Reviewer's Report*

- 1. Postural orthostatic tachycardia syndrome (POTS) is a disorder of the autonomic nervous system. Its hallmark is an excessive, rapid increase in heart rate (often  $\geq 30$  bpm for adults) and severe dizziness upon standing up. While there is no cure, symptoms can be managed through diet, exercise, and lifestyle changes.**
- 2. POTS stands for Postural Orthostatic Tachycardia Syndrome. It is a disorder of the autonomic nervous system that causes an excessive, rapid increase in heart rate (tachycardia) and lightheadedness when a person stands up from a sitting or lying position.**
- 3. Therapy exercises (therapeutic exercises) are structured physical or mental activities prescribed by healthcare professionals to restore function, relieve pain, and improve your daily quality of life. Depending on your needs, these targeted movements focus on building strength, increasing flexibility, improving balance, or enhancing cognitive processing.**
- 4. Quality of life refers to your overall well-being and happiness. It measures how comfortable, healthy, and fulfilled you feel. Unlike the**

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- "standard of living" (which relies strictly on income and wealth), it is highly subjective and depends on your personal goals and culture.**
- 5. The COMPASS-31 (Composite Autonomic Symptom Score-31) is a 31-question self-assessment tool used by healthcare providers to measure the severity and extent of autonomic nervous system dysfunction (dysautonomia).**
  - 6. Autonomic dysfunction, or dysautonomia, is a condition where the autonomic nervous system—which controls involuntary body functions like heart rate, blood pressure, digestion, and temperature—fails to work correctly. It causes a wide range of symptoms, including dizziness, fainting, fluctuating heart rate, and digestive issues.**
  - 7. Physiotherapy (often called physical therapy) is a healthcare profession that evaluates, diagnoses, and treats movement dysfunctions, injuries, and pain. It relies on hands-on care, customized exercise programs, and patient education to restore function, improve quality of life, and prevent future physical disabilities.**
  - 8. Key words are good.**
  - 9. Abstract is good.**
  - 10. Result part should be with graphs for tables.**
  - 11. Significant points are given good.**
  - 12. Summary points also be added.**
  - 13. References should be with alphabetical order.**
  - 14. After a small changes good to publish in your journal**