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REVIEWER'S REPORT

Manuscript No.: IJAR-58192

Title: MANAGEMENT OF KASHTARTAVA WITH SPECIAL REFERENCE TO 1 UDAVARTA YONIVYAPADA-CONCEPTUAL STUDY.

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. Kashtartava is an Ayurvedic term for painful menstruation (dysmenorrhea). Management focuses on balancing the *Vata dosha* (which regulates menstrual flow) and improving bodily channels (*Srotas*) to relieve spasms and ensure unobstructed flow.**
- 2. Yonivyapada is an umbrella term in Ayurveda for various gynecological disorders. It translates from Sanskrit to "diseases or disorders of the *Yoni*" (female reproductive system, including the vagina and uterus). These conditions primarily stem from a doshic imbalance—mostly involving *Vāta*, accompanied by *Pitta* and *Kapha*—and can impact menstrual health, fertility, and sexual well-being.**
- 3. Dysmenorrhoea is the medical term for painful menstrual cramps. It is divided into two main categories: primary dysmenorrhoea (severe cramps without an underlying condition) and secondary dysmenorrhoea (pain caused by an underlying medical issue like endometriosis or fibroids).**
- 4. Vataj Yonivyapada (also known as *Vatala Yonivyapad*) is a gynecological disorder in defined by the vitiation (imbalance) of the**

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Vata dosha within the female reproductive system . It is one of the 20 specific types of gynecological issues (*Yoni Vyapad*) described in ancient Ayurvedic texts.

5. Dysmenorrhea is the medical term for severe, painful menstrual cramps. It affects most menstruating individuals to some degree, but can become debilitating. It is generally categorized into two distinct types: primary (no underlying pelvic disease) and secondary (caused by a medical condition).
6. Key words are good but can be added more words.
7. Seems like over all information are less. Can be added more with discussion points.
8. Result part values with pictures must be needed.
9. Summary points also be added.
10. References are not sufficient can be added more with alphabetical order.
11. After those changes good to publish in your journal.