

REVIEWER'S REPORT

Manuscript No.: IJAR-58202

Title: Ayurvedic Perspectives on Dyslipidemia (Medoroga): 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	Excellent			
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

1. Dyslipidemia is an abnormal amount of lipids (cholesterol and triglycerides) in the blood. It typically means high "bad" cholesterol (LDL) or triglycerides, or low "good" cholesterol (HDL). This imbalance significantly raises the risk of atherosclerosis, heart attack, and stroke.
2. Medoroga is an Ayurvedic term for a metabolic disorder characterized by the excessive accumulation of *Meda dhatu* (body fat), directly correlating with modern conditions like obesity and dyslipidemia. It develops when faulty metabolism, a sedentary lifestyle, and overeating lead to an imbalance in the body's digestive and metabolic pathways.
3. Ayurveda, translating to "The Science of Life," is a 5,000-year-old holistic healing system from India . It focuses on preventive healthcare and treating the whole person—mind, body, and spirit—by balancing your unique constitution through daily routines, dietary changes, yoga, and herbal remedies.
4. Hyperlipidemia is the medical term for high levels of lipids (fats), such as cholesterol and triglycerides, in your blood. This excess fat can build up in your artery walls over time, forming plaque that

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restricts blood flow and significantly increases your risk of heart attack and stroke.

5. In Ayurveda, the Medovaha Srotas are the internal bodily channels responsible for the creation, circulation, and metabolism of adipose tissue (body fat). Maintaining the health of these channels is essential for supporting proper energy levels, joint lubrication, and preventing metabolic disorders like obesity or diabetes.
6. In Ayurveda, Meda Dhatu refers to the body's adipose tissue (fat) and is one of the seven foundational tissues (*Sapta Dhatus*). Its primary function is to provide lubrication, structural support, energy storage, and insulation. Healthy *Meda* nourishes the bones and regulates the body's neuroendocrine buffering.
7. Santarpana janya Vyadhi refers to a group of diseases in Ayurveda caused by excessive nourishment, overeating, or a sedentary lifestyle. These metabolic disorders occur when the body consumes more fuel than it can process, leading to the accumulation of toxins (Ama) and the vitiation of Kapha and Meda (fat tissue).
8. Key words and abstract are awesome.
9. Medically very good research.
10. Key points are given good .But in result part should be made tables with pictures.
11. References should be with alphabetical order.
12. Summary points also be added.
13. After those changes can be published.