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## REVIEWER'S REPORT

Manuscript No.: IJAR-58223

Title: **Sthaulya as a Santarpanottha Vyadhi: A Comprehensive Review of Ayurvedic Pathogenesis and Management.**

### 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. Sthaulya is an Ayurvedic term for obesity, characterized by the excessive and abnormal accumulation of *medas* (body fat), particularly in the abdomen, breasts, and buttocks . It is categorized as a disorder of fat metabolism (*medovaha srotas*) caused by a sedentary lifestyle, poor diet, and *Kapha* imbalance.**
- 2. Obesity is a chronic, relapsing disease characterized by excessive body fat that increases the risk of severe health conditions. It is formally diagnosed in adults using a Body Mass Index (BMI) of 30 or higher, which is calculated as weight in kilograms divided by height in meters squared ( $\text{kg} \div \text{m}^2$ )**
- 3. Santarpanottha Vyadhi (diseases of over-nourishment) are metabolic and lifestyle disorders in Ayurveda caused by excessive nutrition, rich diets, and a sedentary lifestyle. This over-consumption vitiates *Kapha Dosha* and *Meda Dhatu* (fat tissue), impairing digestion (*Agni*) and accumulating toxins (*Ama*).**
- 4. In Ayurveda, Medoroga (also known as *Sthaulya*) refers to a metabolic disorder characterized by the excessive accumulation and abnormal distribution of *Meda Dhatu* (adipose or fatty tissue) in the**

**REVIEWER'S REPORT**

body. It is often correlated with modern-day obesity and is considered a primary risk factor for conditions like diabetes and hypertension.

5. Kapha is one of the three mind-body types (doshas) in Ayurveda, governed by the earth and water elements. It provides physical structure, lubrication, and emotional stability. When balanced, Kapha brings strength, endurance, and calm. When out of balance, it can cause lethargy, weight gain, and congestion.
6. Ayurveda is a 3,000-year-old holistic healing system from India. Translating to "the science of life", its goal is to maintain or restore balance between the mind, body, and spirit. Because treatments rely heavily on dietary and herbal approaches, users are advised to consult a primary care provider before starting.
7. Ayurvedic pathogenesis (Samprapti) is the six-stage progression of disease caused by impaired digestion (*Agni*), toxin accumulation (*Ama*), and imbalanced life forces (*Doshas*). Management focuses on root causes through diet and lifestyle modifications, internal herbal remedies, and detoxification therapies to restore the body's dynamic equilibrium.
8. Key words are good.
9. Significant points are given good.
10. Result part for tables can be made graphs.
11. Summary points also be added.
12. References should be with alphabetical order.
13. After a small changes good to publish in your journal.