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## REVIEWER'S REPORT

Manuscript No.: IJAR-58237

Title: Agnimandya: 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		√		
Techn. Quality			√	
Clarity			√	
Significance		√		

Reviewer ID: JP085

### Reviewer's Comment for Publication.

This review article discusses the role of Ayurveda in the prevention and management of lifestyle disorders. It explains Ayurvedic principles such as Dinacharya, Ritucharya, Ahara (diet), Yoga, and Panchakarma and their importance in preventing diseases like obesity, diabetes, hypertension, and cardiovascular disorders. The authors conclude that adopting Ayurvedic lifestyle practices can improve overall health and reduce the burden of lifestyle diseases, although more scientific research is needed

### Strength:

1. Covers an important and relevant public health topic.
2. Well-organized and easy to understand.
3. Explains Ayurvedic concepts clearly.
4. Includes relevant classical and modern references.
5. Highlights preventive healthcare approaches.
6. Provides practical recommendations for healthy living.

### Weakness:

1. Narrative review without a systematic search strategy.
2. No original clinical or experimental data.
3. Limited critical comparison with recent scientific studies.
4. Some claims require stronger evidence and updated references.
5. Minor language and formatting errors are present.
6. More discussion on study limitations would strengthen the manuscript.

### Overall assessment:

The manuscript provides a useful overview of Ayurvedic approaches to lifestyle disease prevention and management. The topic is relevant and informative, but the scientific quality would improve with stronger evidence, a more critical discussion, and updated literature.

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**Recommendation:** Manuscript accepted for publication after minor revision.