

REVIEWER'S REPORT

Manuscript No.: IJAR-58264

Title: A Critical Review of *Amavata* and Its Ayurvedic 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		Good		
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

1. **Amavata is an Ayurvedic concept that closely correlates with modern Rheumatoid Arthritis (RA). It is characterized by severe joint pain, swelling, and morning stiffness. The condition arises when an imbalance in the digestive fire (*Mandagni*) creates toxic, undigested waste called *Ama*, which mixes with the *Vata dosha* and lodges in the joints.**
2. **In Ayurveda, *Mandagni* refers to a weak or sluggish digestive fire (*agni*). Because this low digestive power is primarily disturbed by the *kapha* dosha, it results in poor appetite, slow metabolism, a tendency to gain weight, and the buildup of toxic, undigested matter called *ama*.**
3. **Ayurvedic management focuses on balancing the three bodily energies—Vata, Pitta, and Kapha—using personalized diet, herbal medicine, yoga, meditation, and purification therapies like Panchakarma. The goal is to restore digestive fire (*Agni*) and remove metabolic toxins to achieve optimal physical and mental harmony.**
4. **Ayurvedic management is a holistic, traditional Indian system of medicine that creates personalized treatment plans based on your**

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unique mind-body constitution (dosha). It uses dietary changes, herbal medicine, yoga, meditation, and detoxification (Panchakarma) to restore physical and emotional balance and target the root cause of illnesses.

5. In Ayurveda, Deepana, Pachana, and Basti form the foundational sequence for gut health and systemic detoxification. Deepana ignites the digestive fire, Pachana breaks down toxic waste (*ama*), and Basti (therapeutic enema) purifies the system and restores balance.
6. Snehana (oleation) and Virechana (purgation) are foundational steps in the Ayurvedic detoxification process, Panchakarma. Snehana saturates tissues with medicated ghee or oils to loosen toxins. Virechana then purges them from the liver, gallbladder, and small intestine through controlled purgation.
7. Key words are good.
8. Significant points are good.
9. Result part should be clear with tables and graphs.
10. Summary points also be added.
11. References should be with alphabetical order.
12. After those changes can be published in your journal.