

REVIEWER'S REPORT

Manuscript No.: IJAR- 58306

Title: Management of Pharyngitis: An Ayurvedic and Modern 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		Good		
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

1. Pharyngitis is the medical term for inflammation of the pharynx (the back of the throat), commonly known as a sore throat. It is usually caused by viral infections like the common cold or flu, but can also be caused by bacteria like strep throat.
2. In Ayurveda, Galagraha refers to a throat-related disorder primarily caused by the vitiation of the *Kapha* dosha. It causes inflammation (*shotha*), difficulty swallowing, hoarseness, and pharyngeal edema, and is frequently correlated in modern contexts with conditions like acute or chronic pharyngitis (sore throat).
3. Ayurveda is a 5,000-year-old traditional system of medicine native to India. Its primary goal is to maintain the health and balance of the mind, body, and spirit by preventing illness through natural therapies, including dietary changes, herbal remedies, yoga, and meditation.
4. A sore throat is pain, scratchiness, or irritation of the throat that often worsens when swallowing. Most cases are caused by viral infections like the cold or flu and resolve within 3 to 10 days.
5. Integrative medicine is a whole-person, evidence-based approach to healthcare that combines conventional medical treatments with safe,

REVIEWER'S REPORT

researched complementary therapies (like acupuncture or yoga). It addresses physical, emotional, and lifestyle factors to treat the root causes of illness and support your body's natural healing mechanisms.

6. Integrative medicine combines conventional Western treatments with evidence-based complementary therapies to treat the "whole person" (mind, body, and spirit). It emphasizes lifestyle root causes and uses less invasive methods first.
7. Pharyngitis management depends on the cause. For viral infections, rely on supportive care like acetaminophen/ibuprofen and salt-water gargles. For bacterial causes like Strep throat (Group A Streptococcus), first-line treatment is a 10-day course of penicillin or amoxicillin. Consult a provider if symptoms last over a week or include white throat patches.
8. Management of pharyngitis depends on the cause. Viral pharyngitis requires supportive care (rest, fluids, and analgesics). Bacterial infections (like strep throat) require oral antibiotics (e.g., penicillin or amoxicillin). Supportive measures like salt-water gargles and throat lozenges also help alleviate discomfort.
9. Integrative medicine is an evidence-based healthcare approach that treats the whole person—mind, body, and spirit—rather than just an illness. It bridges conventional Western medicine (such as medications or surgery) with complementary therapies (like acupuncture, yoga, and herbal remedies) to optimize overall health, wellness, and natural healing.
10. Key words are good.
11. Abstract is good with significant points.
12. Result part should be focused to give tables with pictures and graphs.
13. Summary points also be added.
14. References should be with alphabetical order.
15. This research is medically very valued and can be continued to work with invivo molecular level.
16. After those changes can be published in your journal.