

REVIEWER'S REPORT

Manuscript No.: IJAR-58334

Title: Ayurvedic Management of Yakriddalyudara(Grade I-II Non-Alcoholic Fatty Liver Disease): A Case Report .

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. **Arogyavardhini Vati (or Arogyavardhini Rasa)** is a classical Ayurvedic formulation used to support liver health, aid digestion, and detoxify the body. It is traditionally used to balance the body's three doshas (Vata, Pitta, and Kapha).
2. **Arogyavardhini Vati** is a traditional Ayurvedic formulation designed to promote overall health and detoxify the body. Its name translates to "improver of good health". It is primarily used to support liver function, improve digestion, balance the body's three vital energies (doshas), and manage skin and weight-related issues.
3. **Hepatic steatosis**, also known as fatty liver disease, is the accumulation of excess fat (more than 5% of the liver's weight) inside liver cells. The two primary forms are metabolic dysfunction-associated steatotic liver disease (MASLD) and alcohol-related liver disease (ALD).
4. **Kumaryasava** is a traditional Ayurvedic fermented liquid tonic primarily used to support digestive, liver, and female reproductive health. Its core ingredient is Aloe Vera (Kumari), blended with herbs

REVIEWER'S REPORT

like Triphala, Chitraka, and jaggery, which undergo natural fermentation to yield 5-10% self-generated alcohol.

5. **Nonalcoholic Fatty Liver Disease (NAFLD)**—increasingly referred to as **Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)**—is a condition where excess fat builds up in the liver without heavy alcohol use. It is highly linked to obesity, type 2 diabetes, high blood pressure, and high cholesterol.
6. **Pathya and Apathya** are foundational Ayurvedic concepts representing wholesome (beneficial) and unwholesome (harmful) diets and behaviors. Pathya nourishes the body and mind without causing adverse effects, while Apathya disrupts physiological balance and leads to disease.
7. **Yakriddalyudara** is an Ayurvedic term referring to hepatomegaly (enlargement of the liver) and related distended abdominal conditions, such as fatty liver disease, alcoholic liver disease, and cirrhosis. It is classified under *Udara Roga* (abdominal diseases) and primarily stems from impaired metabolism and dietary habits.
8. **Alcoholic fatty liver disease** (now often called alcohol-associated liver disease) is the earliest, reversible stage of liver damage caused by heavy alcohol consumption. It occurs when excess fat builds up in liver cells. While it usually has no symptoms, complete abstinence from alcohol is the only proven treatment.
9. **Key words** are good.
10. **Abstract** is given significant.
11. **Summary points** also be added.
12. **Result part** is very impressive with tables and pictures.
13. **References** can be given with alphabetical order.
14. **After a small changes** good to publish in your journal.