

REVIEWER'S REPORT

Manuscript No.: IJAR-58351

Title: Randomized Controlled Study: Impact of 32 Week Nasal Douching Technique and Pranayama on Symptoms of Allergic Rhinitis.

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 manuscript presents a randomized controlled trial evaluating the effect of Jal Neti (nasal douching) and Pranayama as adjunctive therapy in patients with allergic rhinitis associated with asthma. The study demonstrates significant improvement in nasal symptoms, including nasal itching, sneezing, nasal discharge, and nasal obstruction, with greater and earlier improvement in the yoga intervention group compared to standard medical treatment alone.

Strength:

1. Clinically relevant and important research topic.
2. Randomized controlled study design.
3. Adequate sample size with long follow-up.
4. Clear statistical analysis and outcome measures.
5. Practical and cost-effective intervention.
6. Results are presented systematically.

Weakness:

1. Randomization and allocation concealment need more detail.
2. Blinding procedures are not described.
3. Trial registration and ethical approval details should be stated clearly.
4. Discussion could include more recent supporting literature.
5. Minor grammatical and formatting corrections are required.

Overall assessment:

The manuscript investigates a clinically relevant, non-pharmacological intervention for allergic rhinitis and presents encouraging findings supporting Jal Neti and Pranayama as adjunctive therapies. However, the manuscript requires clarification of methodological details (randomization, blinding, ethical approval,

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

REVIEWER'S REPORT

and trial registration), correction of inconsistencies in reporting, and minor language and formatting revisions before publication.

Recommendation: Manuscript accepted for publication after minor revision.