

REVIEWER'S REPORT

Manuscript No.: IJAR- 58357

Title: Primary Hyperhidrosis Across Adolescence and Middle Adulthood: An Evidence-Based Integrative Review of Epidemiology, Pathophysiology, Diagnosis, Contemporary Management, Constitutional Homoeopathic Therapeutics, and Comparative Materia Medica Differentiation,

Recommendation:

Accept after minor revision

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality			✓	
Clarity			✓	
Significance	✓			

Reviewer's ID: Bilqees Hamza

Detailed Reviewer's Report

The manuscript titled "Primary Hyperhidrosis Across Adolescence and Middle Adulthood: An Evidence-Based Integrative Review of Epidemiology, Pathophysiology, Diagnosis, Contemporary Management, Constitutional Homoeopathic Therapeutics, and Comparative Materia Medica Differentiation" offers a comprehensive, interdisciplinary synthesis of primary hyperhidrosis as a multifaceted neurocutaneous and autonomic regulatory disorder. The author successfully contextualizes the condition beyond the historical, reductionist view of a benign cosmetic or hygienic concern, framing it instead as a complex disorder involving autonomic nervous system dysregulation, central thermoregulatory alteration, and significant psychosocial morbidity. This shift in perspective is highly relevant given that primary hyperhidrosis frequently manifests during crucial developmental periods like adolescence and early adulthood, causing profound functional, emotional, and occupational impairments that track into middle age.

A major positive contribution of this manuscript is its balanced dual-framework approach. It meticulously outlines established biomedical mechanisms, detailing how focal, symmetrical hyperhidrosis arises from functional hyper-responsiveness of eccrine sweat glands stimulated by postganglionic sympathetic cholinergic fibers. Simultaneously, the review introduces an integrative medical dimension by exploring how constitutional homeopathy conceptualizes these excessive perspiration patterns as expressions of

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broader, systemic regulatory disturbances. By synthesizing modern dermatological data, validated diagnostic criteria like the Hyperhidrosis Disease Severity Scale and the Dermatology Life Quality Index, and historical homeopathic materia medica, the author builds a robust platform for academic dialogue between conventional autonomic neuroscience and complementary medicine. The clarity of the included diagnostic algorithms and comparative tables further enhances the utility of this work as an academic resource for researchers, educators, and clinicians interested in personalized medicine and systems biology.

Recommendations for Improvement

While the manuscript is exceptionally well-structured and thoroughly written, certain areas can be refined to enhance its academic rigor, objective clarity, and methodological transparency.

First, the integration between the modern systems biology framework and the homeopathic theoretical models requires a more nuanced critical evaluation. In the current draft, the author notes that modern precision medicine increasingly recognizes biological individuality and autonomic heterogeneity, which creates a conceptual convergence with constitutional assessment. However, to strengthen this section, the text should explicitly address the profound epistemological differences between the experimentally established mechanisms of sympathetic cholinergic neurotransmission and the vitalistic philosophy underpinning classical homeopathy. Expanding the discussion on how modern objective physiological biomarkers, such as gravimetric measurements or quantitative sudomotor axon reflex testing, can be practically applied in clinical trials evaluating complementary approaches would bridge this gap more effectively.

Second, the structured abstract and the results section rightly emphasize that high-quality, methodologically rigorous clinical evidence supporting the effectiveness of homeopathic interventions in primary hyperhidrosis remains limited and heterogeneous. This commendable candor should be extended to the comparative materia medica differentiation tables and clinical pearls sections. The manuscript would benefit from an explicit textual reinforcement indicating that the detailed remedy profiles provided serve as an academic mapping of traditional literature rather than clinically verified, standardized treatment protocols. Ensuring that the distinction between empirical dermatological guidelines and traditional therapeutic philosophy is explicitly highlighted throughout the text will protect the manuscript from appearing overly uncritical of low-evidence modalities.

Third, regarding the methodology of the literature search, the narrative review structure is appropriate for an integrative paper of this scope. However, adding brief data regarding the exact date range of the literature search or the total number of papers screened and included would improve methodological transparency. Additionally, while the author effectively describes the bidirectional relationship between

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psychological stress and hyperhidrosis, the review could be strengthened by explicitly discussing the role of cognitive behavioral therapy or mindfulness-based stress reduction as adjunctive measures within the comprehensive conventional management framework. Since emotional triggers via the cortical and limbic systems frequently precipitate sweating episodes, integrating a deeper analysis of structured psychological interventions would align perfectly with the paper's emphasis on holistic, patient-centered care.

Recommendation

In conclusion, this manuscript addresses a significant gap in integrative medicine literature by offering a rigorous, scrupulously organized overview of primary hyperhidrosis. The work manages to balance conventional dermatological guidelines with an academic analysis of alternative therapeutic philosophy, remaining transparent about the limitations of existing complementary research. The writing is highly professional, fluent, and conceptually sound. Therefore, I recommend this manuscript for publication with **Minor Revision** to address the minor clarifications and critical perspectives outlined above.