

REVIEWER'S REPORT

Manuscript No.: IJAR-58359

Title: Effects of Traditional Indian Antidiabetic Herbs and Their Role in Glycaemic Control: A Systematic 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	Excellent			
Significance	Excellent			

Reviewer's ID: Dr.Sumathi

Detailed Reviewer's Report

1. Endocrine diseases occur when the body's glands produce too much, too little, or incorrectly respond to hormones. These disorders disrupt core bodily processes like metabolism, growth, and reproduction. Common conditions include diabetes, thyroid disorders (hypothyroidism and hyperthyroidism), PCOS, and adrenal gland diseases.
2. *Gymnema sylvestre* is a woody climbing vine native to the tropical forests of India, Africa, and Australia. Known in Ayurveda as "sugar destroyer" (gurmar), its leaves are used in supplements to help block sweet taste receptors on the tongue, reduce sugar cravings, and support blood sugar management.
3. Hyperglycaemia is the medical term for high blood sugar. It occurs when the body has too little insulin or cannot use it properly, leaving excess glucose in the bloodstream. Common causes include missed medications, illness, overeating, and stress.
4. Antidiabetic herbs serve as alternative or complementary therapies to help lower blood glucose, improve insulin sensitivity, and mitigate

REVIEWER'S REPORT

diabetes complications. While many show strong therapeutic promise by targeting specific metabolic pathways, they must be used carefully alongside prescribed medications to avoid dangerous blood sugar drops.

5. Glycemic control refers to the management of blood sugar (glucose) levels within a target range to prevent both short-term emergencies (like hyperglycemia and hypoglycemia) and long-term complications. It is the foundation of diabetes management and metabolic health, typically involving a combination of diet, physical activity, and medical therapies.
6. A systematic synthesis of recent global clinical trials and meta-analyses confirms that several medicinal herbs serve as highly effective adjunctive therapies for managing blood glucose. They primary support glycemic control by lowering Fasting Plasma Glucose (FPG) and Glycated Hemoglobin (HbA1c) through distinct cellular mechanisms.
7. Antidiabetic herbs are medicinal plants that contain natural bioactive compounds capable of helping lower blood glucose levels and manage diabetes mellitus. They have been used for centuries in traditional systems of medicine, like Ayurveda and Traditional Chinese Medicine (TCM), and serve as the foundational source for several modern pharmaceutical diabetes drugs. For example, the frontline diabetes medication metformin was originally derived from the French lilac plant (*Galega officinalis*).
8. Key words are good . But can be added more words.
9. Flow chart of significant points are good and meaningful.
10. Pictures with values are good.
11. Summary points are also be added.
12. References are given sufficient and it can be align in alphabetical order.
13. After those changes good to publish in your journal.