

REVIEWER'S REPORT

Manuscript No.: IJAR- 58429

Title: *Ervaru*: An Underexplored Medicinal Plant in Ayurveda.

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

- Cucumis utilissimus*, commonly known as kakri or the long melon, is a popular summer vegetable. Botanically, it is a variety of the muskmelon species (*Cucumis melo*). It grows on creeping vines in India and Southeast Asia. The unripe fruit is long, green, and crisp, and tastes much like a traditional cucumber.
- Kakri is mostly eaten raw with salt and spices. It is great for hot summer days because it has very high water content and a cooling effect on your body. People also pickle or cook the fruit. The seeds are rich in oils and are often dried for health benefits.
- Ayurveda, originating in India over 3,000 years ago, is an ancient holistic healing system based on the belief that health depends on a delicate balance between the mind, body, and spirit. It emphasizes preventive strategies and natural treatments tailored to an individual's unique physical and mental constitution.
- Rasapanchaka is a foundational Ayurvedic system used to figure out how a plant or herb works in the body. It has five parts: Rasa (taste), Guna (physical property), Virya (potency), Vipaka (post-digestive

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- effect), and Prabhava (special effect). Together, these five rules predict a drug's exact healing actions.
5. Dosha karma is the ancient Ayurvedic practice of managing the body's three vital energy forces (doshas) to keep you healthy. It uses diet, massage, and cleansing steps to fix energy blocks. The goal is to bring your mind and body back into a natural, healthy balance.
 6. Medicinal plants are herbs, roots, or trees used to treat illnesses or promote health. They contain phytochemicals—natural chemicals plants make to survive. These compounds often act as mild medicines in the human body.
 7. Underexplored medicinal plants are species that have traditional Indigenous uses but lack modern scientific study. Many wild plants contain phytochemicals—naturally occurring plant chemicals that defend against disease. Scientists are trying to decode how these plants work to turn them into safe, modern medicines.
 8. Key words are good.
 9. Medicinal plants research helps to explore many compounds to cure many diseases.
 10. Result part is awesome with tables but for values can be made graphs for values.
 11. Summary points also be added.
 12. References should be with alphabetical order.
 13. After those changes good to publish in your journal.