

REVIEWER'S REPORT

Manuscript No.: IJAR-58583

Title: Menopausal Symptoms and Their Management Through Kalpas Described in Ayurvedic Samhitas: A Narrative 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		√		
Techn. Quality		√		
Clarity		√		
Significance		√		

Reviewer ID: JP085

Reviewer's Comment for Publication.

This manuscript presents a narrative review on the Ayurvedic management of menopausal symptoms using classical Kalpas described in Ayurvedic Samhitas. The review is well organized and explains the Ayurvedic perspective of menopause (Rajonivritti) along with various formulations that may help manage menopausal symptoms. The topic is relevant and useful for Ayurveda practitioners and researchers. However, the review would be stronger with more clinical evidence and a clearer description of the literature search method.

Strength:

1. The review addresses an important women's health topic.
2. Ayurvedic concepts are explained in a simple and systematic manner.
3. A wide range of classical Ayurvedic formulations is included.
4. The manuscript is well organized with symptom-wise discussion and tables.
5. The conclusion highlights the need for future clinical research.

Weakness:

1. This is a narrative review, so the search strategy and article selection process are not described in detail.
2. Most recommendations are based on classical texts, with limited clinical evidence from recent studies.
3. The review does not critically compare Ayurvedic management with modern treatment approaches.
4. The effectiveness and safety of the suggested formulations are not discussed in detail.
5. Minor language and formatting corrections are required to improve readability.

Overall assessment:

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This manuscript provides a useful overview of Ayurvedic approaches for managing menopausal symptoms. It is informative, easy to understand, and supported by classical references. Including more recent clinical evidence and improving the review methodology would further strengthen the manuscript.

Recommendation: Manuscript accepted for publication after minor revision.