

REVIEWER'S REPORT

Manuscript No.: IJAR-58585

Title: A Review Article on Role of Ayurved in Muscle Health and Nutrition

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 Name: Dr S. K. Nath

Detailed Reviewer's Report

Strength of the study:

- The review addresses a relevant topic linking Ayurveda with modern muscle nutrition
- The objectives are clearly defined and easy to understand
- Classical Ayurvedic concepts are correlated with current scientific knowledge
- Literature sources include both traditional texts and modern databases
- The manuscript is logically organized with clear thematic sections
- Practical dietary and lifestyle recommendations are included
- The conclusion highlights the need for future interdisciplinary research

Weakness of the study:

- The review is narrative and lacks systematic methodology
- Quality assessment of included studies was not performed
- Ethical statement for the review is not mentioned
- Some correlations remain theoretical without sufficient clinical evidence
- Minor grammatical and formatting errors require correction
- Recent high quality clinical evidence could be discussed further
- Greater critical analysis would strengthen the scientific discussion

Reviewers Comments:

This manuscript presents a comprehensive overview of the Ayurvedic perspective on muscle health and nutrition by integrating the concepts of Mamsa Dhatu, Agni, Dhatu Poshana, and Rasayana with contemporary understanding of muscle physiology. The topic is relevant and provides useful insights for readers interested in integrative medicine and nutrition. The review is well organized, and the literature has been presented in a logical sequence with appropriate references. The language is generally clear, although minor grammatical errors, formatting inconsistencies, and repetitive statements should be corrected to improve readability. As this is a narrative review based on published literature, formal ethical clearance is generally not required, but a statement clarifying this should be included according to journal policy. The review is limited by the absence of systematic evidence synthesis and critical appraisal of the included studies. Overall, the manuscript is informative, balanced, and contributes valuable perspectives for future research in Ayurvedic and modern muscle health.

Previously Published anywhere/Plagiarism check:

The manuscript appears to be an original narrative review prepared from published scientific and classical literature, and no obvious evidence of duplicate publication was identified during review. No clear indication of plagiarism was observed. However, a routine plagiarism similarity check should be performed by the journal before publication to confirm originality and adherence to publication ethics.