

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		Good		
Techn. Quality	Excellent			
Clarity		Good		
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

1. Ayurveda means the "science of life" or "knowledge of longevity," originating from ancient India as a traditional holistic health system. The word comes from two Sanskrit roots: *ayuh* (life) and *veda* (knowledge or science).
2. Muscle nutrition is the intake of specific foods and nutrients—primarily protein, carbohydrates, and calories—used to repair, recover, and grow muscle tissue after exercise.
3. that aims to balance the body, mind, and spirit using specific diets, herbal medicines, and lifestyle changes. It views health as a state of inner harmony among three energy forces known as doshas (*vata*, *pitta*, and *kapha*).
4. Optimizing muscle health requires a balanced intake of macronutrients to repair tissue and micronutrients to support function. Consuming 0.73 to 1.0 g of protein per pound of body weight is critical, alongside complex carbs for energy and healthy fats for hormone regulation.
5. Muscle health and nutrition refer to maintaining the strength, mass, and metabolic function of your muscles through proper food,

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- hydration, and movement. It focuses on eating the right nutrients to repair tissue, create energy, and prevent age-related muscle loss.
6. In Ayurveda, Mamsa Dhatu is the third of the seven foundational body tissues (*dhatu*s). Primarily corresponding to muscle tissue, it provides structural integrity, physical strength, and protection to vital organs. Derived from the Sanskrit word for "holding firm," it facilitates movement and maintains bodily form.
 7. Dhatu Poshana is the core Ayurvedic concept of tissue nourishment, explaining how food transforms into the seven vital body tissues (Sapta Dhatus): Ksheera Dadhi Nyaya (law of transformation), Kedari Kulya Nyaya (law of transmission/irrigation), and Khale Kapota Nyaya (law of selective uptake).
 8. Agni, Brimhana, and Rasayana are core foundational concepts in Ayurveda representing digestive fire, nourishing therapy, and rejuvenation. They work together in a step-by-step approach to build health, strength, and long life.
 9. Abstract and significant points are good.
 10. But only given theoretical information. Can be included result part with discussion.
 11. Tables and graphs can be included in result part.
 12. Summary points also be added.
 13. With out result and discussion part not able to publish in your journal. It would be good to the journal.
 14. After those changes good to publish in your journal.