

REVIEWER'S REPORT

Manuscript No.: IJAR-58603

Title: A Case Report on Clinical Improvement in Manyastambha through targeted Ayurvedic therapy.

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. Manyastambha is an Ayurvedic condition defined by neck stiffness, pain, and limited head movement. It is closely linked to Vata dosha imbalance, cervical stiffness, and modern conditions like cervical spondylosis.
2. Cervical spondylosis is age-related wear and tear affecting the bones, disks, and ligaments of the neck. It often causes neck pain, stiffness, and—if nerves get squeezed—tingling or weakness in the arms. You can learn more about clinical evaluations and treatment pathways through resources like.
3. Vataja Nanatmaja are unique diseases in Ayurveda caused by the upset of only the Vata dosha, without help from Pitta or Kapha. Classical texts list 80 specific types of these conditions, which often bring pain, stiffness, and shaking.
4. Steadiness or stability of the neck (*greeva* means neck, and *sthirata* means stability or firmness) in Sanskrit. It is a fundamental concept in yoga, meditation, and traditional Indian posture principles focusing on alignment and ease.

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5. Ruksha Baluka Sweda is a traditional Ayurvedic dry-heat fomentation therapy that uses hot, purified sand (*baluka*) tied in a cloth poultice (*potli*) to relieve joint stiffness, reduce swelling, and digest localized toxins (*ama*).
6. Vatvidhwansan Ras is a classical Ayurvedic mineral-herbal medicine used to manage Vata dosha disorders, joint pain, and neurological issues. It typically contains purified minerals, metals (like copper and mica ash), and herbal powders.
7. Clinical improvement is a positive change in a patient's health, marked by fewer symptoms, better lab results, or overall recovery. It also refers to systematic efforts by healthcare teams to make medical care safer and more effective.
8. uses personalized herbal mixtures, specific cleansing steps, and tailored lifestyle adjustments to fix specific health imbalances. It focuses on your unique body type and specific symptoms rather than using a single fix for everyone.
9. pacify the vitiated Vata and Kapha doshas, primarily using Abhyanga (medicated oil massage), Swedana (herbal sweat/fomentation), and Nasya (nasal administration of medicines).
10. Key words are good.
11. Research topic is medically very valued one.
12. Result part is awesome with tables. But can be made graphs for values.
13. Abstract is impressive.
14. Conclusion point is significant.
15. Summary points only can be included.
16. References should be with alphabetical order.
17. After those changes good to publish in your journal.