

REVIEWER'S REPORT

Manuscript No.: IJAR-58862

Title: A Survey Study of Daihika Prakriti in Jangala Pradesh w.s.r Diet & Dietary Habits.

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 article studies Daihika Prakriti in people living in the Jangala Pradesh of Rajasthan and discusses its relation to diet and dietary habits. The study included 200 healthy volunteers from 10 districts of Rajasthan. A standardized CCRAS Prakriti assessment tool was used. The study found that Vata-Pitta Prakriti was the most common type (51.5%).

Strength:

1. The topic is interesting and relevant to Ayurveda.
2. The study includes a good number of participants (200).
3. The inclusion and exclusion criteria are clearly given.
4. Participants were selected from different districts of Rajasthan.
5. A standardized CCRAS Prakriti assessment tool was used.
6. Results are presented in tables and percentages.
7. The article connects Prakriti, diet and environmental conditions.

Weakness:

1. The title focuses on diet and dietary habits, but detailed information about diet is limited.
2. The method of simple random sampling is not explained properly.
3. Nearly half of the participants were from Jodhpur, so the sample may not represent all districts equally.
4. Statistical tests are not provided to show whether the findings are significant.
5. Some conclusions are stronger than what the study results can support.

Overall assessment:

The article has a good and relevant Ayurvedic topic and provides useful information about Prakriti among people living in western Rajasthan. However, the manuscript needs improvement in methodology,

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

REVIEWER'S REPORT

statistical analysis, dietary assessment, discussion, language and presentation. The conclusions should also be limited to what the study actually demonstrates.

Recommendation: Manuscript accepted for publication after minor revision.