

REVIEWER'S REPORT

Manuscript No.: IJAR-58987

Title: Microplastics as an Emerging Health Concern: Preventive Insights from Ayurveda

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.

The article discusses an important and modern environmental health problem. It explains how people may be exposed to microplastics and tries to connect modern evidence with Ayurvedic preventive concepts. The topic is interesting, but several scientific and methodological points need improvement.

Strength:

1. Important and current topic.
2. Covers exposure routes and possible health effects.
3. Provides useful preventive measures.
4. Connects modern science with Ayurvedic principles

Weakness:

1. Review methodology is not explained clearly.
2. Some claims lack strong scientific evidence.
3. Ayurvedic benefits are sometimes overstated.
4. References, tables, figures, and language need correction.

Overall assessment:

The article is interesting and relevant but requires major revision to improve scientific evidence, methodology, and clarity. The review method, references, tables, and figures also need improvement.

Recommendation: Manuscript accepted for publication after minor revision.