

REVIEWER'S REPORT

Manuscript No.: IJAR-59037

Title: EMOTIONAL EXPRESSION AS PREVENTIVE MEDICINE: AN AYURVEDIC PERSPECTIVE ON ASHRU VEGA DHARANA

Recommendation:

Accept as it is

Accept after minor revision...

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Accept after major revision

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality	Excellent			
Clarity	Excellent			
Significance	Excellent			

Reviewer's ID: Dr.Sumathi

Detailed Reviewer's Report

1. In Ayurveda, Adharaniya Vega refers to the 13 non-suppressible natural urges of the body that must never be resisted. The term *Adharaniya* translates to "not to be suppressed" and *Vega* means "urge" or "reflex"
2. Early Ayurvedic scholars, including Acharya Charaka and Vagbhata, identified the regular suppression of these physiological demands (*Vega Dharana*) as a primary cause of disease. Suppressing them disrupts the natural flow of bodily intelligence—specifically Apana Vata—leading to physical imbalances and metabolic disorders.
3. Stress hormones are signaling molecules released by the body during physical or mental tension to trigger a fight-or-flight response and promote survival.
4. Stress hormones are chemical messengers released by your endocrine glands to help your body adapt to, survive, and escape real or perceived threats. When your brain senses danger, it triggers a chain reaction along the hypothalamic-pituitary-adrenal (HPA) axis, prompting your adrenal glands to flood your bloodstream with these vital survival chemicals.

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5. While they are essential for your day-to-day survival—helping regulate your metabolism, blood pressure, and immune system—problems arise when chronic daily worries keep these systems constantly activated.
6. Emotional expression is the outward display or communication of an internal emotional state through verbal, nonverbal, or behavioral actions.
7. Emotional expression is the observable verbal or nonverbal behavior that communicates an internal emotional state or attitude. It serves as a vital bridge between our internal experiences and the social world, allowing us to convey feelings, thoughts, and intentions through channels like facial movements, body posture, vocal tone, and explicit language. Driven heavily by evolutionary psychology, researchers view these displays as essential survival mechanisms that improve communication, safety, and cooperation.
8. Preventive medicine is a medical specialty focused on protecting, promoting, and maintaining health while preventing disease, disability, and premature death. Instead of treating illnesses after they occur, preventive healthcare uses proactive measures to stop diseases before they start or catch them early enough to reverse or manage them effectively.
9. An Ayurvedic perspective is a holistic, time-tested approach to health that focuses on achieving ecological and constitutional balance within the body, mind, and environment. Originating in India more than 5,000 years ago, Ayurveda translate directly from Sanskrit as "the science of life". Unlike modern medicine, which often prioritizes treating disease after it manifests, Ayurveda emphasizes prevention, daily lifestyle interventions, and personalized care based on an individual's unique biological makeup.
10. Key words can be added more significant words.
11. Abstract is good.
12. Significant points with key points are good.
13. Result part can be made tables with graphs.
14. Summary points also be added.
15. References should be with alphabetical order.
16. After those changes good to publish in your journal.