

REVIEWER'S REPORT

Manuscript No.: IJAR-59082

Title: *Integrative Yoga and Naturopathic Management for Hypothyroidism with Co-existing Musculoskeletal Pain: A Case Report*

Recommendation:

Accept as it is

Accept after minor revision.....

Accept after major revision ☒

Do not accept (*Reasons below*)

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

Reviewer's Name: *Mr Sahil Srivastava*

Detailed Reviewer's Report

General Evaluation

The manuscript presents an interesting case of a 43-year-old female with long-standing hypothyroidism and co-existing cervical spondylitis, right frozen shoulder, plantar fasciitis, and migraine. The authors describe a 12-day integrated intervention involving naturopathy, yoga, physiotherapy, dietary modification, hydrotherapy, massage, acupuncture, moxibustion, and heliotherapy. Improvements are reported across several clinical assessment tools, including VAS, SPADI, NDI, Billewicz Index, MIDAS, Foot Function Index, and shoulder range of motion.

The topic is relevant to integrative healthcare and may be of interest to clinicians and researchers working in complementary medicine, rehabilitation, and musculoskeletal management. The detailed intervention schedule and use of multiple clinical outcome measures are notable strengths. However, some methodological and reporting aspects require clarification before the manuscript can be considered suitable for publication.

The following comments are intended to improve the scientific rigor, transparency, and readability of the manuscript.

Major Comments

1. Clarification of the primary objective is recommended

The manuscript addresses both hypothyroidism-related symptoms and multiple musculoskeletal conditions. However, the primary clinical objective of the intervention is not sufficiently defined.

The authors should clarify whether the principal focus was:

- Improvement in hypothyroidism-related symptoms
- Reduction in musculoskeletal pain and disability
- Improvement in physical mobility
- Comprehensive supportive management of co-existing conditions

A more clearly stated objective would help readers understand the clinical significance of the case and interpret the reported outcomes appropriately.

2. Additional baseline clinical and laboratory details would strengthen the report

The manuscript mentions that laboratory investigations were conducted, but the corresponding results are not presented in the available case description. Since the patient had hypothyroidism for 13 years and was

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receiving Thyronorm 100 mcg daily, relevant thyroid-function parameters would be valuable for interpreting the case.

The authors are encouraged to provide available baseline and post-intervention laboratory findings, particularly:

- TSH
- Free T4
- Other thyroid-related parameters, where available
- Relevant metabolic parameters
- Any investigations relevant to the musculoskeletal complaints

If these investigations were not performed or were unavailable, this should be stated clearly as a limitation.

3. The multimodal nature of the intervention should be acknowledged more explicitly

The intervention involved several therapies administered concurrently over 12 days. The treatment schedule is described in detail in Tables 1 and 2, which is useful for reproducibility.

However, because the intervention was multimodal, it is not possible to determine which individual component contributed most to the observed improvement.

The Discussion should therefore explicitly acknowledge that the findings represent the outcome of an integrated treatment package rather than the effect of any single therapy.

A suitable statement could be:

“As multiple interventions were administered simultaneously, the independent contribution of each component to the observed clinical improvements cannot be determined.”

4. The dietary and fasting protocol requires additional explanation

The manuscript describes a structured dietary regimen involving raw diets, juice fasting, and naturopathic boiled diets.

To improve clinical transparency, the authors should clarify:

- Whether the fasting protocol was medically supervised
- Whether thyroid medication was continued without interruption
- Whether the patient experienced any adverse symptoms during fasting
- Whether relevant vital or metabolic parameters were monitored
- Whether the diet was individualized according to the patient's clinical condition

The manuscript states that medication was supervised by the treating physician, which is reassuring, but further details would improve the safety reporting.

5. The inconsistency in VAS reporting should be corrected

An important numerical discrepancy is present in the manuscript.

In Table 3, the VAS score is reported as:

10/10 before treatment and 3/10 after treatment

However, the Discussion reports:

VAS score decreased from 8 to 3.

The authors should verify the original assessment record and ensure that the correct value is reported consistently throughout the manuscript.

This correction is necessary for maintaining internal consistency and data reliability.

6. Outcome assessment procedures should be described in greater detail

The manuscript appropriately uses several standardized assessment instruments. However, additional methodological information would improve the credibility and reproducibility of the findings.

The authors should clarify:

- Whether validated versions of the scales were used
- Who administered the assessments
- Whether the same assessor conducted pre- and post-treatment measurements
- Whether the assessor was independent of the treating team

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- Whether the shoulder range of motion was measured using a goniometer
- Whether the ROM assessment represented active or passive movement

These details are particularly important for subjective scales and physical measurements.