

REVIEWER'S REPORT

Manuscript No.: IJAR-59327

Title: Panchakarma in Stroke Rehabilitation: Integrating Ayurvedic Principles with Contemporary Neuro-rehabilitation.

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. A stroke is a medical emergency that happens when blood flow to part of the brain is blocked or a blood vessel in the brain bursts, causing brain cells to die.
2. A stroke—often called a "brain attack"—is a life-threatening medical emergency that occurs when the blood supply to part of the brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients. Within minutes, brain cells begin to die.
3. Rehabilitation (often shortened to "rehab") is the process of restoring someone or something to a healthy, functional, or original state after a period of illness, injury, addiction, crime, or decay. Derived from the Latin roots meaning "to make fit again," the term is used across several major fields.
4. Neuroplasticity is the lifelong capacity of the brain and nervous system to change, adapt, and reorganize its structural and functional connections in response to learning, experience, environment, and injury.
5. Neuroplasticity is the brain's lifelong ability to physically change, reorganize, and adapt its structural and functional connections in response to new experiences, learning, environmental changes, or

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injuries. For decades, scientists believed the adult brain was completely fixed, but modern neuroscience has proven that your neural networks remain dynamic and shapeable throughout your entire life.

6. Panchakarma—an Ayurvedic detoxification and rejuvenation therapy—is sometimes used as an adjunctive, integrative approach alongside conventional physiotherapy in stroke (known as *Pakshagatha* in Ayurveda) rehabilitation.
7. Panchakarma is an Ayurvedic multi-stage purification and rejuvenation protocol utilized as an adjunctive approach in stroke—correlating to *Pakshaghata*—to alleviate spasticity, enhance local blood flow, and nurture neurological tissue, though contemporary clinical evidence shows it is not superior to conventional physical therapy for primary motor recovery.
8. In classical Ayurveda, a stroke presents as hemiplegia or paralysis and is classified as a severe derangement of the *Vata dosha* (*Vata Vyadhi*). Traditional rehabilitation aims to clear internal toxins (*Ama*), restore metabolic fire (*Agni*), and nourish deeper nerve tissues (*Dhatus*) using external oleation, sudation, and specialized eliminatory treatments.
9. Integrating Ayurvedic principles into contemporary clinical practice requires bridging two distinct medical paradigms: the biochemically driven model of modern Western medicine and the biophysically oriented, holistic model of traditional Indian medicine.
10. This integration positions traditional frameworks like Prakriti (individual constitution) and Tridosha (functional energies) alongside contemporary disciplines such as systems biology, microbiome research, and personalized preventive care. By doing so, clinicians can utilize ancient Indian medical knowledge as an adjunctive framework for managing chronic, metabolic, and stress-related conditions.
11. Key words are good .
12. Research topic is very useful for medicine.
13. Summary points only can be added.
14. References should be with alphabetical order.
15. After a small changes good to publish in your journal.

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