

REVIEWER'S REPORT

Manuscript No.: IJAR-59355

Title: Mental Health in Growing Children and Adolescents: A Review of Stress Physiology and Ayurvedic Perspectives.

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 Name: Dr S. K. Nath

Detailed Reviewer's Report

Strength of the study:

- Relevant and important child health topic
- Combines modern and Ayurvedic perspectives
- Stress physiology is clearly explained
- HPA and SAM pathways are discussed
- Ayurvedic concepts are presented systematically
- Childhood and adolescent factors are considered
- Preventive lifestyle measures are discussed
- Satvavajaya Chikitsa is appropriately described
- Parental support is highlighted
- Recent literature is included

Weakness of the study:

- Review methodology is not sufficiently detailed
- Search databases and search dates are not clearly specified
- No inclusion or exclusion criteria are provided
- No formal quality assessment is reported
- Some Ayurvedic concepts are difficult to relate to modern diagnoses
- Therapeutic claims require stronger clinical evidence
- Pediatric safety of herbal interventions needs greater discussion
- Some references do not directly support specific claims
- Grammar and spacing require extensive correction

Reviewers Comments:

The manuscript addresses an important and relevant subject by discussing mental health in children and adolescents from both modern stress physiology and Ayurvedic perspectives. The explanation of the SAM and HPA stress pathways and the Ayurvedic concepts of Manas, Rajas, Tamas and Satvavajaya Chikitsa provides a useful interdisciplinary framework. However, major revision is required. Ethical clearance is not applicable because this is a literature-based review, but this should be clearly stated. The methodology needs substantial improvement, particularly the literature search strategy, databases searched, search period, selection criteria and method of assessing the quality of evidence. The manuscript sometimes presents Ayurvedic concepts as closely corresponding to modern psychiatric conditions, although the authors appropriately state that these are conceptual rather than diagnostic equivalents. Claims regarding Medhya Rasayana, Shirodhara and other interventions in children should be presented cautiously because evidence, dosage, formulation and safety vary considerably. The paper also requires extensive grammar, spacing, terminology and reference-format corrections. Overall, the topic is valuable, but the evidence synthesis needs strengthening before publication.

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Previously Published anywhere/Plagiarism check:

An exact title search did not identify the same publication. However, several recent reviews have examined child and adolescent mental health, stress, lifestyle factors and Ayurvedic approaches. The present manuscript has a broader integrative focus, but some subject overlap is expected. A formal similarity check is recommended to confirm originality before publication.