

REVIEWER'S REPORT

Manuscript No.: IJAR-59480

Title: Polyherbal Approaches in the Management of Hypertension: A Review on Synergistic Effects of Medicinal Plants.

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 reviews the potential use of four medicinal plants—Terminalia arjuna, Tribulus terrestris, Allium sativum, and Moringa oleifera—for managing hypertension. It discusses their phytochemicals, possible mechanisms of action, and the benefits and limitations of polyherbal formulations. The article highlights the need for further research and clinical trials to confirm their safety and effectiveness.

Strength:

1. The article discusses an important topic related to hypertension management.
2. Four medicinal plants with potential antihypertensive activity are discussed.
3. The phytochemicals and possible mechanisms of action are explained.
4. Tables help present the plant constituents and their activities.
5. The article discusses the advantages and limitations of polyherbal formulations.
6. The importance of standardization and clinical trials is highlighted.
7. Future research directions are included.

Weakness:

1. The method used to search and select research articles is not clearly explained.
2. There is limited evidence to prove that combining all four plants gives better results.
3. More details about the studies, including dosage, sample size, and results, are needed.
4. The safety, side effects, and interactions of these herbs with other medicines are not discussed in sufficient detail.
5. Some claims about the benefits of herbal formulations are not supported by strong evidence.
6. Some scientific details in the tables need to be checked and corrected.

Overall assessment:

The article provides a general overview of medicinal plants and their possible role in hypertension management. However, the review lacks a clearly described literature-search method and sufficient

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evidence to support some claims about synergistic effects. The scientific information, references, and safety aspects also need improvement. A more critical comparison of published studies would strengthen the article.

Recommendation: Manuscript accepted for publication after major revision.