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| Book Name: | [**Medical Science: Recent Advances and Applications**](https://bookstore.bookpi.org/product/medical-science-recent-advances-and-applications-vol-1/) |
| Manuscript Number: | **Ms\_BPR\_5665** |
| Title of the Manuscript: | **Vegetarian Diets, Ayurveda, and the Case for an Integrative Nutrition Science** |
| Type of the Article | **Book Chapter** |

**Special note:**

**A research paper already published in a journal can be published as a Book Chapter in an expanded form with proper copyright approval.**

**Source Article:**

**This chapter is an extended version of the article published by the same author(s) in the following journal.**

**Medicina, 57(9), 858, 2021.**

**Available:** [**https://doi.org/10.3390/medicina57090858**](https://doi.org/10.3390/medicina57090858)

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| PART 1: Comments | | |
|  | Reviewer’s comment **Artificial Intelligence (AI) generated or assisted review comments are strictly prohibited during peer review.** | Author’s Feedback *(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.** | **This theme of this manuscript looks very important and interesting also.**  **As far as concerned about its suitability to content, some fundamental areas of diet and nutrition are missing which can be added before statements of study results.** |  |
| **Is the title of the article suitable?**  **(If not please suggest an alternative title)** | **Vegetarian Diet, Ayurveda and an Integrative Nutrition Science** |  |
| Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here. | Type of diet i.e., vegetatian and non vegetarian, has always been in perplexing status among health seekers as well as health care professional. Two recent studies of the health effects of vegetarian diets reported conflicting results: one study at EPIC- Oxford reported a significant increase in strokes among vegetarians compared to meat - eaters among a predominantly Caucasian cohort, while another one which was performed on Taiwanese Buddhists, reported significantly lower incidence of strokes among vegetarians.  This was doubly puzzling given the pronounced decrease in cardiovascular events among the EPIC-Oxford group. In this article, we make a detailed comparison of the actual dietary intake of various food groups by the cohorts in these studies. We then use the nutritional principles of Ayurveda—traditional Indian medicine—to show how these apparently contradictory results may be explained. Systems of traditional medicine such as Ayurveda possess profound knowledge of the effects of food on physiology. Ayurveda takes into account not just the type of food, but also multiple other factors such as taste, temperature, time of consumption and many more. Traditional cuisines have evolved hand in hand with such systems of medicine to optimize nutrition in the context of local climate and food availability suitable to specific geographical areas. Harnessing the experiential wisdom of this traditional system to create an integrative nutrition science would help to fight against ongoing epidemic of chronic lifestyle diseases by prvoding better health and wellbeing to the society.  **Keywords:** Ayurveda; Dosha; Diet, Integrative nutrition, Prakriti; stroke; vegan; vegetarian; |  |
| **Is the manuscript scientifically, correct? Please write here.** | Contente of point “Vegetarianism and Ayurveda” doesn’t look not justifying it.Ayurvedic terminology needs first letter capital along with italicsContent arrangement with addition of some required subject will make this better in terms of scientific presentation |  |
| **Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.**  **-** | **References are good and workable.**  **These references can be utilized in a better way to enhance the quality of manuscript.** |  |
| Is the language/English quality of the article suitable for scholarly communications? | Grammatical correction is required at many places to match the stansards of this topic and reader community |  |
| Optional/General comments | Good attempt.  This innovative awareness is suitable for current health scenario |  |

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| **PART 2:** | | |
|  | Reviewer’s comment | Author’s comment *(if agreed with the reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Are there ethical issues in this manuscript?** | *(If yes, Kindly please write down the ethical issues here in detail)* |  |

**Reviewer details:**

**Apexa G. Vyas , Institute of Teaching and Research in Ayurveda (ITRA), India**