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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 chapter provides an important and topical discussion that links Ayurvedic dietary principles with contemporary nutrition science. It examines the differences between two cohort studies on the risk of stroke and vegetarianism from an Ayurvedic perspective, indicating that traditional dietary paradigms have significant explanatory value. Because it offers a fresh, integrative nutritional strategy that honours both historical conventional wisdom and current empirical data, the paper is significant. The writers stress nutrition personalisation by emphasising elements such as timing, food preparation, and individual constitution (prakriti). Medical anthropologists, dietitians, researchers studying Ayurveda, and practitioners of integrative medicine will find this chapter useful. It promotes interdisciplinary dialogue, which is becoming more and more crucial in light of chronic illnesses and health issues linked to lifestyle choices. |  |
| **Is the title of the article suitable?**  **(If not please suggest an alternative title)** | The title is clear and effective. It accurately conveys the thematic connection between vegetarian diets, Ayurveda, and the proposition of a new integrative nutritional framework. |  |
| 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. | Although it may be improved, the abstract is reasonably thorough. Although it presents Ayurveda as a lens and highlights the main problem (conflicting study conclusions), it should:   * Clearly state the primary finding or theory drawn from the Ayurvedic viewpoint. * Give a clearer explanation of the integrated nutrition framework. * Use clearer, more succinct language to highlight your individuality and contribution. |  |
| **Is the manuscript scientifically, correct? Please write here.** | The manuscript is conceptually and philosophically sound. It employs a comparative approach, steers clear of overgeneralisation, and carefully evaluates cohort data. It interprets the available data in a novel way, even though it is not empirical in and of itself. It complies with medical history, cultural relevance, and logical consistency. |  |
| **Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.**  **-** | The references are both classical (Ayurveda texts) and contemporary. There is an appropriate mix of peer-reviewed clinical studies, traditional literature, and recent reviews (up to 2023–2024). To strengthen the clinical relevance, the authors may consider adding:   * A 2022/2023 review on integrative dietary models in high-impact journals like *Nutrients* or *The Lancet Regional Health*. |  |
| Is the language/English quality of the article suitable for scholarly communications? | The manuscript is readable and well-written. It makes use of proper academic language and tone. Some sections, particularly those that move between contemporary science and Ayurvedic interpretations, might benefit from minor editorial improvements to increase clarity. |  |
| Optional/General comments | An intriguing and distinctive addition to the expanding topic of integrative nutrition is made by this book chapter. The authors draw attention to apparent inconsistencies in current data by closely examining two significant studies on the relationship between vegetarian diets and the incidence of strokes. They then offer a nuanced interpretation based on Ayurvedic principles. Particularly in Asian and Indian cultures where traditional dietary knowledge has developed over ages, this method is not only innovative but also culturally relevant.  The manuscript blends traditional Ayurvedic sources and biomedical knowledge with depth without going too far. In the current context of nutrition, where the shortcomings of reductionist dietary models are becoming more widely recognised, this integrative lens is essential. An intriguing theory that can inspire more investigation is presented in the discussion of "dosha" imbalances and its possible connection to varied stroke risk.  For the most part, the language is academic and unambiguous. Small style changes would make the work easier to read, but they don't take away from its overall academic value. In addition, the manuscript follows scientific writing guidelines in terms of organisation and argument clarity, and it is properly referenced.  Crucially, this work integrates traditional knowledge with current clinical data, which is in line with the objectives of translational health sciences. Its goal is to enhance scientific rigour with cultural awareness and historical nuance, not to replace it.  This chapter is technically sound and has strong scientific support. This work does offer new conceptual ideas. Following some minor style refinement, it is advised to be included in the volume. |  |

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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?** |  |  |

**Reviewer details:**

**Vivek Birla, Maharana Pratap Group of Institutions, India**