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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\_6160** |
| Title of the Manuscript: | **ROLE OF SHORT TERM YOGA ON PULMONARY FUNCTIONS OF YOUNG AND MIDDLE AGED HEALTHY INDIVIDUALS** |
| Type of the Article | **Book Chapter** |

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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 manuscript is essential for the scientific community as it demonstrates that even short-term yoga can significantly improve pulmonary functions in young and middle-aged healthy individuals. It adds valuable evidence to support yoga as an accessible, low-cost, and non-pharmacological approach to promoting respiratory health. The findings may inform future research, public health programs, and age-specific wellness interventions. |  |
| **Is the title of the article suitable?**  **(If not please suggest an alternative title)** | The current title, **"ROLE OF SHORT TERM YOGA ON PULMONARY FUNCTIONS OF YOUNG AND MIDDLE AGED HEALTHY INDIVIDUALS"**, is clear but a bit long and could be made more concise and engaging while retaining its scientific clarity.  Here are a few alternative suggestions:   1. **"Effects of Short-Term Yoga on Pulmonary Function in Young and Middle-Aged Adults"** 2. **"Short-Term Yoga Practice Improves Pulmonary Function in Healthy Adults"** 3. **"Comparative Effects of Short-Term Yoga on Pulmonary Function Across Age Groups"** 4. **"Impact of Short-Term Yoga on Respiratory Health in Young and Middle-Aged Adults"** |  |
| 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. | The article's abstract is generally clear and includes the background, objective, methods, results, and conclusion, which makes it structurally sound. However, it could be more comprehensive and impactful with the following adjustments:  Suggested Additions:  Numerical results in the results section to give readers a quick grasp of the magnitude of change (e.g., percentage increase or mean difference for key parameters like PEFR or VC).  Statistical significance values (p-values) for the primary outcomes highlight the robustness of findings.  Implication statement in the conclusion, indicating how these findings can be applied in practice or how they contribute to the field.  Suggested Deletions/Edits:  The sentence "Yoga attracts people primarily as an easy way to good health" in the background can be shortened or rephrased in a more scientific tone to match journal style.  Could you remove any repeated phrasing about the aim and instead integrate it into a single, concise sentence?  Example Improved Flow:  Background: Brief and scientific.  Methods: Clear about participants, groups, intervention, and measurements.  Results: Include key numerical findings with p-values.  Conclusion: State benefit and potential applications. |  |
| **Is the manuscript scientifically, correct? Please write here.** | Based on the provided content, the manuscript appears scientifically correct regarding study design, methodology, statistical analysis, and interpretation of results.  Strengths: Clear objective and rationale supported by literature.  An appropriate study design (comparative prospective study) was used to evaluate the pre- and post-effects in two age groups.  Well-defined inclusion and exclusion criteria reduce potential confounding factors.  Statistical methods (Student’s t-test) are correctly applied for within-group and between-group comparisons.  Findings are consistent with previous research and logically interpreted. |  |
| **Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.**  **-** | The references in the manuscript are relevant and supportive of the study’s background, methodology, and discussion. However, many are over 10–20 years old, with only a few from the last decade. For a stronger and more up-to-date scientific basis, including more recent references (from the previous 5–7 years) that examine short-term yoga, pulmonary function, and age-related differences would be beneficial. |  |
| Is the language/English quality of the article suitable for scholarly communications? | The language of the article is generally understandable and conveys the scientific content clearly, but it would benefit from editing for scholarly communication standards. Overall, sentences are clear and structured logically, and scientific terms and abbreviations are correctly used. |  |
| Optional/General comments | Overall, this well-conducted and relevant study adds valuable evidence to yoga and pulmonary health. The comparative approach between young and middle-aged adults is a notable strength, as it addresses an underexplored area in short-term yoga research. The manuscript would benefit from updating the literature with more recent references, refining the abstract to include key numerical and statistical results, and improving the English for a scholarly tone and consistency. With these adjustments, the paper has strong potential for publication and to be of interest to both clinical researchers and public health professionals. |  |

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| **PART 2:** | | |
|  | **Reviewer’s comment** | **Author’s comment** *(if agreed with 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 details)* |  |

**Reviewer details:**

**Susanti, Indonesia**