

Review Form 1.6

Journal Name:	Asian Journal of Advanced Research and Reports
Manuscript Number:	Ms_AJARR_94260
Title of the Manuscript:	An insight into the Biomechanics and other details of Vrikshāsana, one of the standing Yoga āsanās
Type of the Article	Review Article

General guideline for Peer Review process:

This journal's peer review policy states that **NO** manuscript should be rejected only on the basis of '**lack of Novelty**', provided the manuscript is scientifically robust and technically sound. To know the complete guideline for Peer Review process, reviewers are requested to visit this link:

(<https://www.journalajarr.com/index.php/AJARR/editorial-policy>)

PART 1: Review Comments

	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)
Compulsory REVISION comments	<p>Here are some considerations about the article:</p> <p>1. In the section: Skeletal parts involved and the role played:</p> <p>- Muscles: There is no mechanism or action described for the trapezius, Tensor Fasciae Latae and Rectus Abdominis muscles. Do these muscles not participate or contribute to this yoga position? If so, authors must specify such information. If these muscles contribute and are active during this yoga position, it is interesting that the authors describe the contribution of each one of them to the realization and maintenance of this position.</p> <p>- Joints: The joints involved are Ankle, Hip, Knee, pelvis, shoulder and elbow. following the same pattern of explanation about how each part of the body involved participates and/or contributes to the realization of this yoga position, the authors could specify what action each of these joints will be performing. For example: Knee extension, elbow flexion, abduction, etc. That way the reader can better understand what is expected of this position.</p> <p>2. The article mentions at various times that the realization of yoga positions involves the participation of the nervous system. However, the authors do not explain how this participation takes place or which neural functions are improved, for example. Thus, I suggest that the authors describe the neural mechanisms involved during the performance of this yoga position, as well as the benefits for the nervous system. A scientific, physiological explanation. Likewise, when citing, for example, effects on postural balance, digestion, constipation and flatulence issues, acidity by increasing blood flow to the stomach, flexibility of hole body and alignment, and also improves strength of the musculo-skeletal system , among others, the authors could physiologically explain how these effects are possible.</p> <p>3. There seem to be some minor typos. I suggest that the authors review the text carefully, to further improve the quality of the work.</p> <p>4. Methodology the authors could detail better the methodological aspects. In addition to the information described, the authors could inform the period in which this search was carried out, descriptors used</p>	
Minor REVISION comments		
Optional/General comments		

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)	

Review Form 1.6

Reviewer Details:

Name:	Ana Quenia Gomes da Silva Allahdadi
Department, University & Country	Federal University of Bahia, Brazil