

**Review Form 3**

Journal Name:	<b>Asian Journal of Food Research and Nutrition</b>
Manuscript Number:	<b>Ms_AJFRN_120304</b>
Title of the Manuscript:	<b>Exploring Rice Water as a Galactagogue: Insights from Muthuvan Communities in Idukki District of Kerala, India</b>
Type of the Article	<b>Original Research Article</b>

## Review Form 3

### PART 1: Review Comments

<b>Compulsory</b> REVISION comments	Reviewer's comment	Author's Feedback <i>(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
Please write few sentences regarding the importance this manuscript for scientific community. Why do you like (or dislike) this manuscript? Minimum 3-4 sentences may be required for this part.	The manuscript documents the traditional knowledge and practices around the use of rice water as a galactagogue within the Muthuvan communities. The study enhances the scientific understanding of local plant-based remedies and traditional health practices within indigenous communities. Improving breastfeeding rates and duration is a key public health priority globally. Understanding traditional galactagogues used by local communities can provide valuable insights to support maternal and child health initiatives.	
Is the title of the article suitable? (If not please suggest an alternative title)	Yes, but long "Rice Water: A Traditional Galactagogue of the Muthuvan Tribe in Kerala, India"	
Is the abstract of the article comprehensive? Do you suggest addition (or deletion) of some points in this section? Please write your suggestions here.	Yes, but need to add major results	
Are subsections and structure of the manuscript appropriate?	yes	
Please write few sentences regarding the scientific correctness of this manuscript. Why do think that this manuscript is scientifically robust and technically sound? Minimum 3-4 sentences may be required for this part.	The researchers employed a comprehensive ethnobotanical and ethnomedicinal methodology to document the traditional knowledge and practices around the use of rice water as a galactagogue. This included field trips, informal discussions, and semi-structured face-to-face interviews with the Muthuvan tribal communities, ensuring a thorough understanding of the local context and traditional uses. The study obtained the necessary permissions and followed proper protocols for conducting research with indigenous communities, respecting their traditional knowledge and rights. The study provides a solid foundation for future research, such as clinical trials, phytochemical characterization, and development of potential lactation aids based on the traditional use of rice water.	
Are the references sufficient and recent? If you have suggestion of additional references, please mention in the review form.	yes	
Minor REVISION comments		
Is language/English quality of the article suitable for scholarly communications?	yes	
Optional/General comments	Arrange keywords in alphabetical manner while 30% accepted supplementary foods, it is 31% as shown in the figure	

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**PART 2:**

	<b>Reviewer's comment</b>	<b>Author's comment</b> <i>(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)</i>
<b>Are there ethical issues in this manuscript?</b>	<i>(If yes, Kindly please write down the ethical issues here in details)</i>	

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