

Review Form 1.6

Journal Name:	Journal of Complementary and Alternative Medical Research
Manuscript Number:	Ms_JOCAMR_79409
Title of the Manuscript:	A REVIEW ON HYDROTHERAPY PRACTICES IN ANCIENT INDIA
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.journaljocamr.com/index.php/JOCAMR/editorial-policy>)

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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>Water is considered to be the medium of creation and maintenance of life. Hydrotherapy is the application of water in various forms, temperature on the body either internally or externally for the treatment of the diseases and maintenance of health. Application of water was given utmost importance in Indian traditional texts. In this review article, the authors elaborated the ancient Indian techniques for improving the body immunity through hydrotherapy as mentioned in traditional texts. The authors found that even after having a strong base of these practices being mentioned in all the traditional texts, they are not practiced compulsorily in our day-to-day activities. The modern life style has given more liberty to the people about these practices. It has been observed that many of the ancient practices are not attractive or fail to convince the people. In this regard they found many of the practices which can reach wider range of people, as an essential method to propagate and train for better living and protection of health to entire humankind. It is an interesting review article. Specific comments follow:</p> <ol style="list-style-type: none"> 1. The iconographies or tables are particularly welcome for a review article to attract the readers. 2. Are there any potential side effects of the hydrotherapy practices in ancient India for medicinal applications? Please discuss the safety of the hydrotherapy practices in ancient India. 3. Please discuss the severe limitations of current studies and give future directions for modern research in the field of hydrotherapy practices. 	
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?	<i>(If yes, Kindly please write down the ethical issues here in details)</i>	

Reviewer Details:

Name:	Wen-Chi Chen
Department, University & Country	China Medical University, Taiwan