

Review Form 1.6

Journal Name:	Journal of Pharmaceutical Research International
Manuscript Number:	Ms_JPRI_80056
Title of the Manuscript:	Comparative study of Effectiveness of Yognidra and Antioxidants on semen quality in sub fertile male patients undergoing IVF treatment at Wardha Region.
Type of the Article	Study Protocol

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.journaljpri.com/index.php/JPRI/editorial-policy>

Review Form 1.6

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>This manuscript is a study protocol designed to evaluate the effects of yoga nidra practice and the use of antioxidants on semen production and quality of subfertile individuals undergoing treatment at a human fertility clinic. The work is interesting and relevant, particularly for considering men with fertility difficulties, and the increase in cases of this condition due to the current lifestyle, often characterized by high levels of stress, both psychological and physical. Below are some considerations about this study:</p> <p>1. Abstract:</p> <ul style="list-style-type: none"> - The term yoga nidra is written as yognidra at various times, including in the keywords. - Some abbreviations such as ART and IFV are cited in the abstract without having been previously established. <p>- Aim and Objectives:</p> <ul style="list-style-type: none"> -- <u>To study the effectiveness of yognidra and antioxidant on se quality in subfertile male patients IVF cycles:</u> I think this objective could clearly establish what the antioxidant treatment would be. Citing only antioxidant was a little vague for the reader. -- <u>To sensitize all subfertile males about the study:</u> This objective seems very audacious, as it does not specify the location or number of men to be reached by the study. To quote just ALL, it seems like a difficult goal to be reached. -- <u>To assess the effect of yoga nidra in subfertile males:</u> this objective could specify what types of effects are expected to be evaluated. Citing only the term EFFECTS makes the work extremely broad and a difficult objective to achieve. -- <u>To assess the effect of antioxidant in subfertile males:</u> this objective could specify what types of effects are expected to be evaluated. Citing only the term EFFECTS makes the work extremely broad and a difficult objective to achieve. Additionally, it could be established in this objective what the antioxidant consists of. Would it be a treatment? Would it be a specific antioxidant substance? A manipulated formula of antioxidants? <p>- Methodology: Here, the authors could establish how the individuals will be divided into the 2 groups. Randomly, in order of study entry? Are there any factors that determine which group each individual will be allocated to?</p> <p>- Expected results: This sentence is a little confusing. It can be written more clearly for the reader.</p> <p>2. Background:</p> <ul style="list-style-type: none"> - Check the use of the term Yoganidra. In the course of the text this term is written in various ways such as Yoganidra, yoga nidra, yognidra, <i>Yoganidra</i>, etc. I suggest authors establish a standard form to be maintained throughout the manuscript, or differentiate in the text what each term means. - Some small English writing adjustments could improve the quality of the text. I underlined some parts as examples. <p>3. AIM and OBJECTIVES: I repeat what was suggested above, in the abstract section.</p> <p>4. Methods:</p> <ul style="list-style-type: none"> - <u>Period of study will be from July 2021 to September 2021:</u> this period has passed. However, the study deals with a future situation. I suggest the authors adjust the research project as something to be done in the future. If this is the report of a protocol already carried out, the authors must correct the entire text and I suggest changing the type of work from Study protocol to another format. 	

Review Form 1.6

	<p>- I suggest establishing in the text which parameter was chosen for the division of the individuals participating in the study into the two groups (Yoganidra or antioxidant).</p> <p>- <i>The pre-recorded stress relaxation Yognidra will be used for the study. The Yoganidra is prepared by Dr. Vishwas Mandlik of Yogavidyagurukul University of Nasik:</i> In the text it is reported that yoga nidra will be prepared by Dr. Vishwas Mandlik. This suggests that the Yoga Nidra used in this study may have specific variations in relation to the Yoga Nidra used in other studies. Thus, as it is the submission of a study protocol, the authors could attach to this work a file containing the yoga nidra used for possible use and repetition of the study by other research groups.</p> <p>- <i>Antioxidants mainly Coenzyme-Q10 is prescribed for the other group once in a day for 3 months as a treatment:</i> as this article is a study protocol, it would be very helpful if the type of antioxidant was clearly established. Thus, it would be interesting for the authors to provide the type of antioxidant (or its formulation, combination), the dose or concentration used, the form of administration (oral, intravenous, etc.) and the time of administration. This information could be repeated by other research groups to confirm the results and would give more confidence in the study.</p> <p>- Exclusion Criteria: it is not necessary to repeat at the end of each criterion that individuals in this condition will be excluded from the study. This is already a listing of the factors that disqualify an individual from participating in the study.</p> <p>- Expected results: The authors could specify other possible results obtained, different from those expected. Such concern and anticipation lends credibility to knowing that the authors will know how to act if what they plan does not go exactly as expected.</p> <p>- I suggest that authors pay special attention to the writing of terms such as improvinf r (improving) and activity (activity). I am sure it is typos. Therefore, it is worth a thorough review of the writing, and the punctuation throughout the text.</p> <p>- <i>Also, yoga nidra contains a systematic sequence of body awareness and breathing that influences the parasympathetic nervous system and increase the alpha acitivity in the brain:</i> I would suggest some caution when reporting effects on the parasympathetic nervous system. It would be more interesting for the authors to specify these effects as increase, stimulation, inhibition, reduction, etc.</p> <p>- Ethical aspects: The authors report in the text that the participants will fill out a consent form. However, it would be important for the authors to also include in the text information regarding the submission and approval of this research project to a Human Research Ethics Committee. Certainly, this provides credibility and quality to the study.</p>	
<p>Minor REVISION comments</p>		
<p>Optional/General comments</p>		

Review Form 1.6

PART 2:

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

Reviewer Details:

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