

The reviewer response regarding the revised manuscript:

The reviewer is not satisfied with author correction and some point need to be address:

The authors need to cited the previous article with title "Study of efficacy of ischemia reversal program (IRP) in ischemic heart disease (IHD) patients with VO2max and Duke's treadmill score" that published by International Journal of Basic & Clinical Pharmacology in 2018 in the introduction part. This citation gives more evidence base for the present study outcome.

We did not cited because for this study we took patients of IHD with known case of hypertension.

The authors need to focus on the introduction part and rewriting regarding the relation of IRP on Duke's treadmill score and the relation between Panchakarma with diet ????

We have mentioned relation between IHD and HTN as per the title.

Check the reference 16/ Huang H, Lai S, Wan Q, et al. Astragaloside IV protects cardiomyocytes fromoxia/reoxygenation injury by up regulatingthe expressionofHes1 protein. Can J Physiol Pharmacol 2016;94:542–53.

Reference 16 already citation in previous original manuscript and it's about a traditional Chinese medicine. The reviewer advise the author to explain the relation between the Astragaloside IV and Panchakarma.

Panchakarma and Astragaloside used to enhance immune system and it take time to show effect. Hence we have cited reference number 16.

Page 2, line 61, the authors mention "The patients followed diet chart/plan of 1000-1200 kcal/day" No information regarding the diet chart or how the authors collected diet chart data by patients report or by diary recording daily? The authors need to clarify this part how they can calculate this amount?

We advised diet plan, but compliance diary was not recorded. Please through the below diet:

Diet plan

Early morning 6 am – 2 raw garlic cloves + 20 ml amla juice with water

Breakfast 8.00 - 8.30am – 1 cup green tea (6 kcal)

Option 1 - 3-5 small muthiya / 4-5 medium size dhokla + 2 Tbsp Green chutney

Option 2 – 2 medium size idli / 2 small dosa + 2 Tbsp Green chutney

Option 3 - 1 bowl vegetable barely/daliya/oats / soy granules upma

Option 4- 1 bowl boiled sprouts (chana/mung/kulith) with vegetables

Option 5 - 1 medium size besan or mung dal chilla + 2 Tbsp Green chutney

Total breakfast calories – 156 kcal

Mid-morning 11 am - 1 medium pomegranate (50 kcal) + 1 glass of lemon juice with sabja (30kcal)

Lunch – 300 kcal

1 .00 -1.30 pm 1 Tbsp of flaxseeds + nigar seeds + sesame seed + garlic chutney

1 bowl salad (include cabbage, capsicum, cucumber, tomato, onion)

2 fulka or 1 medium chapatti or 1 medium bhakri (use 30-gram dough) or 1 bowl brown rice pulav

1 bowl vegetable

1 katori daal OR 1 katori sprout OR 3-4 small pcs chicken/fish (grilled/steam/roasted)

Mid evening – 4.00 pm 1 cup of herbal tea (1/4 tsp turmeric + pepper 1/4tsp + ½ tsp dalcini + tulsi 3-4 leaves , stevia) + Nuts (almonds 2-3 + walnut 1 +1 tsp sunflower seeds+1 tsp pumpkin seeds) (100 kcal)

Evening 6 pm – 1 medium fruit (50 kcal)

1 hour before dinner hv 1 bowl of soup (vegetable like dudhi, mix vegetables, palak, and drumstick) (30kcal)

Dinner – 8.00 pm (300kcal)

1 Tbsp of flaxseeds + nigar seeds + sesame seed + garlic chutney

1 bowl salad (include cabbage, capsicum, cucumber, tomato)

2 small fulka (use 30 gram dough)

1 katori vegetable

1 katori daal

No information regarding the study protocol and by whom was approved (Scientific ethic committee). Also no information regarding the consent form that should be gives prior to participation in the study. It is written or verbal? ? The authors need to clarify this part???

This was retrospective data based observational study so did not notify it to EC but we took written consent of all participant that we can publish this data by keeping confidentiality about their personal information.

In Statistical analysis the author need to add this part that the "Data was non-normal so non parametric test were used".

Okay. We have added this statement.

The authors mention that "As mentioned earlier in introduction part that some effects of panchkarma takes time to come into effect. This is personal experience of Ayurvedic physicians that significant effects are seen after 90 days." The reviewer suggests adding reference citation.

We have added reference number 16.

In page 7, line 185 "the authors mention for the same". The authors mention that "For the same" means treatment available for IHD and HTN. The reviewer suggests to add this part to the discussion part and make change. (no correction was made in the revised manuscript)

Needs to mention other study done in India or other part of the world using Panchakarma therapy??

In page 7, line 186 to line 190, the authors did not mention even one reference, need rephrasing and rewriting.

The whole para we cited as reference number 21.

Page 7, line 191 to 197, need to move to introduction part.

We have added mechanism of action in discussion part.

The authors' response "Dukes interpretation is already provided from line no. 197 to 205 with citation of literature." The reviewer suggest that Page 7, line 207 to 212, need to move to methods part and no need to mention the score in discussion part but the authors can rephrasing this part and mention the citation in the discussion part.

It is cited as reference number 27

The author mention in page 8, line 208 "Studies have shown that improvement in these parameters is associated with better prognosis in 208 patients of IHD with history of HTN". The reviewer suggests to rephrasing page 8, line 216 to "Similar Studies have shown that improvement in these parameters is associated with better prognosis in patients of IHD with history of HTN".

Changes done