

Peer Review

Review of: "Eroticism as a Hormetic Stimulus in Health and Ageing"

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This review presents an original and thought-provoking hypothesis that erotic stimulation in later life may function as a hormetic stimulus with systemic health benefits. The integration of hormesis theory with sexuality, cognition, and ageing biology is conceptually innovative and addresses a socially under-discussed topic in geriatric medicine. The manuscript is well-referenced and interdisciplinary, drawing from neuroscience, endocrinology, and behavioural research.

However, much of the evidence cited is indirect, derived from animal models, associative human studies, or pharmacological examples rather than controlled clinical trials in older adults. The argument would benefit from clearer differentiation between hypothesis, extrapolation, and established evidence. Additionally, some practical recommendations (e.g., specific erotic practices) may require more cautious framing to maintain scientific neutrality.

Overall, this article offers a stimulating theoretical perspective with potential relevance to healthy ageing research, but stronger empirical validation and a more structured evidence hierarchy would strengthen its scientific impact.

Declarations

Potential competing interests: No potential competing interests to declare.