

Peer Review

Review of: "Herbal Treatments and Their Impact on Male Fertility: A Comprehensive Review"

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This narrative review provides a broad and informative overview of herbal treatments and their potential effects on male fertility, demonstrating strength in its extensive literature coverage, inclusion of multiple plant species, and clear explanation of proposed biological mechanisms such as antioxidant, hormonal, and anti-inflammatory actions. However, the article shows several weaknesses, mainly due to its narrative rather than systematic review design, which increases the risk of selection bias and limits reproducibility; the search strategy lacks detailed database query strings and PRISMA-style transparency, and the quality assessment using the Cochrane Risk of Bias tool is mentioned but not clearly applied or reported. Additionally, the review heavily relies on animal studies and heterogeneous experimental models without adequate critical comparison with high-quality human clinical trials, which weakens clinical translation. The manuscript also provides descriptive summaries of many herbs without quantitative synthesis or strength-of-evidence grading, making it difficult for clinicians to determine therapeutic relevance. To improve the study, the authors should convert it into a systematic review or meta-analysis with PRISMA compliance, clearly present risk-of-bias evaluation results, include evidence-level grading (e.g., GRADE), emphasize human clinical data, and standardize reporting of dosage, preparation methods, and safety outcomes. **O**

Declarations

Potential competing interests: No potential competing interests to declare.