

Peer Review

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

Hany Akeel Al-hussaniy¹

1. University of Baghdad, Iraq

Major Strengths

1. Novel and Original Conceptual Framework

The manuscript introduces an interesting hypothesis linking:

Sexual and intimate stimulation

Hormesis and adaptive biological stress responses

Healthy ageing outcomes

This interdisciplinary integration is original and contributes to expanding discussions surrounding quality of life in older adults.

2. Contribution to Geriatric Health Discussions

The article highlights an important but often neglected component of ageing medicine: sexual wellbeing and intimacy in older populations. Addressing stigma and encouraging holistic care approaches is clinically relevant.

3. Strong Theoretical Basis in Hormesis

The application of hormesis principles to behavioural and psychosocial stimulation is logically structured and supported by literature from toxicology, physiology, and neuroscience.

4. Broad Multisystem Perspective

The manuscript appropriately discusses potential influences on:

Endocrine regulation

Immune function

Neurological health

Cognitive outcomes

This systems-based approach aligns with modern geroscience frameworks.

Declarations

Potential competing interests: No potential competing interests to declare.