

Peer Review

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

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1. Independent researcher

Dear Authors:

First of all, I would like to congratulate you on selecting a challenging yet highly relevant topic. The impact of herbal treatments on male fertility is becoming increasingly significant in clinical practice, and your comprehensive review contributes valuable insights to this evolving field.

The flow of statements and the language used in your paper are clear, simple, and easy to follow, making it accessible to a broad audience. The structuring of the study—first discussing mechanisms and then providing examples of herbal medicines—is particularly effective and facilitates a smooth reading experience. Additionally, the conclusion appropriately emphasizes the need for more robust evidence before making definitive clinical recommendations, aligning well with best clinical practices.

That being said, I would like to offer a few suggestions for improvement:

Mechanisms of Action:

- You have categorized the mechanisms of action as (increased sperm production, increased blood flow, hormonal regulation, and antioxidant properties). While the latter three are well-defined mechanisms, "increased sperm production" is more of an outcome rather than a mechanism. I suggest removing this as a separate category and instead integrating the relevant data into the sections discussing hormonal regulation and antioxidant properties.

Inclusion of Maca and Ginseng:

- In the abstract and introduction, you mention two important herbal substances—Maca and Ginseng—that play a role in male fertility. However, they are not included in the main section on medicinal

plants. It would be beneficial to add these to ensure consistency and completeness.

Study Limitations:

- I recommend adding a note in the limitations section acknowledging that other herbal materials used in different regions for male infertility were not included in this study, as they are either not widely used or lack sufficient research evidence. This will provide clarity on the scope of your review.

Overall, your study is well-structured and makes a significant contribution to the understanding of herbal treatments in male fertility. These minor refinements will further enhance its clarity and impact.

Best regards,

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Declarations

Potential competing interests: No potential competing interests to declare.