

Peer Review

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

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This review presents an original and conceptually innovative perspective by framing erotic stimulation in later life as a potential hormetic stimulus capable of promoting systemic health benefits. The integration of hormesis theory with sexuality, neuroendocrine regulation, cognition, and ageing biology is intellectually stimulating and interdisciplinary. The manuscript successfully challenges prevailing ageist assumptions about sexuality in older adults and highlights possible links between sexual stimulation and endocrine, immune, circulatory, and cognitive domains.

The discussion of biological amplification, autophagy, neurohormonal modulation, and “sex hormetins” adds mechanistic depth. The attempt to situate erotic stimulation alongside other hormetic interventions (e.g., exercise, caloric restriction, cognitive challenge) is particularly thought-provoking.

However, several issues require careful consideration. Much of the evidence cited is indirect, extrapolated from animal models, pharmacological data, or associative human studies rather than controlled interventional research in older populations. The manuscript would benefit from clearer differentiation between established clinical evidence, mechanistic plausibility, and speculative hypothesis. Additionally, some practical examples of erotic practices are presented in a way that may appear prescriptive; framing these more cautiously and emphasising individualized, ethical, and psychosocial considerations would strengthen the clinical tone.

Overall, this article offers a provocative and novel theoretical framework with potential implications for healthy ageing research. Stronger empirical grounding and clearer evidence hierarchy would enhance its scientific robustness and translational relevance.

Declarations

Potential competing interests: No potential competing interests to declare.