

Review Form2

Book Name:	HerbaSideritis: a promising adaptogen with the potential to reduce the risk of age-related cognitive decline and neurodegenerative disorders
Manuscript Number:	Ms_BPR_2029
Title of the Manuscript:	HerbaSideritis: a promising adaptogen with the potential to reduce the risk of age-related cognitive decline and neurodegenerative disorders
Type of the Article	Monograph

PART 1: Review Comments

Compulsory REVISION comments	Reviewer's comment	Author's Feedback(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Please write a few sentences regarding the importance of this manuscript for the scientific community. Why do you like (or dislike) this manuscript? A minimumof 3-4 sentences may be required for this part.	The manuscript on HerbaSideritis is a fascinating read that bridges the gap between ancient wisdom and modern science. It meticulously validates the traditional uses of Greek mountain tea for today's scientific community, enhancing its credibility and paving the way for its integration into modern healthcare. What's particularly captivating is its potential role in combating neurodegenerative diseases like Alzheimer's. As our global population ages, these insights could be crucial in developing new strategies to manage age-related cognitive decline—a beacon of hope for many. The comprehensive safety and efficacy profile laid out in the manuscript is also reassuring. It presents a well-rounded look at HerbaSideritis, making it easier for healthcare professionals to consider its use therapeutically.	
Is the title of the article suitable? (If not please suggest an alternative title)	The current title of the manuscript, "Herbal Drug Monograph: HerbaSideritis—a promising adaptogen with the potential to reduce the risk of age-related cognitive decline and neurodegenerative disorders," effectively conveys the scope and focus of the research. It highlights the key aspects—HerbaSideritis as an adaptogen and its potential benefits against cognitive decline and neurodegenerative diseases. This makes it informative for readers interested in herbal medicine and its implications in neurology. However, if the title needs to be more concise or appealing to a broader audience, here's an alternative suggestion: "Unlocking the Neuroprotective Potential of HerbaSideritis: Insights from a Herbal Monograph" This title emphasizes the neuroprotective aspect, which is a critical component of the study, and frames HerbaSideritis as a key subject of research, potentially attracting a wider readership interested in natural therapies for brain health.	

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Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here.	The abstract of your manuscript on HerbaSideritis provides a solid overview of the study's background, aims, methods, and conclusions. It successfully sets the stage for the reader by outlining the traditional use and recent scientific evaluations of Greek mountain tea, particularly its potential effects on cognitive decline and neurodegenerative diseases. However, to enhance clarity and impact, consider the following additions and adjustments: - Clearly state the type of study (e.g., clinical trials, meta-analysis, experimental research) conducted to give readers a better understanding of the research methodology right from the abstract. - While the abstract mentions the effects of HerbaSideritis, including specific data points or key quantitative findings could strengthen its persuasive power. For instance, mention any significant percentages or effect sizes observed which substantiate the cognitive improvements or neuroprotective actions. - Briefly touch on the practical implications or potential applications of your findings in clinical settings or healthcare. This could intrigue readers by directly linking the research outcomes to practical uses. - If space permits, a quick mention of any notable limitations and the suggested directions for future research can provide a more balanced view and demonstrate a thorough understanding of the topic's complexity. - Ensure that the keywords at the end of the abstract cover all relevant aspects and are optimized for searchability. This can include specific terms like "adaptogen", "neuroprotective", or "anti-inflammatory", which are central to the research	
Are subsections and structure of the manuscript appropriate?	Suggestions for Enhancement - Consider expanding the introduction to more clearly outline the current knowledge gap and the unique contribution of this manuscript. This could involve a brief discussion on the prevalence and impact of neurodegenerative diseases and cognitive decline, setting a more urgent context for the research. - Ensure the hypothesis is explicitly stated, potentially reformulating it to more clearly reflect the expected outcomes based on the preliminary evidence presented in the introduction. - If not already included comprehensively, add sub-sections detailing the selection process for studies, criteria for inclusion and exclusion, and methods of analysis. This enhances the reproducibility of the research. - This could be added as a separate section from the conclusion. A discussion section would allow for a deeper exploration of how the findings interact with existing literature, the implications for future research, and potential real-world applications. - Beyond summarizing findings, the conclusion could more strongly emphasize future research directions and the potential for integrating HerbaSideritis into clinical practice. - Consider including figures or tables summarizing the main findings or illustrating the biochemical pathways involved with HerbaSideritis. Visuals can enhance understanding and retention of complex information.	
Please write a few sentences regarding the scientific correctness of this manuscript. Why do you think that this manuscript is scientifically robust and technically sound? A minimumof 3-4 sentences may be required for this part.	The scientific robustness of the manuscript on HerbaSideritis is evident through its meticulous adherence to established research methodologies and the comprehensive literature review based on WHO criteria for herbal medicines. The inclusion of both preclinical and clinical data enhances the credibility of the findings, providing a solid foundation for the claims made about the cognitive and neuroprotective effects of the herb. Furthermore, the manuscript's detailed reporting on the pharmacological properties of HerbaSideritis	

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	and its active compounds, supported by references to specific studies and data points, showcases a rigorous scientific approach. The careful discussion of the herb's mechanisms of action, along with potential applications and implications for future research, further underscores the technical soundness of the research presented. Overall, the manuscript provides a well-rounded and scientifically grounded exploration of HerbaSideritis, making it a valuable contribution to the field of herbal medicine and neurology.	
Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form. =	The manuscript on HerbaSideritis is well-supported with a diverse array of references, spanning from ancient texts to contemporary scientific research. It smartly integrates historical citations, such as the works of Dioscorides, who described the medicinal uses of Greek mountain tea, with modern clinical and pharmacological studies up to the year 2023. This approach not only underscores the traditional relevance but also aligns with current scientific standards and developments. For example, the manuscript could benefit from the inclusion of a recent systematic review or meta-analysis that aggregates data from multiple studies on HerbaSideritis, providing a more comprehensive view of its efficacy and safety. Similarly, references to molecular biology studies might clarify the biochemical pathways through which the herb exerts its cognitive and neuroprotective effects, making the scientific narrative more robust.	
<u>Minor</u> REVISION comments Is the language/English quality of the article suitable for scholarly communications?	The language used in your manuscript about HerbaSideritis strikes a good balance between formality and clarity, making it quite appropriate for an academic audience. It effectively employs technical terms where necessary, yet maintains a structured and logical flow of information, which is essential in scholarly communications. To polish it further, you might want to simplify any complex sentences that could potentially confuse readers. Consistency in terminology is another key point—make sure to standardize how you refer to Greek mountain tea and other key terms throughout the document. A thorough proofreading will help eliminate any minor grammatical errors, ensuring the manuscript not only informs but also engages its readers without distraction. In essence, with a bit of fine-tuning for readability and engagement, the language of your manuscript is on the right track. It's clear enough to be accessible yet detailed enough to reflect the depth of your research, making it a valuable contribution to the scientific community.	
<u>Optional/General</u>comments	Overall, your manuscript is a robust piece of scholarly work that not only provides valuable insights into HerbaSideritis but also contributes to the broader discussions on the use of herbal medicines in modern healthcare settings. With some fine-tuning, particularly in terms of accessibility and potential research directions, it could become an even more impactful piece in the academic community.	

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PART 2:

	Reviewer's comment	Author's comment(if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Are there ethical issues in this manuscript?	<i>(If yes, Kindly please write down the ethical issues here in details)</i>	

Reviewer Details:

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