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ISSN: 2836-497X

Open Access

Archives of Gynaecology and Women Health

Editorial Letter

Synergitic Potential of Nutraceuticals in Female Sexual Dysfuntiion:A Mechanistic Rationable and Proposed Translational Research Program

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Received Date: 04 June 2026; **Accepted Date:** 01 July 2026; **Published Date:** 13 July 2026

Dear Editor,

We are pleased to submit our original proposal and narrative review manuscript, titled **"Synergistic Potential of Nutraceuticals in Female Sexual Dysfunction: A Mechanistic Rationale and Proposed Translational Research Program,"** for consideration for publication in your esteemed journal.

Female Sexual Dysfunction (FSD) remains a highly complex, multifactorial condition impacting a significant percentage of women globally. Current pharmacological treatments are frequently limited in choice, hindered by poor adherence, or paired with challenging adverse effect profiles like nausea and hypotension.

To offer a complementary and highly accessible avenue of care, our paper presents a novel, hypothesis-driven, over-the-counter nutraceutical formulation integrating eight carefully verified bio-active ingredients:

Resveratrol, Ashwagandha, Tribulus terrestris, L-Arginine, Black Cohosh, Evening Primrose Oil, Shilajit, and Visnadine. Rather than asserting clinical outcomes prematurely, this manuscript explicitly presents a rigorous translational research framework aimed at systematically investigating this untested combination.

The proposed methodology traces a structured path across three distinct domains:

- **In Silico Stage:** Molecular docking studies and systems-biology pathway modeling to map initial molecular behaviors.
- **Preclinical Evaluations:** In vitro mechanistic validation alongside ovariectomized rat model investigations.
- **Phase II Clinical Design:** A proposed double-blind, placebo-controlled, 12-week trial involving approximately 200 participants, optimizing metrics via the Female Sexual Function Index (FSFI), oxidative stress parameters, and rigorous endocrine panels.

We believe this work aligns well with your journal's focus on innovative translational research, complementary medicine, and women's health. We clearly articulate the limitations of current single-ingredient literature—noting that while separate elements suggest strong vasodilation, adaptogenic, phytoestrogenic, or antioxidant benefits, their combined administration remains a definitive research hypothesis rather than an established finding. Our paper provides a precise roadmap designed to clarify these biological interactions safely and objectively.

We confirm that this manuscript has not been published elsewhere and is not currently under consideration by any other journal. All authors have reviewed the content and approved this submission. We thank you for your time and editorial consideration, and we look forward to hearing from you regarding the peer-review process.

Sincerely yours,

Citation: Raouf Roshdy, Doaa Saleh, Synergistic Potential of Nutraceuticals in Female Sexual Dysfunction: A Mechanistic Rationale and Proposed Translational Research Program, *Arch. Gynaecol. Women. Health.* Vol. 5 Iss. 1. (2026) DOI:10.58489/2836-497X/035