

**Prof. Dr. Abbas Asadi**

Department of Physical Exercise and Sport,
Payame Noor University, Tehran, Iran

Guest Editor

Herbal Supplements and/or Physical Interventions: Which Is the More Effective Strategy for Men's Health and Recovery After Exercise?

Engaging in regular physical activity is one of the most effective ways for men to maintain muscle strength, hormonal balance, cardiovascular fitness, and metabolic health, yet intense exercise comes with a physiological trade-off—an increase in oxidative stress and inflammation that, in moderation, supports adaptation, boosts testosterone response, and strengthens immune function. The elevation of reactive oxygen species (ROS), oxidative stress markers, and cytokines after training is not inherently harmful; at optimal levels, these responses trigger beneficial cellular and endocrine adaptations vital to male vitality. However, if this balance tips too far, excessive ROS production can cause muscle fiber damage, impair testosterone regulation, prolong recovery time, and compromise long-term performance. For athletic men and aging male populations alike, preventing excessive inflammation and muscle damage is essential for sustaining metabolic function, preserving muscle mass, and maintaining reproductive health.

Strategies to achieve this range from sports and herbal supplements to physical interventions such as massage, compression garments, and hydrotherapy. Herbal supplements like ginseng, ashwagandha, and curcumin are valued for their antioxidant, anti-inflammatory, and hormone-supporting effects, which may optimize male recovery capacity and resilience. Physical interventions, meanwhile, offer acute improvements in circulation, reductions in delayed onset muscle soreness, and restoration of neuromuscular function. Both approaches target exercise-induced muscle damage (EIMD), cytokine activity, and ROS regulation, but their relative impact on hormonal stability, cardiovascular efficiency, and muscle preservation in men remains uncertain. Direct comparative research into these methods for male recovery is scarce, with a further gap in understanding how combined use might yield additive or synergistic benefits. This knowledge gap is particularly critical for men facing the dual demands of performance optimization and age-related declines in anabolic hormones and recovery speed.

The current special issue aims to examine how these strategies influence oxidative stress, inflammation, cytokine activity, and hormonal responses in men post-exercise. In doing so, the findings will provide a clearer scientific basis for recovery protocols tailored to male physiology. By moving beyond generic recommendations, this work seeks to identify the most effective, evidence-based strategies for preserving male health, enhancing training adaptations, and promoting long-term physical performance.

Keywords: Physical activity; Recovery; Health; Wellness; Male

Submission deadline: 31 July 2026

Submission link: <https://js.jomh.org/ch/author/login.aspx>