



## Molecular Mechanisms of Action of Adaptogens—in Search of Natural Methods of Restoring Homeostasis

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submissions:

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### Message from the Guest Editor

The concept of adaptogens has evolved in recent years from traditional medicine to a lively discourse in modern Western medicine. It has been pointed out that a number of natural dietary compounds act as epigenetic adaptogens, helping to optimize gene expression, health outcomes, and aging. Providing scientific grounds for treating adaptogens as potential supportive drugs, e.g., in stress, osteoporosis or diseases related to aging, requires detailed research.

This Special Issue is dedicated to all aspects of the biological activity of adaptogens that can potentially be used in the treatment of specific diseases. When considering your submission, please keep in mind that IJMS is a journal of molecular science. Therefore, purely clinical studies will not be suitable for our journal. However, submissions of clinical studies that include biomolecular experiments or pathological research with case sample data are welcomed. Please also bear in mind that papers on specific bioactive substances isolated from adaptogens will be published, but not those on the effects of crude extracts of plant origin.





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## Message from the Editor-in-Chief

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