

## Special Issue

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

### 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.

---

### Guest Editor

Prof. Dr. Dariusz Szukiewicz

Department of Biophysics, Physiology & Pathophysiology, Faculty of Health Sciences, Medical University of Warsaw, 02-004 Warsaw, Poland

---

### Deadline for manuscript submissions

closed (20 April 2025)



## International Journal of Molecular Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 4.9  
CiteScore 9.0  
Indexed in PubMed



[mdpi.com/si/179614](https://mdpi.com/si/179614)

*International Journal of  
Molecular Sciences*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijms@mdpi.com](mailto:ijms@mdpi.com)

[mdpi.com/journal/  
ijms](https://mdpi.com/journal/ijms)





# International Journal of Molecular Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 4.9  
CiteScore 9.0  
Indexed in PubMed



[mdpi.com/journal/  
ijms](https://mdpi.com/journal/ijms)



## About the Journal

### Message from the Editor-in-Chief

The *International Journal of Molecular Sciences (IJMS)* is an open access journal, which was established in 2000. The journal aims to provide a forum for scholarly research on a range of topics, including biochemistry, molecular and cell biology, and molecular biophysics. *IJMS* publishes both original research and review articles, and regularly publishes special issues to highlight advances at the cutting edge of research. We invite you to read recent articles published in *IJMS* and consider publishing your next paper with us.

---

### Editor-in-Chief

Prof. Dr. José L. Quiles  
Department of Physiology, Institute of Nutrition and Food Technology  
"Jose Mataix", Biomedical Research Center, University of Granada,  
Avda. Conocimiento s/n, 18100 Armilla, Granada, Spain

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, MEDLINE, Embase, CAPus / SciFinder, and other databases.

#### Journal Rank:

JCR - Q1 (Biochemistry and Molecular Biology) / CiteScore - Q1 (Organic Chemistry)