

REVIEWER'S REPORT

Manuscript No.: IJAR-53114

Date: 03/08/2025

Title: Preparation of an Effective Traditional Chinese Medicinal Compound for Sleep-Aid Sacs in the Treatment of Insomnia in Older People: A Delphi Method Study

Recommendation:

Accept as it is ☐ ☐ ☒ ☐ ☐

Accept after minor revision ☐ ☐ ☐ ☐

Accept after major revision ☐ ☐ ☐ ☐ ☐

Do not accept (*Reasons below*) ☐ ☐ ☐

Rating	Excel.	Good	Fair	Poor
Originality	✓			
Techn. Quality		✓		
Clarity		✓		
Significance	✓			

Reviewer Name: Sakshi Jaju

Date: 03/08/2025

Reviewer's Comment for Publication.

Abstract:

The abstract clearly states the aim — to develop a Traditional Chinese Medicine herbal combination for sleep-aid sacs to treat insomnia in elderly patients, using the Delphi method. It explains the process, number of experts, and final outcome (10 selected herbs). The writing is clear, but could be slightly simplified for easier understanding.

Introduction:

The introduction explains the high rate of insomnia in older adults, its impact on health, and the role of TCM as a safe and holistic alternative. It highlights the lack of standardization in herbal sac preparation and justifies the need for expert consensus. The content is relevant, but could be shortened.

Material and Methods:

A three-round Delphi study was conducted with 12 highly experienced TCM experts from Guangzhou, China. Experts rated the importance of herbs for insomnia treatment using a 5-point scale. Herbs with an average score above 4.0 and low variation were kept in the final list.

Result and Discussion:

The selected herbs aim to balance Yin and Yang and calm the mind, aligning with TCM theory and modern research. The method ensured both effectiveness and safety for elderly use. The approach also supports the trend towards non-invasive, patient-friendly therapies.

Relevance and Contribution:

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The study provides a scientifically validated, standardized herbal formula for elderly insomnia management. It can guide clinical use and future TCM-based interventions in geriatric care.

Clarity and Writing:

The paper is well-organized and detailed. Some sentences are long and technical; simplifying language would make it more accessible.

Recommendation:

Manuscript accepted for the publication.