

PUBLIC REPORT BY PROMTPRESS

Channel audit

Lyosha about Herbs



@nektarica

Here's the juiciest about the benefits of Herbs for health. All about medicinal plants, herbs and wild edibles, how to use them, recipes and contraindications. Herbalist Alexey Peshkov's channel
Contact:...

SUBSCRIBERS

86 296

+2191 per month

ERR (% SEE POSTS)

25.0%

daily 6.7%

REACH/POST

18.3K

ad reach 5.8K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle under the number shows the period it covers.

 SUBSCRIBERS 86 296 —	 SUBSCRIBER REACH 21.22% avg % of subs see post	 VIEWS/POST 18.3K median 19.6K · 26 days	 POSTS/WEEK 2.6 for period
 7D TREND -22.1% vs previous week	 REACTIONS/POST 463.0 total 4,630 reactions, 968 reposts, 221 comments	 POST LENGTH 940 chars median 1,000 · 26 days	 POSTS ANALYZED 10 26 days
 AD REACH 5.8K 24h avg	 CHURN / MONTH +2191 last month	 CITATION RATE 0 citation index · 15 channels mentioned ever	 CHANNEL AGE 4 years 3 months created 13.03.2022

AI EDITOR SUMMARY

Channel «Lyosha about Herbs» — 86 296 subs. Each post averages 18.3K people (21% of subs), this is average reach — room to grow. Publishes 3 posts per week (~0/day) — rare publications. For week Jun 15–21 reach dropped -22.1% by week Jun 8–14 — worth analyzing reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & laggards – to see what to repeat and what to drop.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 10 posts over 26 days.
- 02 Dominant format – Photo (10/10 posts).
- 03 Avg post length – 940 chars (median 1,000).
- 04 Peak audience activity – Sunday, 20:00 MSK.
- 05 Top posts get 2x more views than the weakest (25K avg for top vs 14.5K for worst) – among 10 posts in 26 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 31.05 · 17:37 PHOTO 5 recipes with Field Pennycress - adenoma, prostatitis, impotence, tinnitus, headaches Recently on one of my bike rides I stopped by...	VIEWS 26 784 REP. 297	REACTIONS 537 ER 31.0%
Nº2 03.06 · 16:28 PHOTO Rush to seal meadows in a jar Chasing storms to gather herbs before they're gone. Some species are...	VIEWS 26 463 REP. 9	REACTIONS 632 ER 30.7%
Nº3 09.06 · 08:51 PHOTO They said I've lost my mind Friends, here's the situation. Our herbalism school team just finished another training batch, after...	VIEWS 21 623 REP. 18	REACTIONS 553 ER 25.1%

Nº4 06.06 · 19:03 PHOTO How much herb to stock? I could start with a long apology, but let's cut to the chase: quantity...	VIEWS 21 403 REP. 40	REACTIONS 512 ER 24.8%
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Nº5 12.06 · 08:24 PHOTO 5 recipes with Wintergreen - kidneys, prostatitis, women's, colds, heart ☒ Wintergreen roundleaf deserves attention if only for...	VIEWS 20 659 REP. 112	REACTIONS 386 ER 23.9%
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WORST 3

↓ 15.06 · 19:32 PHOTO Squeezing juices from herbs ☒ Juices are a type of potion traditionally made from herbs. Since ancient times, juices have been considered the quintessence of life force...	VIEWS 17 050 REP. 34	REACTIONS 416 ER 19.8%
↓ 21.06 · 19:20 PHOTO Tea will be, herbal honeys too ☒ Finally filled the box with dried strawberry leaf. For me, this is strategically important...	VIEWS 13 874 REP. 27	REACTIONS 444 ER 16.1%
↓ 23.06 · 18:46 PHOTO It strengthens teeth and heals kidneys Round-leaved wintergreen even hints with its glossy leaves to herbalists about its...	VIEWS 12 511 REP. 134	REACTIONS 484 ER 14.5%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

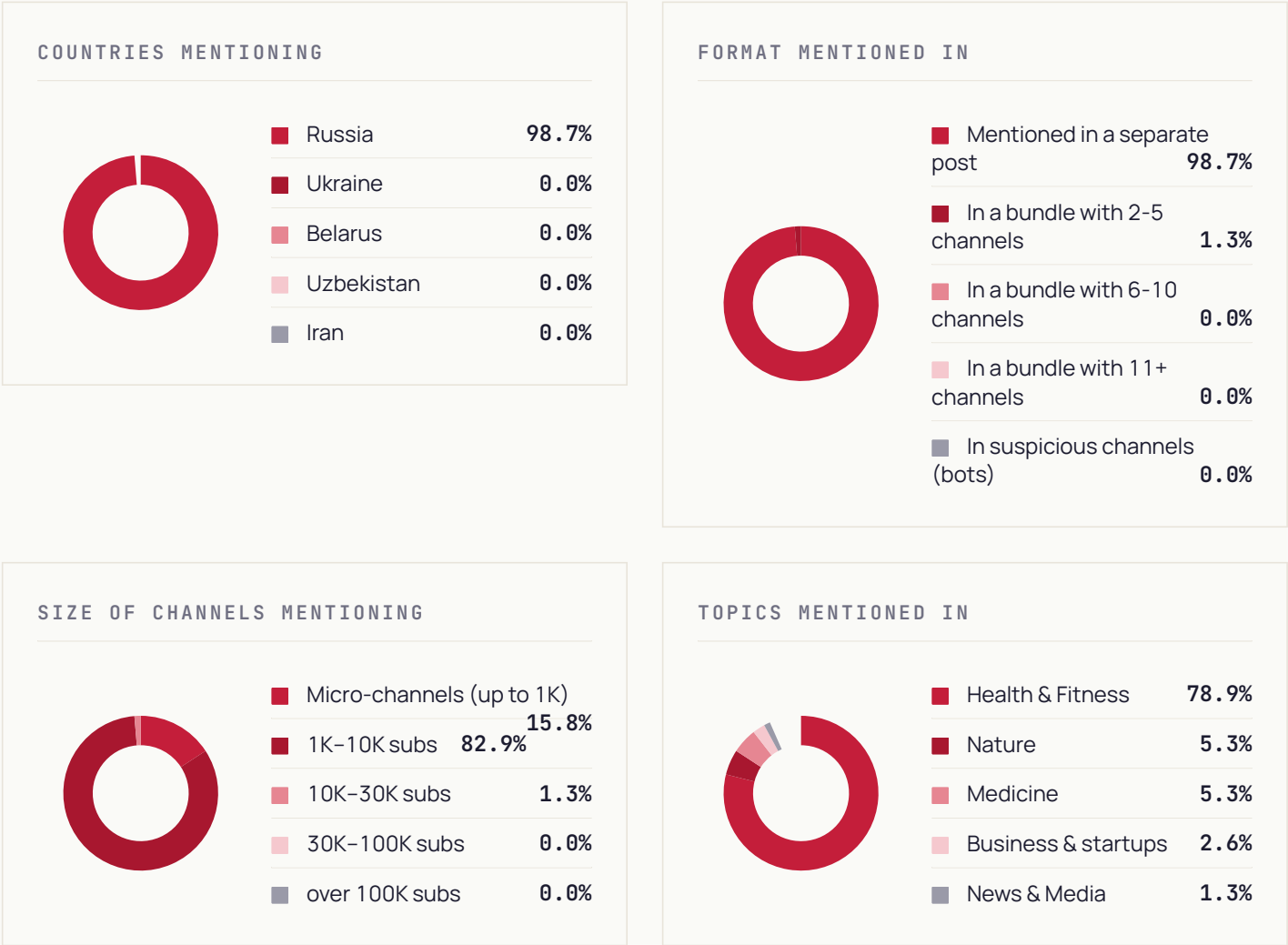
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel and how

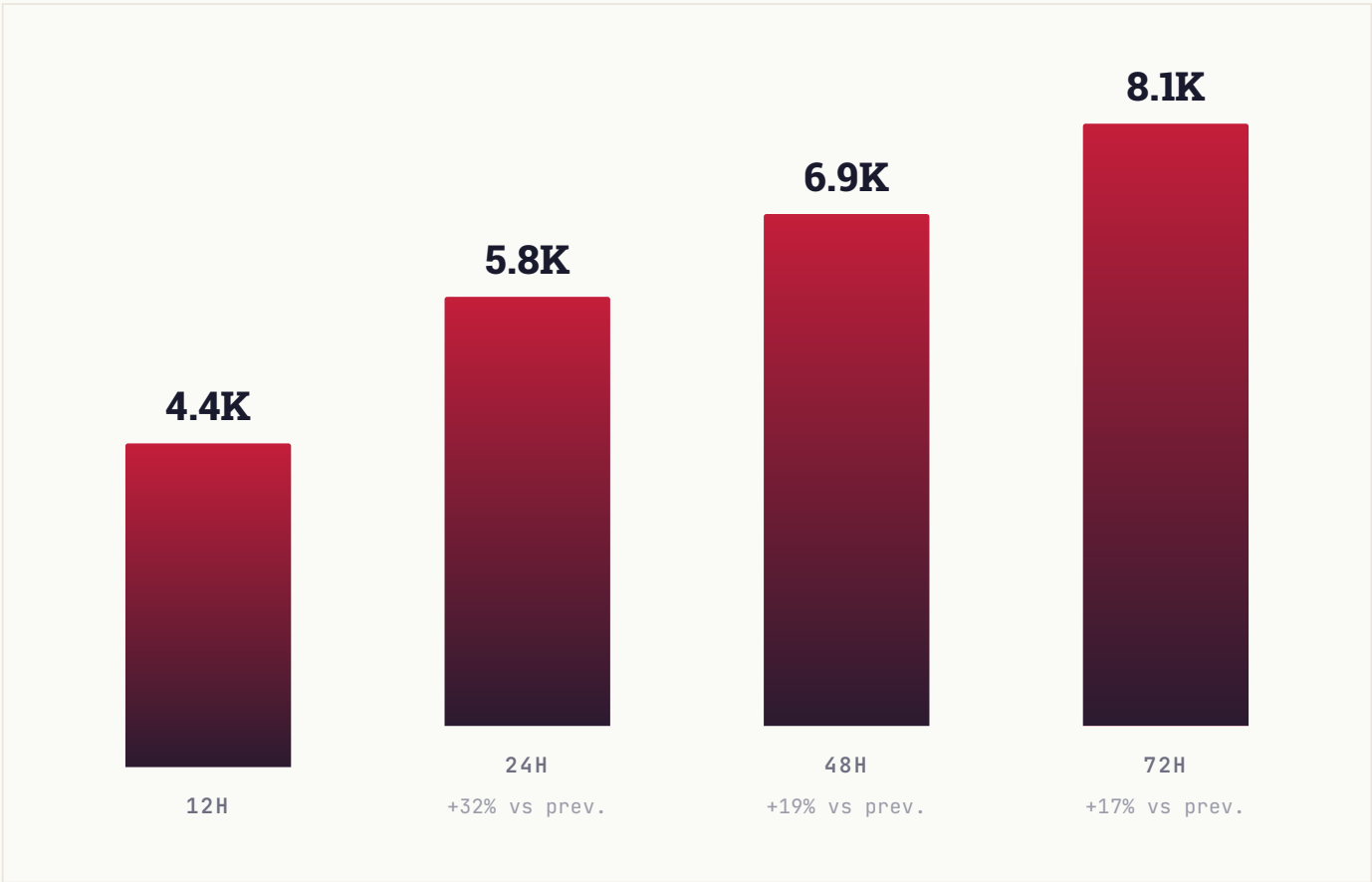
Citation index 0 – channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from 1K. All-time mentions: 15 different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post by time since publication. Helps gauge how long a placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic & audience. Your channel is highlighted — see where you stand among niche neighbors.

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.3M
KZ Test purchase	771.1K
BI Biohackers	584.6K
BI Biohacking	534.6K
GS GymDeals- Supplements & Whey Protein Offers	533.5K
SL Sport Life	526.2K
VN Eternity in Tibet	495.4K
NT Our body	482.5K
AU Ales Ulishchenko Osteopath, PhD Author of faceplastics	478.7K
BZ Stay Healthy	448.8K
LP Lyosha about Herbs YOU	86.3K

COMPARATIVE CONCLUSION

Channel not yet outside top-96 niche — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.3M), top-96 median: 163.3K. First goal: enter top-96 via systematic traffic & content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **7**, they brought **11 558** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
December 2025	0	0	109
November 2025	0	0	265
October 2025	0	0	1 021
September 2025	2	2	988
August 2025	1	1	1 961
July 2025	4	1	7 214

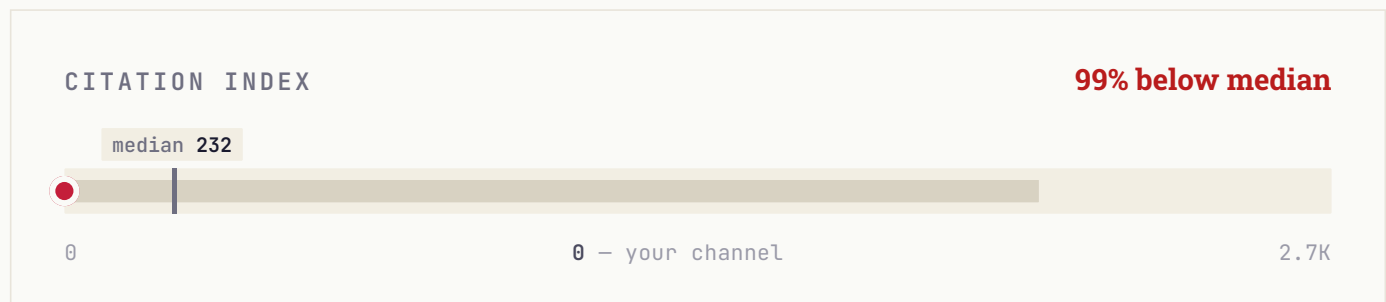
TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
7	6	11 558

Where the channel stands in its league

SUBSCRIBERS 49% below median

A horizontal bar chart comparing subscriber counts. The x-axis represents the number of subscribers in thousands (K). A light gray bar represents the median at 167.7K. A dark gray bar represents the current channel's count at 86,296. A red dot on the x-axis marks the current channel's position. The values 53.5K, 86 296, and 547.9K are labeled along the axis.

Metric	Value
Median	167.7K
Current Channel	86 296
Range Start	53.5K
Range End	547.9K



— SECTION 09 · STRATEGY

What to do right now

5 priority actions ranked by expected impact. Check off and revisit next month.

01**Increase posting frequency**

Now 2.6 posts/wk. Active channels do 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume****02****Top post of the week — Sunday**

Audience is most active on this day at 20:00 MSK.

EFFECT

**Best time for
an important
post****03****Increase video posts**

Video in Telegram retains audience longer and is
favored by the algorithm. We recommend a share of
15-25%.

EFFECT

**Video retains
audience
better****04****Systematic traffic buying**

Three formats for your media: **Inhouse** (premium
channels), **Native** (native integrations), **Premium**
(target audience). PromptPress picks sources for your
niche.

EFFECT

**+1000-3000
subs****05****Test polls & interactive formats**

Posts with polls/reactions usually give +5-15% ER. One
weekly poll on a hot topic — easy growth point.

EFFECT

+5-15% ER

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit is what we can do in minutes from public data. Want more? Run ads with us and hit your growth plan in a month.

01

**Launch ads in
Telegram**

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager