

Effects of mixed herbals drug administration on male infertility

Elaheh Ouladsahebmadarek,MD,Giti Seyed Ghiasi,MD, Arash Khaki MD,Yadollah Ahmadi,MD, Mohammad Nouri,MD, Vahideh Shahnazi, Khadijeh Hajizadeh, MSC of midwifery
Women's Reproductive Health Research Center, Tabriz University of Medical Sciences.

Abstract

Background & Objective: Male's infertility is one of common medical complications nowadays and the sperm reproduction disorder is one of main causes. There are a lot of methods to treat infertility but most of them are expensive. The use of Herbal drugs due to low complication rate and low cost is important nowadays. In this study we investigate the effect of herbal complex on male infertility.

Materials and Methods: In this trial 40 infertile men were recruited randomly from Alzahra Hospital during 9 months and treated with complex of 7 herbals include onion, ginger, basil, cinnamon, orange peel, red and yellow water melon in 700mg oral capsule daily. The patient's blood sample and Semen, collected to assess and analyze, before and after treatment.

Results: Sperm concentration ($P=0/001$), motility ($P=0/002$), progressive motility ($P=0/002$), normal morphology ($P=0/006$), blood glucose ($P=0/036$) improved significantly after treatment. We couldn't find any significant relation between this herbal complex and semen total volume ($P=0/49$), total cholesterol ($P=0/17$), testosterone ($P=0/51$) and LH ($P=0/19$). During the study and after three months of receiving the drug 7 couples got fertile.

Conclusions: Herbal complex significantly improved patient's semen factors and BS, with minimal side effects, low cost and acceptable efficacy. The mechanism of action appears to counter the effects of oxidative stress.

Keywords: *infertility,herbal,semen analyze,oxidative stress*