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EFFECT OF AN AYURVEDIC HERBAL FORMULATION ON MALE FERTILITY

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ABSTRACT

Male infertility is rising at an alarming rate. Ayurveda has claimed there are plants that can be used to treat male infertility, even for idiopathic cases. The objective of the study is to describe the effect of an ayurvedic herbal formulation on male infertility which consists of plants *Withania somnifera* (Amukkara), *Orchis mascula*, *Mucuna pruriens* (Vanduru ma), *Tribulus terrestris* (Heen nerenchi), *Asparagus racemosus* (Hathavariya), *Asparagus adscendens*, *Anacyclus pyrethrum* (Akrapatra) and *Myristica fragrans* (Sadikka). Infertile subjects (n=68) attended to Nugegoda Ayurvedic clinic were treated with herbal formulation for three months. Seminal fluid samples were collected and analyzed at baseline (pretreatment) and first, second and third months on medication. Comparisons of the sperm concentration, total motility, progressive motility and semen volume between pretreatment and post treatment were done by paired T test. The percentage of increase in sperm concentration, total motility, progressive motility and semen volume at the end of 3rd month were 88.47%, 63.94%, 78.41% and 4.18% respectively. Positive correlations were found in sperm concentration (r=0.45), total motility (r=0.42) and progressive motility (r=0.53) between pretreatment and post treatment and a highly significant increase was observed in all above semen parameters (p=0.001) except semen volume following treatment for 3 months. Further, findings indicated a highly significant improvement (p=0.001) in sperm concentration, total motility and progressive motility of the treated oligozoospermic (n=54), asthenozoospermic (n=64) and oligoasthenozoospermic (n=50) groups. In conclusion, the herbal formulation has a positive effect on sperm concentration, total motility and progressive motility in oligozoospermic, asthenozoospermic and oligoasthenozoospermic.

Key words- Infertility, Herbal formulation, Seminal fluid.