A STUDY ON THE EFFECT AND EFFICACY OF A SELECTED HERBAL FORMULATION FROM SRI LANKAN OLA LEAVE MANUSCRIPT ON SPERMATOGENESIS WITH SPECIAL REFERANCE TO OLIGOSPERMIA

M. K. G. C. M. MANIKE

Gampaha Wickramarachchi Ayurveda Institute, University of Kalaniya

Yakkala, Sri Lanka.

ABSTRACT

Oligospermia is a main causative factor of male infertility refers to less than 20 million sperm per milliliter in the sperm ejaculation. In 40% to 50% sub fertile male, the etiology was unknown and it has been widely observed that oligospermia is the single most prevalent cause of reduced male fertility. Considering the consisting components of the *Dhathuposhaka kalkaya* such as *Wihania somnifera, Phyllanthus emblica, Glycyraiza glabra* and *Asperegus recamosus* has been described in traditional and Ayurvedic medicine as aphrodisiac that can be used to treat male infertility. This pilot study was conducted to study on the effect and efficacy of a selected herbal formulation from Sri Lankan ola leave manuscript on oligospermia with special reference to spermatogenesis.

30 male patients with oligospermia (sperm count less than 20 million per ml) were enrolled and randomized either to treatment group A (n=15) with the *dhathuposhaka kalkaya,* 7.5g in two doses for thirty days with life style control and group B (n=15) were studied under the same period only with life style and dietary management. Sperm parameters and serum hormone levels were estimated at the end of the 30 days treatment. The patients of group A showed significant different in absolute semen volume, concentration, rapid mortality, reducing immortality, FSH and testosterone hormone. In comparison to group A, the importance of group B had no significant different after 30 days. The present study has shown significant effect in increasing semen parameters and hormones. Therefore it provides scientific background for further studies and adds to evidence on the therapeutic nature of the selected herbal formulation derived in ola leave manuscript for the treatment of oligospermia.

Key words : Oligospermia , *Dhathuposhaka kalkaya*, semen parameters