


Herbal Medicine in Andrology

An Evidence-Based Update

Book • 2021



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Ralf Henkel and Ashok Agarwal

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available on this topic, making this reference a valuable source of information for a large audience, including urologists, andrologists, gynecologists, reproductive endocrinologists and basic scientists.

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Editors

Ralf Henkel
Department of Medical Biosciences, University of the Western Cape, Bellville, South Africa
Department of Metabolism, Digestion and Reproduction, Imperial College London, London, United Kingdom

Ashok Agarwal
Director, American Center for Reproductive Medicine
Professor, Lerner College of Medicine, Cleveland Clinic, Cleveland, OH, United States

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Shubhadeep Roychoudhury^{a,b}, Saptaparna Chakraborty^a, Anandan Das^a, Pokhraj Guha^c, Ashok Agarwal^d, Ralf Henkel^{d,e,f}

^a Department of Life Science and Bioinformatics, Assam University, Silchar, India
^b Department of Morphology, Physiology and Animal Genetics, Mendel University, Brno, Czech Republic
^c Department of Zoology, Garhbeta College, Paschim Medinipur, West Bengal, India
^d American Center for Reproductive Medicine, Cleveland Clinic, Cleveland, OH, United States
^e Department of Medical Bioscience, University of the Western Cape, Bellville, South Africa
^f Department of Metabolism, Digestion and Reproduction, Imperial College London, London, United Kingdom

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Abstract

Among Asian populations, including that of the Indian subcontinent, herbal remedies have been practiced since ancient times for the management of many complex diseases, including andrological problems. The efficacy of herbal medicines has largely been attributed to the synergistic interactions of the individual components because they are used mostly as whole extracts. In recent times, investigative studies have been taken up to validate the clinical efficacy and safety of individual herbal extracts, discrete chemical ingredients as well as their active principles apart from elucidating their mechanism of action in the management of such disorders. In this chapter, we discuss various pharmacological effects of three such herbs *Ginkgo biloba*, *Curcuma longa*, and *Camellia sinensis* that may be useful in the management of a wide array of andrological disorders such as male infertility, hypogonadism, erectile dysfunction, testicular cancer, prostate cancer, and benign prostatic hyperplasia. We have also attempted to provide their potential molecular mechanisms of action, to have a better understanding of how these

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