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Lycium Chinense mill improves hypogonadism via anti-oxidative stress and anti-apoptotic effect in old aged rat model

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To evaluate the pharmacological effects of goji berry (*Lycium chinense*, Mill) in an animal model of late-onset hypogonadism (LOH). Thirty 18-month-old male Sprague-Dawley (SD) rats were used as the LOH aged rat model. Rats were divided into five groups: a control group (n=6), low concentration goji berry extract group (150mg/kg/day) (n=6), high concentration goji berry extract group (300mg/kg/day) (n=6), low concentration goji berry complex extract group (150mg/kg/day) (n=6), and high goji berry complex concentration extract group (300mg/kg/day) (n=6). After 6 weeks of treatment, sperm counts and motility, serum testosterone level, androgen receptor (AR) expression, an oxidative stress marker, and apoptotic factors were examined. Goji berry extracts increased testosterone level to 2.07 ± 0.06 pmol/L in the goji berry 150mg/kg group, 2.39 ± 0.08 pmol/L in the goji berry 300mg/kg group, 2.97 ± 0.03 pmol/L in the goji berry complex 150mg/kg group, and 3.34 ± 0.04 pmol/L in the goji berry complex 300mg/kg group compared to 1.86 ± 0.03 pmol/L in the control group, respectively ($p < 0.05$). AR expressions were increased in testis tissue significantly but were not significant in prostate tissue. Goji berry might improve LOH by reversing testicular dysfunction via an anti-oxidative stress mechanism without inducing prostate disease.

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