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Comparative fertility evaluation of *Cycas circinalis.* L. and *Ionidium suffruticosum* Ging. on stress induced sterility of male Wister albino rats

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Fertility is an important factor for male and female in life. In our day to day life, the stress and strain are the causes of male infertility. Spermatogenesis was suppressed at all the stages of cell division and maturity due to stress. Many natural non-toxic herbs were found to enhance the fertility in male. This study involves the effect of the herbs, *Cycas circinalis* and *Ionidium suffruticosum* in improving the fertility of stress induced male albino rats. A total of 50 healthy young male albino rats (10-12 weeks) were selected and are subjected to cold water swimming stress for 10 minutes, a day for a period of one month to check the stress induced status and serum corticosterone was analyzed. *Cycas* and *Ionidium* extract 200 mg/kg body weight were administered orally to the experimental albino rats E-1 (n=10) and E-2 (n=10) respectively and compared to the positive control albino rats C-1 (n=10) administered with testosterone 10 mg/kg body weight subcutaneously, biweekly with that of the stressed control rats C-2 (n=10) using various parameters such as sexual behaviour, weight of animals, dimension of testes, hormonal and semen analysis, histological analysis of testes and histomorphometry of testes. The drug's efficacy was proved by the restitution of fertility by comparing with the normal fertile controls C-3 (n=10). The administration of the drug showed significant improvement in all the parameters in experimental rats when compared to control rats. The herb was found to be effective on the gonads of stress induced sterile male albino rats.

Biography

B. Senthil Kumar is a qualified indigenous physician (Indian Medicine) graduated from Tamilnadu Dr. MGR Medical University, post graduated from Saveetha University as an anatomist, and taught anatomy for undergraduate students of Medicine and Dentistry. He is presently pursuing a doctoral degree in the field of Andrology and Anatomy from Saveetha University. For the past five years, he had been doing research on herbal medicine and published more than 12 research papers in reputed national and international journals. He has been serving as a reviewer for many reputed journals.

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