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Effect of Antioxidants on male infertility treatment in some health care centers in Mazar-e Sharif: A Research Article

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In this study, polytherapy antioxidants increases 68% sperm number in oligozoospermia cases, get better 55% sperm morphology in teratozoospermia cases, and 72% increases in sperm mobility in asthenozoospermia cases. Also polytherapy antioxidants in infertile men with high level of Sperm DNA Fragmentation increases 48% sperm number, 58% sperm mobility and recover 38% sperm morphology. In monotherapy group,treatment with vitamin C (16.6%), vitamin E (20%), zinc (13.3%) and Omega-3 (16.6%) recover the DNA Fragmentation Index in infertile men.

Conclusion:

In this study, we demonstrated an improvement in the fertilization rate of fertile that had low fertilization rate. Treatment efficiency with antioxidants was different in both groups of subjects. In monotherapy group, treatment with vitamin E and vitamin C demonstrated high efficiency and low efficiency with zinc. In polytherapy group treatment demonstrated high efficiency with vitamin E, vitamin C, cornitines, CoQ10, zinc, selenium, folic acid and lycopene.

Keywords— Antioxidant, Free radicals, Male infertility, DNA fragmentation Index

Professional Biography

Nazir Ahmad Ansari has completed his Pharm.D at the age of 22 years from Medical Balkh University and postdoctoral studies from Balkh University School of Medicine. He is the director of Research in medical Balkh Province, a premier Bio-Soft service organization. He has published more than 15 papers in reputed journals and has been serving as an editorial board member of repute.

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