

عنوان مقاله:

Ameliorative Impact of Silymarin on the Male Reproductive System: An Updated Systematic Review

محل انتشار:

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خلاصه مقاله:

Background and objectives: Numerous studies have evaluated the effects of silymarin on sperm quality and its neutralization impact of various toxins on the male reproductive system. However, these studies as a whole have not been summarized and categorized yet. Silymarin is a flavonoid and known as a powerful antioxidant compound in the treatment of many diseases including liver disorders, rhinitis, diabetes, and testis disorders. The aim of the study was to discuss the impact of silymarin on the male reproductive system. Material and Methods: From Apr ۱۹۹۸ to Feb ۲۰۲۰, related articles were extracted from databases of Web of Science (WOS), PubMed, Google Scholar, Science Direct, Scopus, EBSCO and grey literature by seeking MeSH words including Silymarin, Milk thistle, Silybum marianum, testis, Spermatogenesis, and Sex hormones. Results: Silymarin withholds damage to the testicular germinal epithelium and comforts the spermatogenesis process by amplification the antioxidant system, decrease lipid peroxidation and oxidative stress, preventing the expression of pro-apoptotic genes, increases testosterone and gonadotropins. Conclusion: In outcome, based on the results, silymarin can boost fertility in sterility males by its talented antioxidant features.

کلمات کلیدی:

Silymarin, Spermatogenesis, Gonadal Steroid Hormones, Testis

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