



Herbal medicine use to treat andrological problems in Africa and Drug interaction

Paul Moundipa Fewou*

Introduction

Several medicinal plants or food supplements are popularly used worldwide in and different regions of Africa for the treatment of male infertility, sexual asthenia, erectile dysfunction and impotency, or as aphrodisiac. Scientific studies have proven the acclaimed traditional use of these plants to enhance sexual activities or sperm concentration, motility and viability. The study of pharmacognosy or the use of medicinal plants is termed as Herbalism. Herbal medicine is also known as phytomedicine or phytotherapy.

Some of the mechanisms of actions associated with these plants included increased level of testosterone and the relaxation of the smooth carvenosal muscles. However, certain plants were also shown to be inefficient or to have detrimental effects on the male reproductive system, which may be due to the varying modes of plant extraction, duration of treatment, experimental design, dosage used, quality of the plant, or toxic effects. Interactions of these herbal preparations with conventional drugs, involving mainly the possible effects of drug - metabolizing enzymes, transporters and pharmacodynamic activities in their co-administration are reported. Focus is laid on herbal drugs evaluated in clinical trials, in which such interaction has been reported. The clinical implications of the interactions of herbal medicines used in andrology depend on the drugs that are co-administered, the patient, the origin of the herbal medicines, the composition of their constituents and the dosage regimens. Herbal medicines contain active ingredients. These active ingredients are used in many herbal preparations. Some pharmaceutical medications are based on a single active ingredient derived from a plant source. Practitioners of herbal medicine believe that active ingredients can lose its impact or become less safe if used in isolation from the rest of the plant.

More clinical trial should be conducted to fill the gap for the safe and efficient use of these nutritional supplements in some chronic diseases and there is a need to standardize the protocols as well as to better understand their mechanism of actions. Approximately 80% of people in Africa uses traditional medicine or herbal drugs for primary health care. People used to extract parts of plants, such as leaves or roots as they believe that plants are subjected to environmental pressures and thus develop resistance to threats such as radiation, reactive oxygen species and microbial attack in order to survive, providing defensive phytochemicals of use in herbalism. The most common reasons for using traditional medicine are that it is more affordable, more closely corresponds to the patient's ideology, allays concerns about the adverse effects of chemical (synthetic) medicines, satisfies a desire for more personalized health care, and allows greater public access to health information. The major use of herbal medicines is for health promotion and therapy for chronic, as opposed to life-threatening, conditions. However, usage of traditional remedies increases when conventional medicine is ineffective in the treatment of disease, such as in advanced cancer and in the face of new infectious diseases. Furthermore, traditional medicines are widely perceived as natural and safe, that is, not toxic

Submit your next manuscript and get advantages of SciTechnol submissions

- 80 Journals
- 21 Day rapid review process
- 3000 Editorial team
- 5 Million readers
- More than 5000 books
- Quality and quick review processing through Editorial Manager System

Submit your next manuscript at • www.scitechnol.com/submission

*Corresponding author: Paul Moundipa Fewou, School of Surveying Geospatial Engineering,

Received: November 18, 2020 Accepted: November 27, 2020 Published: December 04, 2020

Author Affiliation

School of Surveying Geospatial Engineering

Top