

INDIGENOUS NUTRITIOUS MEDICINE FOR ANDROPAUSE

M. Niharika And A. Jyothi

Ph.D Scholar, Dept.of.Home Science, Sri PadmavatiMahila University, Tirupat
Professor, Dept.of.Home Science, Sri Padmavati Mahila University, Tirupat

Abstract: The andropause is the time in a man's life when the hormones naturally start decline usually during their late forties or early fifties. Andropause is a medical condition caused by low testosterone levels in men. Andropause in men is similar to menopause in women. Andropause symptoms such as depression, night sweats, hot flashes, fatigue, osteoporosis, low libido, poor concentration and loss of memory.

Foods that boost testosterone provide a natural way to recharge libido function, muscle mass and increase energy levels. Natural testosterone foods act natural libido enhancers. Zinc is the most important mineral for men zinc is extremely effective at raising testosterone levels. A diet rich in vitamin and E ability to increase testosterone production. Vegetables that include spinach, carrot, tomato, sweet potato, and Herbs that include Garlic, pepper, mustard seeds and peanuts. Hence these are all vegetables and herbs include in a diet to prepare a spicy mix to prevent andropausal symptoms. Significantly high level of testosterone was observed in prepared product

Keyword: Indigenous , Andropause , Nutritious Medicine , biological.

INTRODUCTION:

Andropause as a distinct condition claim that it is a biological change experienced by men during mid-life and often compare it to female menopause. Which is due to decline in the male hormone testosterone. All men experience the symptoms of andropause to some extent in their 40s and beyond. Testosterone declines 10% every decade after age 30(1% per year)and andropause symptoms such as general tiredness, mood changes, night sweats, decreased muscle mass, sleep disturbance, osteoporosis, poor concentration , memory loss, depression and sexual problems.

Men who work in the pharmaceutical industry, plastic factories, and on farms that use pesticides are high risk for early andropause. The most likely males to develop early andropause are those with diabetes, hypertension and genetic disorders that produce hypogonadism. Testosterone also contributes to several metabolic functions including bone formation, liver function, and prostate gland growth. It is important not for just sex drive, but is essential for heart health, promoting positive mood.

Lack of zinc in the diet causes reduction in testosterone production. Among vitamins Vitamin A and E are testosterone enhancers .Garlic is the herb of choice for testosterone production, it increases libido because it contains a compound known as allicin, this promotes a rise in testosterone levels.

METHODOLOGY:

Some men experience symptoms such as fatigue, weakness, depression and sexual problems. To combat of these symptoms a diet should contain natural testosterone. The highest concentration of testosterone boasting's are found in vegetables like spinach, carrot, sweet potato. Spices

like garlic, pepper, mustard seeds and peanuts. These foods are which possess highest testosterone content, so a spicy mix is prepared by using the above vegetables and spices.

PRODUCT DEVELOPMENT:

A product was developed and standardized. The recipe was prepared with testosterone enhanced foods such as spinach, carrot, peanuts, pepper, mustard seeds, garlic and sweet potato.

Ingredients:

Spinach	- 100gm
Carrots	- 100gm
Sweet Potato	- 100gm
Garlic	- 30gm
Pepper	-30gm
Mustard seeds	-30gm
Peanuts	-100gm

Method of Preparation:

To prepare spicy mix spinach, carrot, sweet potato were washed thoroughly and peeled then cut into small pieces and dried& powdered. Garlic is taken grinded into fine paste, and dried and powdered. Peanuts were fired in a pan then powdered, mustard seeds and pepper are also powdered finally mix all these powders add salt to taste.

Supplementation:

The 15gm of spicy mix powder was supplemented to andropausal men daily for 2 months. These spicy mix powder were including into their diet.

RESULTS AND DISCUSSION:

From the table-1, the majority of men (60%) are got andropause between the 51-55 years of age. Then 26% of men got the menopause between the age group 46-50 years then 9% of men got the andropause between the ages 56-60 years.

The most frequent age of onset of symptoms related to andropause was 45-60 years and 95% of patients reported symptoms such as impotence, fatigue, hot flashes (58%), night sweats (52%), weakness and memory loss (62%), osteoporosis (65%), depression (50%).

Andropause as a distinct condition claim that it is a biological change experienced by men during mid-life. It is a decline in the male hormone testosterone.

TABLE-I: Percentage Distribution of Men to Their Andropause Age

S.No	Age At Andropause	Percentage (%)
1	40-45 years	5
2	46-50 years	26
3	51-55 years	60
4	56-60 years	9

TABLE-II: Percentage Distribution of Men According to Their Symptoms

S.No	Andropause Symptoms	Percentage (%)
1	Testosterone Decrease	30
2	Hot flashes	58
3	Night sweats	52
4	Osteoporosis	65
5	Depression	50
6	Memory Loss	62
7	Mood Swings	54
8	Sexual Problems	48

Lack of zinc in the diet cause reduction in testosterone production. A zinc rich diet extremely effective at raising testosterone levels and helping men to improve their body compositions.

To stimulate the body to increase testosterone should eat vegetables and fruits high in vitamin A. Vitamin E is also referred to as sex vitamin due to its ability to increase testosterone production. So the spicy mix was prepared with these testosterone boosting foods.

The nutritive values of spicy mix powder were

calculated for 100 gm of mix. The values are shown in the table.

TABLE-III: Nutritive values of Spicy Mix Powder

S.NO	Name of the Ingredient	Amount gm	Energy Kcal	Protein gm	Calcium mg	Vitamin A µg	Vitamin E mg	Zinc mg
1	Spinach	10	2.6	0.2	7.3	558	0.57	0.03
2	Carrot	10	4.8	0.09	8	189	10	0.036
3	Sweet potato	10	12	0.12	4.6	0.6	0.43	0.011
4	Tomato	10	2	0.09	4.8	35.1	7.5	0.41
5	Garlic	10	14.5	0.63	3	4	0.01	1.93
6	Pepper	10	30.4	0.01	46	108	0.72	1.31
7	Mustard	10	54.1	2	49	16.2	2.10	4.80
8	Peanuts	30	170.1	7.50	27	-	39	0.39
	TOTAL	100	290.5	10.64	149.7	910.9	60.33	8.917
	RDA		2425	60	400	2400	15	15

In the 100 gm of spice mix powder 290.5k.cal of energy, 10.64gm of protein was present. Proteins are essential to all human beings they protect structure such as skin, hair and muscles.

The vitamin-A content in spice mix is 910.9micrograms, The RDA is 2400 micro grams. Spinach, carrot, tomato, pepper are high in vitamin-A content.

The vitamin-E content in spice mix is 60.33mg, The RDA is 15 mg. The vitamin-E content in the spicy mix is high, peanuts, mustard, carrot are high in vit-E.

The zinc content in the spicy mix powder is 8.917mg, The RDA is 15 mg, zinc content in the spicy mix is slightly low. In the prepared product pepper and mustard, peanuts are high in zinc content. Zinc improve the stress control, healthier hair growth, improve energy metabolism.

Men do experience a decline in the production of the male hormone testosterone with ageing. This drop in testosterone level considered to lead in some cases to loss of energy and concentration, depression and mood swings. So combat of these andropausal symptoms we prepare a spicy mix powder, which is rich in increased testosterone level in the body.

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