

# The aphrodisiac herb *Tribulus terrestris* does not influence the androgen production in young men.

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## Source

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## Abstract

### OBJECTIVE:

The aim of the current study is to investigate the influence of *Tribulus terrestris* extract on androgen metabolism in young males.

### DESIGN AND METHODS:

Twenty-one healthy young 20-36 years old men with body weight ranging from 60 to 125 kg were randomly separated into three groups-two experimental (each n=7) and a control (placebo) one (n=7). The experimental groups were named TT1 and TT2 and the subjects were assigned to consume 20 and 10 mg/kg body weight per day of *Tribulus terrestris* extract, respectively, separated into three daily intakes for 4 weeks. Testosterone, androstenedione and luteinizing hormone levels in the serum were measured 24 h before supplementation (clear probe), and at 24, 72, 240, 408 and 576 h from the beginning of the supplementation.

### RESULTS:

There was no significant difference between *Tribulus terrestris* supplemented groups and controls in the serum testosterone (TT1 (mean $\pm$ S.D.: 15.75 $\pm$ 1.75 nmol/l); TT2 (mean $\pm$ S.D.: 16.32 $\pm$ 1.57 nmol/l); controls (mean $\pm$ S.D.: 17.74 $\pm$ 1.09 nmol/l) (p>0.05)), androstenedione (TT1 (mean $\pm$ S.D.: 1.927 $\pm$ 0.126 ng/ml); TT2 (mean $\pm$ S.D.: 2.026 $\pm$ 0.256 ng/ml); controls (mean $\pm$ S.D.: 1.952 $\pm$ 0.236 ng/ml) (p>0.05)) or luteinizing hormone (TT1 (mean $\pm$ S.D.: 4.662 $\pm$ 0.274U/l); TT2 (mean $\pm$ S.D.: 4.103 $\pm$ 0.869U/l); controls (mean $\pm$ S.D.: 4.170 $\pm$ 0.406U/l) (p>0.05)) levels. All results were within the normal range. The findings in the current study anticipate that *Tribulus terrestris* steroid saponins possess neither direct nor indirect androgen-increasing properties. The study will be extended in the clarifying the probable mode of action of *Tribulus terrestris* steroid saponins.

### PMID:

15994038

[PubMed - indexed for MEDLINE]

