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## M Rush capsules: A daily health supplement helps to overcome all male health issues triggered due to reduced hormone levels.

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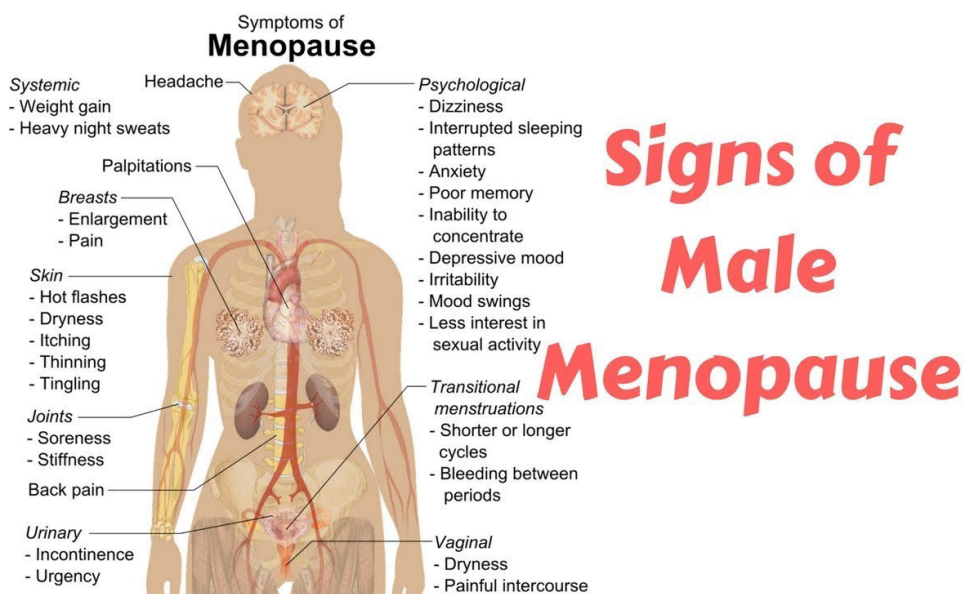
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### ABSTRACT

You definitely heard of 'menopause' and so far believed that it is only related to women. Menopause in women is referred as a normal process when fertility and menstruation ends. But, have you ever heard of male menopause? True that men are totally a different gender but they too have hormones! A male menopause in other words is also known as andropause and it describes changes in male hormone levels due to age. It usually occurs in men who are aged above 50 and indicating a drop in testosterone levels. As per researchers, an average of 1 per cent of testosterone decline is seen in men after turning 30. Testosterone is a hormone produced in testes and helps in triggering sex drive. It contributes for changes in adolescence, maintaining muscle mass and helps in developing physical and mental energy. Unlike women, not all men experience male menopause. Lowered hormone levels can cause some sexual complications. Symptoms include low levels of energy, depression, lack of motivation and focus, insomnia, decreased muscle and bone density, reduced libido, infertility are quite common. Few men may experience gynecomastia – increased breasts which can be often tender and swollen. Traditional herbs have been a revolutionary breakthrough in the management of male menopause and have become known world-wide as an 'instant' treatment. Modern phytochemicals have developed from traditional herbs. Phytochemicals focus their mechanism of healing action to the root cause, i.e. the inability to control the proper function of the whole body system. Hence phytochemicals manage male menopause in the frame of sexual dysfunction as a whole entity. The present paper Reviews the Role of MRUSH capsules developed by R&D cell of Lactonova Nutripharm Pvt Ltd. Hyderabad as a Natural Impotence Treatment for male menopause .

**Keywords:** capsules, gynecomastia

### INTRODUCTION



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Testosterone is a hormone produced in testes and helps in triggering sex drive. It contributes for changes in adolescence, maintaining muscle mass and helps in developing physical and mental energy.

Unlike women, not all men experience male menopause. Lowered hormone levels can cause some sexual complications.

Symptoms include low levels of energy, depression, lack of motivation and focus, insomnia, decreased muscle and bone density, reduced libido, infertility are quite common. Few men may experience gynecomastia – increased breasts which can be often tender and swollen.

### Diagnosis

A simple blood test will reveal the levels of testosterone hormone and can diagnose male menopause.

Treatment:

Eating healthy, regular exercise, reducing stress levels and catching good amount of sleep Along with M Rush capsules A daily health supplement for men, will help you to get over all male health issues triggered due to reduced hormone levels.

### Composition of mrush capsules

Supplement Facts		
Serving Size : 3 Capsules	Servings Per Pack : 10	
Each capsule contains :	% ICMR	RDA*
L-Arginine	140 mg	**
Cordyceps Militaris	100 mg	**
Tribulus Terrestris Extract (Saponins 40%)	90 mg	**
Ashwagandha Extract (Contains Withanolides 5%)	70 mg	**
Red Korean Ginseng	70 mg	**
Ginkgo Biloba extract	30 mg	**
Standardized extract containing min.24% Ginkgolactones and 6% Terpene Lactones		
Mucuna Pruriens extract(Levodopa 10%)	30 mg	**
Asparagus Adscendens Extract (Saponin 30%)	40 mg	**
Kola nut (Caffeine Theobromine 10%)	25 mg	**
Euphorbia Royleana (50%)	25 mg	**
Cayenne extract (Sapinoids 5%)	15 mg	**
Selenium	13 mcg	33
Piper nigrum extract	4 mg	
Zinc	4 mg	33
Pantothenic Acid	1.5 mg	30
Pyridoxine HCL	0.65 mg	33
Iron	5 mg	30
Niacin	6 mg	33
Riboflavin	0.5 mg	31
Cyanocobalamin	0.33 mcg	33
*Indian Council of Medical Research Recommended Daily Allowances. **Not Established.		

### Usage

male menopause ,Erectly Dysfunction, Sports Nutrition, improve memory and sexual function anti-aging potential.energy booster, gastrointestinal disorders.

### Contraindications

L-arginine is not recommended following acute myocardial infarction.

### Side Effects

Mild side effect Nausea, vomiting Headache reported in some individuals

### Recommended Usage

Two tablets per day along with food

### Administration

Taken by Mouth BID

**Storage:** Store in a cool, dry and dark place. Keep out of reach children

**Packing:** 30 Tablets

### Pharmacological Action of each ingredients

**Ashwagandha:** Offers Greater improvement in male menopause ,spermatogenicactivity and increase in serum hormone levels.Withaniasomniferais able to combat stress-induced maleinfertility and protects against swimming-induced endocrinedysfunctions of male reproduction. The aqueous extract of thisherb has been shown to improve spermatogenesis, owing toelevated interstitial cell stimulating hormone and testosteronemimickingeffects together with induction of nitric oxidesynthase. Recent clinical Research studies showed that Ashwagandha extract administration resulted in a significantly greaterimprovement in spermatogenic activity and increase in serumhormone levels in the oligospermic patients as compared to theplacebo.22

**L-Arginine:** Recent Clinical Studiescomparing arginine supplements with placebo or no treatment focusing only on patients with mild to moderate severity ofED and male menopause presenting outcomes such as improvement rate,International Index of Erectile Function (IIEF) score andadverse effects were included. Subgroup analysis for argininealone and arginine in combination with other substances wasfurther conducted to increase interpretability.Results of Study shows that Arginine supplements can berecommended to patients with mild to moderate ED.23

**Ginkgo biloba:** is a dioecious tree with a history ofuse in traditional Chinese medicine. Although the seeds aremost commonly employed in traditional Chinese medicine, in recent years standardized extracts of the leaves have been widely sold as a phytomedicine in Europe and as a dietarysupplement in the United States. The primary active constituents of the leaves include flavonoid glycosides and unique diterpenes known as ginkgolides are potentinhibitors of platelet activating factor. Clinical studies haveshown that ginkgo extracts exhibit therapeutic activity in avariety of disorders including Alzheimer's disease, failingmemory, age-related dementias, poor cerebral and ocularblood flow, congestive symptoms of premenstrual syndrome, male menopause and the prevention of altitude sickness. Due in part to its potentantioxidant properties and ability to enhance peripheral andcerebral circulation, ginkgo's primary application lies in thetreatment of cerebrovascular dysfunctions and peripheralvascular disorders.24

**Cordyceps militaris extract is Beneficial to act as Prosexual male menopause:** C. militaris is a potential harbour of bio-metabolitesfor herbal drugs and evidences are available about itsapplications for revitalization of various systems of the bodyfrom ancient times. C. militaris isconsidered as the oldest source of some useful chemicalconstituents. Besides their popular applications for tonicmedicine by the all stairs of the community, the constituents ofC. militaris are now used extensively in modern systems ofmedicine. The current survey records the mysterious potentialsof C. militaris are boosting up the present herbal treatments, aswell as gearing up the green pharmacy revolution, in order tocreate a friendly environment with reasonable safety. Evidenceshowed that the active principles of C. militaris are beneficialto act as pro-sexual, anti-inflammatory, anti-oxidant/antiaging,anti-tumour/anti-cancer/anti-leukemic, antiproliferative,anti-

metastatic, immunomodulatory, antimicrobial,anti-bacterial, anti-viral, anti-fungal, antiprotozoal,insecticidal, larvicidal, anti-fibrotic, steroidogenic,hypoglacaemic, hypolipidaemic, anti-angiogenetic, antidiabetic,anti-HIV, anti-malarial, anti-fatigue, neuroprotective.25

**Shilajit:** Clinical study reports shown that Purified Shilajit, an Ayurvedic rasayanain healthy volunteers of age between 45 and 55 yearsfor its effect on male androgenic hormone, male menopause viz. testosterone in arandomised, double-blind, placebo-controlled clinical study ata dose of 250 mg twice a day. Treatment with Shilajit forconsecutive 90 days revealed that it has significantly ( $P < 0.05$ )increased total testosterone, free testosterone and dehydroepiandrosterone (DHEAS) compared with placebo.Gonadotropic hormones (LH and FSH) levels were wellmaintained.26

**Shatavari (Asparagus racemosus) :** Shatavari can serve as a powerful male tonic for male menopause renders cooling and purifying effect to the liver and blood, and targets pitta at its main site in the small intestine. Its cooling properties balance the heating herbswhich are used to improve sperm count, such as, garlic, onion,ashwagandha, etc. Thus, Shatavari prevents depletion of spermcaused by burning via excess pitta.27

**Piperine:** the major pungent principle of pepperis an alkaloid with a remarkably broad spectrum of therapeuticactivities. It has also been shown to enhance the bioavailability .Piperine enhance the bioavailability of nutritional andbotanical compounds28

**Mucunapruriens:** improves male fertility. M. pruriens significantly improved T, LH, dopamine,adrenaline, and noradrenaline levels in infertile men andreduced levels of FSH and PRL. Sperm count and motilitywere significantly recovered in infertile men after treatment.Treatment with M. pruriens regulatessteroidogenesis and improves semen quality in infertile men.29

**Zinc and Selenium in idiopathic Oligoasthenoteratozoospermia** It has been estimated that approximately 15% ofreproductive-age couples suffer from infertility. Male factorscontribute to almost half of infertility cases, and in manypatients the underlying cause of oligoasthenoteratozoospermiais unknown. Accumulating evidence suggests that oxidativestress plays a role as a contributing factor to male infertility,and reactive oxygen species have been shown to impair spermfunction and motility and to damage sperm membrane andDNA.30

**Zinc :** Zinc deficiency has been postulated as a putativecontributing factor to male factor infertility . Zinc is thesecond most abundant trace element found in human tissue,following iron. Food sources of zinc include red and whitemeat, fish, and milk, and the World Health Organizationestimated that about one-third of the global population isdeficient in zinc.30

**Selenium:** Selenium is an essential traceelement that plays an important role in sperm formation andtestosterone synthesis. At least 25 selenoproteins have beenidentified in

humans and animals, and these selenoproteins help to maintain the structural integrity of sperm<sup>31</sup>

**Panax ginseng:** increases spermatozoa number/ml and progressive oscillating motility and plasma total and free testosterone. In a clinical study Sixty-six patients have been treated with Panax Ginseng C.A. Meyer extract, of whom 30 oligoasthenospermic sine causa (group A), 16 oligoasthenospermic with idiopathic varicocele (group B). Twenty age-matched volunteers were used as controls (group C). Use of Panax Ginseng extract showed an increase in spermatozoa number/ml and progressive oscillating motility, an increase in plasma total and free testosterone, DHT, FSH and LH levels, but a decrease in mean PRL. It is suggested that ginsenosides may have an effect at different levels of the hypothalamus-pituitary-testis axis.

Ginseng is often referred to as the King of all herbs, and is found to be a promising agent to improve general wellbeing. Ginseng has also been reputed as an aphrodisiac, and is used to treat sexual dysfunction as well as to enhance sexual behavior. Data from Pre-Clinical studies have shown a positive correlation among ginseng, libido, and copulatory performances, and these effects have been confirmed in case-control studies in human. In addition, ginseng is found to improve the sperm quality and count of healthy individuals as well as patients with treatment-related infertility. These actions are mostly attributed to ginsenosides, the major pharmacological active components of ginseng. 30-31

## SUMMARY & CONCLUSION

A male menopause in other words is also known as andropause and it describes changes in male hormone levels due to age.

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