

BÖLÜM 30

Male Faktör İnfertilitesi ile Beslenme ve Fitoterapi Arasındaki İlişki

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GİRİŞ

İnfertilite, en az 12 ay süreyle korunmasız düzenli cinsel ilişkiye rağmen, çocuk sahibi olunamaması durumudur (1). Hem kadın hem de erkekten kaynaklanan bir sorun olabilen infertilite, çiftlerin yaklaşık %10-15'ini etkilemekte ve insidansında her geçen gün artış kaydedilmektedir (2).

Dünya popülasyonunda mevcut infertil birey sayısı yaklaşık 72.4 milyondur (3). Üreme çağındaki çiftlerin %15.0'i infertilite problemi ile karşılaşmaktadır (4). WHO'nun 190 bölgede gerçekleştirdiği çalışmada 2010 yılında primer infertilite sıklığı %1.9 iken, sekonder infertilite sıklığı ise %10.5 olarak bulunmuş; 1990 yılında infertilite görülen çift sayısı 42 milyonken 2010'da 48.5 milyona ulaşmıştır (2).

Türkiye'de 11 milyon evli çift olduğu düşünüldüğünde, 1.1 milyon infertil çift olduğu tahmin edilebilir (5). Türkiye'de 1990 ve 1993 yıllarında yapılan nüfus sayımlarında infertiliteye bakılmışken daha sonraki sayımlarda bu konuya yer verilmemiştir. İnfertilite sıklığı, 1990 nüfus sayımı sonuçlarına göre 15-19 yaş arası evli kadınlarda %8.5 olup bu da 1.5 milyon ve dolayısıyla en az. milyon kişiyi doğrudan etkilemektedir (6). 1993 nüfus sayımı sonuçlarına göre ise hiç

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Yapılan bir çalışmada sağlıklı erkeklerde *Andrographispaniculata* tedavisinin 9. gününde ejakülattaki sperm sayısı, aktif (normokinetik) spermelerin yüzdesi ve doğurganlık indeksleri ile ilişkili bulunmuştur (49).

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