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Standardized watersoluble extract of eurycoma longifolia (LJ100) on men's health

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Eurycoma longifolia jack is a plant shrub commonly found along the hilly slopes of the Malaysian Coastal region, the root is used in folk medicine as a health tonic for men and because its has a Libido potentiating effect, it is positioned as a herbal aphrodisiac, early studies showed its testosterone elevating effect and SHBG depressing effect. Considering that it might have other hidden beneficial effect a clinical study was designed to look into the total positive health effects it has on men. The powder extract is brown in colour and has a brittle texture. It is hygroscopic and soften upon exposure. It will easily dissolve in water (99.4%). Active ingredient strength: 40–45% glycosaponins, 18–28% Euryptide, 30–35% Polysaccharides and 0.8% Eurycomanone Water-soluble extract of Tongkat Ali

LJ100 is non-toxic even at higher dosage. However, studies showed that methanol extract of Tongkat Ali is toxic for human consumption.

The present study:

Various dosage levels of LJ100 Tongkat Ali extract: 200mg, 400 mg and 600 mg on volunteers (men) of different ages and health status were used in this studied.

Profiles of vital body functions were analysed: blood profile, lipid profile (including triglycerides and cholesterol), liver function, renal function, electrolytes, various tumor markers, immune reaction and various hormones.

Results:

(1) Sexual Health Inventory for Man (SHIM)

Majority of the volunteers showed that the SHIM scores were elevated to upper normal from the first week follow-up.

(2) Aging Male Score

Majority scored higher before taking LJ100 extract. The levels then lowered at first follow-up. However, this result is not a significant indicator on quality of life.

Full Blood Examination (Hemoglobin, RBC, WCC, Differential Count, Platelet Count, PCV, MCH/MCV, MCHC, ESR) were normal.

Liver Function Test was normal even at high doses.

Renal Function Test was normal.

Lipid Studies showed a trend in the improvement in highdensity lipoprotein Diabetic Screening showed volunteers who were Type 2 diabetic, showed significant effect on lowering of the blood glucose levels. Cortisol was found to be at the higher normal level for majority of the volunteers. Tumor marker (PSA – Prostate Specific Antigen) was within normal level. IGF-1 found to be high normal level.

Conclusions:

Standardized LJ100 Tongkat Ali water soluble extract is non toxic even at a high dose of 600 mg to the liver function, renal function, hematological profile, lipid profile, body electrolytes, and body immune system as well as the cancer markers, specifically PSA or Prostate Specific Antigen and the various hormones in the body. Overall the effects on the various hormones are also positive.

Earlier studies has shown that LJ100 Tongkat ali extract enhanced total testosterone and DHEA (Dehydroepiandrosterone) which also modulate testosterone level, ensuring enough free testosterone for the body's need. It also increases HDL levels (of Cholesterol) and may be useful as a natural source of HDL booster. The effect on Cortisol is positive with regards to body 'wellness' (aging). Preliminary results indicated that LJ100 Tongkat Ali extract may have an effect on growth hormone and modulates the released of IGF-1. With all these findings, LJ100 Tongkat Ali extract not only as a potential natural sex stimulant and energizer but most important function will be as health supplement in the maintenance and regulation of healthy aging. These findings also supporting the old folks claim that Tongkat Ali has an anti aging property, locally termed as 'awet muda'.

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