Effect of Alfalfa (Medicago sativa) seed plus vitamin E on Spermogram Parameters in Men with Idiopathic infertility Compared to Vitamin E; A double blind clinical trial study

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Title: Effect of Alfalfa seed plus vitamin E on Spermogram Parameters in Men with Idiopathic infertility Compared to Vitamin E; A double blind clinical trial study

Abstract:
Purpose: To evaluate the effects of alfalfa seed oil plus vitamin E on semen parameters compared to vitamin E alone.
Methods: A double blind clinical trial study was conducted. 100 infertile men were randomly divided into two groups: the treatment group received alfalfa seed oil plus vitamin E, and the control group received vitamin E alone. Semen parameters were assessed at the beginning of the study and after a 3-month treatment period.
Results: Compared to the control group, the treatment group showed significant improvements in semen parameters, including sperm count, sperm motility, and sperm morphology.
Conclusion: The use of alfalfa seed oil plus vitamin E may be a promising alternative therapy for infertile men.

Keywords: Alfalfa seed, vitamin E, infertility, semen parameters.