

ABSTRACT

Background: Pomegranate (*Punica granatum* L.) has been mentioned to be of value in the management of male sexual disorders. This study investigated the effects of pomegranate fruit extract on healthy male rats as the animal model.

Materials and methods: 50 adult male and female Albino rats of Wistar strain weighing 250-350 g and 200-250 g respectively were used in this study. The pomegranate extract was administered (500, 1000 and 1500 mg/kg) to different groups of male rats on a once-daily regime throughout the experiment period. The general mating behaviour, libido, potency and testosterone concentration were studied and compared with sildenafil citrate.

Results: Administration of the pomegranate extract orally at the dose of 1500 mg/kg produced significant augment of sexual activity in male rats. The mounting frequency, intromission frequency, mounting latency, intromission latency, ejaculation latency and post ejaculation interval did not vary significantly. However, the mounting frequency varied significantly between control, pomegranate crude extracts and sildenafil. In addition, the potency of the extracts did not vary significantly between control, pomegranate crude extracts and sildenafil. The testosterone levels varied significantly between pomegranate, sildenafil and control.

Conclusion: Pomegranate extracts have the potential of increasing sexual behaviour in rats. There is need for mass production of pomegranate extracts for use in enhancing sexual behaviour in human beings.

Keywords: Pomegranate; Mating; Libido; Potency; Testosterone