

The effect of St John's Wort (*Hypericum perforatum*) on male sexual and reproductive health: A narrative review

European Urology Open Science 2023;57 (Suppl 2): S359

Bin Ofisan S.¹, Alzahrani M.²

¹Prince Sattam Bin Abdulaziz University, College Of Medicine, AL-Kharj, Saudi Arabia, ²Majmaah University, College Of Medicine, Majmaah, Saudi Arabia

Introduction & Objectives: This review presents the current body of knowledge supporting St. John's Wort's (SJW) therapeutic efficacy for male sexual and reproductive health (SRH). This study demonstrates that most previous studies on the effectiveness and safety of SJW also consider its use in male SRH as having non-pharmacological properties. Though not unanimous, the bulk of researchers' opinions are positive. Despite this, Nonetheless, the quality of therapeutic studies varies so widely that conclusive conclusions are impossible to reach. Still, the literature that is currently accessible indicates that male SRH has shown promising results. The actual mode of action of SWJs and their medicinal effect on male SRH have been reported in this review. However, more controlled studies of SWJs' effectiveness, safety, and method of action on male SRH are required.

Materials & Methods: Method This review was conducted using a predefined protocol. Medline/PubMed and Google Scholar were used to identify related articles on st john's wort effect on premature ejaculation at literature published in the English language. The following keywords were used to search through articles: "Hypericum Perforatum", AND "St. Jhon's Wort Dry Extract", AND "Hyperforin". We searched for articles from the date of inception of the database until May 2023. Two senior authors were assigned to independently collect relevant information, including authors' names, publication year, region of study, study design, sample size, study inclusion, and exclusion criteria, and reported the effect of st john's wort on premature ejaculation. In cases of disagreement, a third reviewer was asked to resolve the matter with a consensus. We considered no limitations in the publication time of articles. We found a total of 8 related articles (from Google Scholar and from PubMed) and included articles on the effect of st john's wort on other disorders such as depression. We excluded articles from non-English literature, nonrelevant articles, duplicate articles, abstract-only articles, no full-text articles, and books. After finding the relevant articles, the reference lists of them and recent reviews were reviewed to avoid missing any articles. Result We identified a total of 8 studies that met our inclusion criteria. The studies varied in their design, length of follow-up, and methods of assessing premature ejaculation.

Results: The results of the studies were mixed. results of the studies were mixed. Some studies found that St. John's wort was effective in delaying ejaculation, while other studies found no significant effect. The studies that found a significant effect of St. John's wort were generally small and of short duration.

Conclusions: The evidence on the effects of St. John's wort on premature ejaculation is limited and inconclusive. More research is needed to determine whether St. John's wort is an effective and safe treatment for PE.