

**MALE-INFERTILITY: IS ANTIHISTAMINIC ONE OF THE CAUSE?****Dr. Syed Zawahir Hassan\***

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**ABSTRACT**

We all know that allergy is common in developed countries and antihistaminic are common drugs used for symptomatic relief; the drug which might have impact on male fertility. So, A study is needed to be conducted on human to have a clear picture of this association. Until those reports have been published, male suffering from infertility don't necessarily need to discontinue antihistamine use altogether, but may want to limit use to the lowest dosage and shortest duration possible.

**KEYWORDS:** Allergy, Antihistaminic, Symptomatic relief.

Antihistaminic are the commonly encountered over-the-counter drug which has been widely used in general population. In addition to the activity on histamine, antihistaminic may act on different parts of body causing other side effects like sedation, dry mouth, fatigue and reduced testicular function.

The study published in (Journal of Reproduction), stated that antihistaminic could have negative long term side effects for male infertility. The study was conducted on animals over 4 decades and concluded that antihistaminic are likely to affect the production of male sexual hormones in the testicles, which can result in reduced sperm count and lower quality of sperm. However, studies in humans looking at the association between antihistaminic and male factor infertility are limited and further research will be required so that this association and its mechanism can be fully understood.

We all know that allergy is common in developed countries and antihistaminic are common drugs used for symptomatic relief; the drug which might have impact on male fertility. So, A study is needed to be conducted on human to have a clear picture of this association. Until those reports have been published, male suffering from infertility don't necessarily need to discontinue antihistamine use altogether, but may want to limit use to the lowest dosage and shortest duration possible.

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