



Performance of Nutrition on improvement of reproduction system and upgrade mitochondrial health in relevance to treatment of Sexual dysfunction or infertility : systematic review

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Introduction

Nutritional schedules have demonstrated a potential to improve reproduction system function and they can promote mitochondrial health, they are inclusive of shelled, vegetables, fruits, mutton, beef, grains, dairy products, ghees and honey.The purpose of this systematic review was to elucidate the role of Nutrition in betterment of human reproduction system function in relevance to Sexual dysfunction or infertility .

Materials and Methods:

We did a systematic review of 35 studies identified by searching PubMed, Ovide, Elsevier, ProQuest, IranMedex, SID, and Magiran. All studies included nutrition affect related to Sexual dysfunction and infertile.

Results

All studies were based on the important role of nutritional schedules in improving function of male and female reproduction system as well as analysis showed nutritional interventions have an ability to promotion of mitochondrial health.Studies were relied on the ability of nutritive material in patients treatment or betterment with Sexual dysfunction or infertility

Discussion

Due to the reviewed articles,nutritional schedules can extraordinarily affect improvement of human reproduction in patients with Sexual dysfunction or infertility likewise they can promote mitochondrial health.nutritions have the potential to improve of male and female reproduction health and finally nutritional intervention in patients with Sexual dysfunction or infertility plays an essential role in their treatment.