

**THE EFFECTS OF *Punica granatum* JUICE ON SPERM'S
QUALITY IN OBESE RATS**

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TABLE OF CONTENTS

	PAGE
ACKNOWLEDGEMENTS	iii
TABLE OF CONTENTS	iv
LIST OF TABLES	vi
LIST OF FIGURES	vii
LIST OF ABBREVIATIONS	viii
ABSTRACT	ix
ABSTRAK	x
CHAPTER 1: INTRODUCTION	
1.1 Background of Study	1
1.2 Problem Statement	2
1.3 Significance of Study	3
1.4 Objectives of Study	4
CHAPTER 2: LITERATURE REVIEW	
2.1 <i>Punica granatum</i>	5
2.1.1 History of pomegranate fruit	5
2.1.2 Compounds in pomegranate fruit	6
2.2 Antioxidants	7
2.2.1 Relationship of antioxidant and sperm quality	8
2.3 Obesity	10
2.3.1 Effect of obesity on male fertility	12
2.4 Sperm Quality	13
2.4.1 Sperm motility	14
2.4.2 Sperm viability	14
2.4.3 Sperm count	15
2.4.4 Sperm morphology	15
CHAPTER 3: METHODOLOGY	
3.1 Materials	17
3.1.1 Apparatus	17
3.1.2 Chemicals	17
3.1.3 Rats/Bedding	17
3.2 Methods	18
3.2.1 Preparation of pomegranate juice	19
3.2.2 Sample collection	20

3.2.3	Evaluation of sperm quality	20
3.2.3.1	Sperm motility, sperm viability, sperm count and sperm morphology	20
3.3	Statistical Analysis	21
CHAPTER 4: RESULTS AND DISCUSSION		
4.1	Sperm Motility	22
4.2	Sperm Viability	24
4.3	Sperm Morphology	26
4.4	Sperm Count	30
4.5	Relative Body Weight Gain	33
4.6	Relative Organ Weight	35
CHAPTER 5: CONCLUSIONS AND RECOMMENDATIONS		37
CITED REFERENCES		39
APPENDICES		47
CURRICULAR VITAE		48

ABSTRACT

THE EFFECTS OF *Punica granatum* JUICE ON SPERM'S QUALITY IN OBESE RATS

Pomegranate has always been known to have medicinal benefits to human. Studies have proved that every part of pomegranate tree; its leaf, flowers and fruit contain antioxidant properties that help to prevent and cure different types of disease. However, the most well-known benefits of pomegranate are its ability to help in increasing sperm quality and enhancing weight loss. Thus, the aim of this study was to investigate the effect of pomegranate juice on the sperm motility, viability, morphology and sperm count in normal and obese rats and also to determine anti-obesity properties of pomegranate juice on body weight. The rats were divided into three groups; treatment group, normal group and obesity group with $n=5$. Pomegranate juice was given to treatment group for 21 days by oral gavage (1ml/100g of body weight). The rats were sacrificed on day 23rd to perform sperm motility, viability, sperm count and morphology. The relative body weight were calculated and results showed that there are significant decrease ($P<0.01$) in treatment group. Treatment group showed the highest sperm viability percentage (85.2 ± 5.97) and the lowest in non-viable sperm (14.8 ± 0.7) with $P > 0.05$. The percentage of normal sperm morphology of treatment group are (50.4 ± 5.64) showed significant difference of $P < 0.05$ with normal group sperm morphology and lastly the sperm count of treatment group are also higher in treatment group (9.8 ± 5.86) as compared to obesity and normal group. This proves that consumption of pomegranate juice did help in increasing sperm quality in male rats and also help in weight loss.