

近代药理学研究证实，多种具有“补肾阳”功效的中药及其活性成分能够显著调节男性生殖内分泌系统，提高血清睾酮（Testosterone）水平。

其作用机制主要包括通过下丘脑-垂体-性腺轴（HPG轴）进行调节，以及直接刺激睾丸间质细胞（Leydig细胞）合成雄激素。以下是研究中常见的具有此类作用的中药：

* 淫羊藿 (Epimedium): 其核心成分淫羊藿苷 (Icariin) 被发现具有类雄激素样作用，可改善生殖系统功能并提高血清睾酮浓度。

* 肉苁蓉 (Cistanche): 研究表明，肉苁蓉中的苯乙醇苷类成分可促进睾丸间质细胞分泌睾酮，并具有抗氧化保护作用。

* 锁阳 (Cynomorium): 含有黄酮及甾体类化合物，能增强性腺功能，提高雄性动物血清睾酮水平。

* 巴戟天 (Morinda officinalis): 网络药理学分析显示，其活性成分如槲皮素、β-谷甾醇等可干预迟发性性腺功能减退症 (LOH)，通过多个靶点调节激素代谢。

* 动物类药材：如海马、鹿茸等，在传统中医和现代研究中均被认为具有较强的补充或类雄激素作用。

注意事项：

虽然中药对提高睾酮有一定帮助，但睾酮水平异常可能涉及前列腺疾病、心血管风险等复杂情况。建议在咨询专业医师后，通过如百度健康等平台获取药物指导，避免盲目补益。

附：睾酮 (Testosterone, 简称 T) 是人体主要的雄性激素，由男性睾丸或女性卵巢及肾上腺分泌，属于类固醇激素。它对维持肌肉质量、骨骼密度、性欲、精子生成、红细胞生成及情绪调节至关重要。20-30 岁后，男性睾酮水平每年约下降 1%。

以下是关于睾酮的详细内容：

1. 核心作用：

- * 促进性发育与精子生成：是青春期男性第二性征（体毛、喉结、声音变粗）发育的关键。
- * 维持身体机能：增强肌肉力量，增加骨骼强度，调节红细胞产生，影响体脂分布。
- * 情绪与性欲：显著影响性功能、性欲以及男性的情绪状态。

2. 睾酮水平异常：

- * 低睾酮（性腺功能减退）：导致精子减少、性欲减退、勃起功能障碍、体毛减少、肌肉流失、脂肪增加及情绪抑郁。
- * 高睾酮（通常因药物补充导致）：导致痤疮、心血管问题、情绪波动、攻击性增强以及生育能力下降。

3. 睾酮检测与治疗：

- * 检测：建议在早晨进行血液检测。根据 NatuVITRO 数据，成年男性正常范围通常在 5.72 - 26.14 nmol/L_{sep} 左右，具体随年龄调整。
- * 治疗方法：针对低睾酮症状，可通过注射、外用凝胶、贴剂或植入丸剂进行补充。

4. 药物使用风险：

睾酮药物可能引起肝毒性、严重的痤疮、妇乳（男性乳房肿大）以及心血管疾病，使用前需经专业医生评估。

Modern pharmacological research has confirmed that a variety of traditional Chinese medicines with the effect of "toning kidney yang" and their active ingredients can significantly regulate the male reproductive endocrine system and improve serum Testosterone levels.

Its mechanism of action mainly includes regulation through the hypothalamic-pituitary-gonadal axis (HPG axis) and direct stimulation of testicular interstitial cells (Leydig cells) to synthesise androgens. The following are the common traditional Chinese medicines with such effects in research:

* Epimedium: Its core component Icaritin has been found to have an androgen-like effect, which can improve the function of the reproductive system and increase the concentration of serum testosterone.

Cistanche: Studies show that the phenylethanol glycoside components in Cistanche can promote the secretion of testosterone by testicular stromal cells and have antioxidant protective effects.

* Morinda officinalis: Network pharmacological analysis shows that its active ingredients such as curcetin and β -glutasterol can intervene in delayed hypogonadism (LOH) and regulate hormone metabolism through multiple targets.

* Animal medicinal materials: such as seahorse, deer antler, etc., are considered to have strong supplementary or androgenic effects in traditional Chinese medicine and modern research.

Notes:

Although traditional Chinese medicine can help to increase testosterone, abnormal testosterone levels may involve prostate disease, cardiovascular risk and other complex conditions. It is recommended to obtain drug guidance through platforms such as Baidu Health after consulting a professional doctor to avoid blind supplementation.

Attachment:

Testosterone (abbreviated as T) is the main androgen of the human body, which is secreted by male testicles or female ovaries and adrenal glands, and is a steroid hormone. It is crucial for maintaining muscle mass, bone density, sexual desire, spermatogenesis, red blood cell production and emotional regulation. After the age of 20-30, male testosterone levels decrease by about 1% per year.

The following are the details about testosterone:

1. Core role:

* Promote sexual development and spermatogenesis: It is the key to the development of secondary sexual characteristics (body hair, laryngeal knots, and louder voice) in adolescent men.

Maintain body function: enhance muscle strength, increase bone strength, regulate red blood cell production, and affect body fat distribution.

* Emotion and sexual desire: Significantly affects sexual function, sexual desire and male emotional state.

2. Abnormal testosterone levels:

* Low testosterone (gonadal hypofunction): leads to decreased sperm, decreased libido, erectile dysfunction,