

# Systematic Review of *Eurycoma longifolia* Reports Herb Improves Health, Vigor for Male and Female Subjects

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## Abstract

The objective of our study was to review contemporary knowledge of trends in the clinical and laboratory use of *Eurycoma longifolia*.

A systematic review of the medical literature from 2016 and early 2017 demonstrates that the traditional herb *Eurycoma longifolia*, commonly called Tongkat Ali, supports overall health and improves vigor in males and females.

Traditionally, the herb has been viewed as a supplement for men, but new research indicates that it improves CD4+T Cell Counts in both sexes if taken on a daily basis. What is more, patients who have taken the nutraceutical reported an immunological age four years younger than others taking a placebo. Improvements seen in hormonal balance, strength, quality-of-life, and sexual health, previously reported in the medical literature, were also reaffirmed.

**Keywords:** *Eurycoma longifolia*; Nutritional supplement; Energy-metabolism

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## Introduction

The objective of our study was to review contemporary knowledge of trends in the clinical and laboratory use of *Eurycoma longifolia*.

*Eurycoma longifolia* is a plant in the Simaroubaceae family which is indigenous to Thailand, Vietnam, Laos, Malaysia, and Indonesia.

The slender shrub can reach 10 meters in height, and the root of the plant has been used in the ethnic medicine of the Southeast Asia traditionally. Recently, the plant has come into use as a nutritional supplement, and as a food and drink additive.

## Materials and Methods

We completed a systematic review of clinical research reports on the ergogenic herbal supplement *Eurycoma longifolia*, commonly called Tongkat Ali, which has been used extensively for generations in Southeast Asia, including Malaysia, Cambodia, and Vietnam. The nutraceutical is now generating extensive clinical interest in the West, particularly in the USA as an energy-metabolism boosting supplement.

Systematic reviews minimize bias in research. We searched for the latest research studies, i.e., only articles from the last two years and available via Medline, PubMed, Science Direct, and NIH Gov., during 2016 and 2017.

The Boolean search included the following search terms “Tongkat Ali,” and “2016” and “2017.” A total of eight relevant articles based on those search terms were found for those years. Three of the articles were not included in this review as they were focused on non-human mammals [1-5].

## Results

The systematic review found one new double blind, randomized, clinical study, and a number of literature reviews of ethno-pharmaceutical research reports.

A systematic review of the medical literature from 2016 and early 2017 demonstrates that the traditional herb *Eurycoma longifolia*, commonly called Tongkat Ali, supports overall health and improves vigor in males and females.

Traditionally, the herb has been viewed as a supplement for men, but new research indicates that it improves virus-and-bacteria-killing CD4+T Cell counts in both sexes if taken on a daily basis. What is more, patients who have taken the nutraceutical reported an immunological age four years younger than others taking a placebo.

Improvements seen in hormonal balance, strength, quality-of-life,

and sexual health, previously reported in the medical literature, were also reaffirmed through our study.

Research continues to be conducted on the plant for humans and other species, including mice and rats (**Table 1**).

## Discussion and Conclusion

*Eurycoma longifolia* has been reported, in various studies, to contain the compounds eurycomanol, eurycomanone, and eurycomalactone. The plant has traditionally been positioned as a health tonic and aphrodisiac. Current research, however, demonstrates that it is effective for both male and female

subjects, improves immune system health and overall vigor. Other research has shown reduction in tension and anger and confusion among subjects. The optimal dose for immune system health is reported to be up to 200 mg per day. We are exploring the development of a supplement containing Tongkat Ali, as well as Niacin, B6, Magnesium, Ginseng, L-Citruline, and Prima-Vie, and are planning a technical report on these developments for male and female patients this spring.

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**Table 1** New benefits of *Eurycoma longifolia*.

Improves immune system health	Boosts CD4+ T-cell production
Anti-Aging	Immune systems four years younger

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