

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/342865531>

Herbs Act on Female Reproductive System – An Evidence Based Study

Conference Paper · December 2016

CITATIONS

0

READS

134

3 authors:



Farzana M.U.Z.N.

University of Colombo

110 PUBLICATIONS 67 CITATIONS

SEE PROFILE



Nazeem Fahamiya

University of Colombo (Instiute of Indigenous Medicine)

120 PUBLICATIONS 134 CITATIONS

SEE PROFILE



Mohamed Shiffa

University of Colombo

90 PUBLICATIONS 110 CITATIONS

SEE PROFILE



ICAUST 2016

PROCEEDINGS

**International Conference on
Ayurveda, Unani, Siddha and
Traditional Medicine
(4th ICAUST 2016)**

“Indigenous Knowledge for Health Challenges”

**Institute of Indigenous Medicine
University of Colombo
Rajagiriya
Sri Lanka**

8th - 10th December 2016



Abstract ID: 0264

HERBS ACT ON FEMALE REPRODUCTIVE SYSTEM: AN EVIDENCE BASED STUDY

Farzana MUZN*, Fahamiya N, Shiffa MSM

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka

*muznfarzana@gmail.com

During past decade the acceptance and public interest in natural therapies is increasing both in developing as well as developed countries. Today approximately 25% of all medicine is derived from plants origin. The medicinal plants used to treat various ailments, globally huge amount of plants are used to treat various female disorders. Using conventional treatment it has its own hazards. Therefore, presently both developed and developing countries using many herbs to treat the diseases now. For female diseases several plants are used as a uterine tonic, arrest the heavy menstrual bleeding, induce the ovulation, abortifacient, oestrogenic activity, *etc.* The aim of this review is to provide the herbs which act on female reproductive system with scientific evidence. The data was sort-out by various electronic databases like PubMed, Google Scholar and Science Direct with the keywords herbs act on female reproductive system, abortifacient, infertility *etc.* The literature covered more than hundred plants showing pharmacological action of female reproductive system and this seeks to collate such information from past few decades in advancing the chemical constituents as a viable platform for female ailments. From this study it was revealed that the most of the herbs mentioned in electronic database have been scientifically proved through *in vitro* and *in vivo* studies. Also, efficacy of certain herbs has been proved by randomized clinical trials. There are some more herbs which should be proved scientifically viz. randomized clinical trial to provide effective, better-quality and safer drugs without distorting the knowledge of the herbs which mentioned in the texts.

Keywords: Medicinal plants, Ovulation, Abortifacient, Oestrogenic activity