

عنوان مقاله:

Overview on raspberry leaves and cohosh (*Caulophyllum thalictroides*) as partus preparatory

محل انتشار:

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خلاصه مقاله:

The use of medicinal plants has increased worldwide. Most of consumers believe medicinal plants are of "natural" origin and therefore are safer helper to cure the disorders. We also know lots of herbs which are being used for pregnancy. In this research, information on mentioned herbs has been gathered through browsing databases from related sources by searching some keywords such as "medicinal plants effective in pregnancy and female fertility", "Cohosh medicinal plant and its positive and negative effects in pregnancy", and etc. Good findings have been found about the therapeutic effects of these effective medicinal plants, among which it can be said that black cohosh root contains several chemical compounds that can have therapeutic effects. Some of these chemical compounds affect the immune system and defend the body against diseases and reducing inflammation and can play a role similar to serotonin in brain and nerve function. Black cohosh also has an effect similar to the female hormone "Estrogen". Red raspberry leaf tea has been mentioned in traditional medicine as a substance that enhances women's health. It has been used to increase fertility, reduce the intensity of contractions, increasing milk production in lactating women, reduce morning sickness, and reduce the symptoms of premenstrual syndrome such as depression, muscle pain, and irritability. It has been used to help reduce pain and menstrual problems and heavy bleeding. This plant is considered as a natural treatment for menopause symptoms such as hot flashes and night sweats. At the end, by summarizing these methods, the best recommendations for using these medicinal plants were given.

کلمات کلیدی:

Cohosh, Pregnancy, medicinal plants, food

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