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## Traditional medicines used for healthy reproductive life of females from puberty to menopause

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The usage of medicinal plants for various human ailments started time immemorial. Despite the widespread of allopathic treatments, people still believe in and follow the usage of medicinal herbs for maintaining their health and as first aid for various diseases. The common believes among the people for the usage of medicinal plants is that, they cause no or less side effects. Plants are also referred as phytoprogestronic and phytoestrogenic, as plant possess molecular structures similar to the female hormones. As pregnancy and childbirth are considered a part of human existence, females are meant to have healthy reproductive system so that importance is given in the health care and various ailments related to the reproductive system of women. Female become reproductively active at the age of 13, from where they are prone to a number of uterine and ovary related disorders, which drastically affects the healthy reproductive life of an individual. Hence importance is given from the age of 13 and it continues till 45 where the menopause begins. This study involves a

brief documentation of various medicinal plants used by the folklore of Tamil Nadu to maintain the reproductive health of women. The study has played a significant role in unearthing many forgotten plant medicines. About 155 plant species belonging to different families were collected and identified to have higher potential in curing various reproductive disorders. Some of the noteworthy plants from the study involves *Caesalpinia bonduc* (Caesalpiniaceae), *Punica granatum* (Punicaceae), *Psidium gujava* (Myrtaceae), *Annona squamosa* (Annonaceae), *Musa paradisiaca* (Musaceae) are some of the plant species that plays a major role in treating various ailments like Poly Cystic Ovary Syndrome, Altered menstruation, Pinfull periods, Pelvic pain, Infertility, Uterine fibroids etc. The phytomedicine of various parts of the plants like root, leaf, stem, bark, flowers, fruits and seeds are used. The drugs are prepared and administered in monoherbal or poly herbal combinations.

### Biography

V Dhaarani is a Research Scholar at the Department of Botany, Bharathiar University, India. She is pursuing her research under the guidance of Prof. Dr. A Rajendran, in the field of Taxonomy. She has published 5 research articles in various national and international journals.

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