



## Herbal Contraceptives

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### Keywords

Contraceptives;  
Estrogen;  
Progesterone;  
Herbal  
Contraceptives.

**ABSTRACT:** Combined Oral Contraceptives Pills are widely used across the world which contains the combination of estrogen and progesterone. They prevent ovulation by suppressing the release of gonadotropins. They suppress follicular development and prevent ovulation. Ovulation is prevented by progesterone negative feedback. This acts on hypothalamus which decreases the pulse action of gonadotropin releasing hormone. This results in the abstaining of FSH secretion and causes eminent decrease in the secretion of LH by anterior pituitary. The increase in estradiol levels can be prevented by inhibition of follicular development due to decreased levels of FSH. The negative feedback of progesterone and lack of estrogen positive feedback on LH secretion prevent a mid cycle LH surge, this prevents ovulation. Estrogen is also used as better cycle and also inhibits follicular development and prevents ovulation. This causes a negative feedback on the anterior pituitary which results in decreased secretion of FSH. COC also inhibits sperm penetration through cervix into upper genital tract by decreasing water content and increasing viscosity of the cervical mucus. Some of the other effects of COCs on reproductive system are: 1) slowing tubal motility and ova transport which prevents fertilization 2) endometrial atrophy which suppress sperm motility and viability; this result in inhibition of implantation. The work of combined contraceptive pills is to prevent the release of Gonadotropin Releasing Hormone (GnRH) from hypothalamus and block the signal to pituitary gland in order to produce FSH and LH. This inhibits the follicles from maturing and causes ovaries to be relatively dormant. However, regular usage of COCP for several years may result in serious health effects in women. Consumption of COCP continuously for 5 to 9 years increases the risk of benign liver tumors that results in formation of lumps in liver and thus causes bleeding or rupturing. The combined hormonal content in COCP changes the susceptibility of cervical cells to Human Papillomavirus (HPV) Infection. Other major side effects include Venous Thromboembolism (VTE), Myocardial infarction, yeast overgrowth and infection, blood clots and can even lead to infertility. Thus there is a need to work on herbal compounds which will act as estrogen (Phytoestrogen) and progesterone (phyto progesterone) and having less or no side effects. © 2016 iGlobal Research and Publishing Foundation. All rights reserved.

Conference Proceedings: International Conference on Advances in Plant and Microbial Biotechnology (PMB-2017); JIIT, Noida: February 02-04, 2017

Indo Global Journal of Pharmaceutical Sciences( ISSN 2249 1023 ; CODEN- IGJPAI; NLM ID: 101610675) indexed and abstracted in EMBASE(Elsevier), SCIRUS(Elsevier),CABI, CAB Abstracts, Chemical Abstract Services(CAS), American Chemical Society(ACS), Index Copernicus, EBSCO, DOAJ, Google Scholar and many more. For further details, visit <http://iglobaljournal.com>