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Review Article

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REVIEW ON THE ROLE OF SOME DAILY USED FOOD INGREDIENTS HAVING CONTRACEPTION EFFECT

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Abstract

Several *Ayurvedic* plants have been reported for their contraception effect till now. Various studies have been done on male and female animals. This review presents some daily used food ingredients having contraceptive effect. There are total seven daily used ingredients involved in this study with their latin name, common, *sanskrit* & English names , their family and their reported activity relating contraceptive effect.

Key Words: Anti fertility activity, Anti-implantation activity, Anti-spermatogenetic activity, Abortifacient activity

INTRODUCTION

Many studies have been done on the medicinal plants for their several activities that can be useful in having contraception effect. Several commonly used food ingredients are used as major dietary contents. These plants & their several parts possess different types of anti-fertility activities like anti-implantation effect, abortifacient activity, anti-spermatogenetic activity. The aim of this review is to provide available data of these common food ingredients for their use in having contraception effect.

1) Latin Name – *Curcuma longa*

common name – Haldi, Halad

Sanskrit name - *Haridra*

English name – Turmeric

Family - Zingiberaceae

A study was done using Rhizome of *curcuma longa* on albino rats shows its Anti-fertility

activity^[1] after oral administration.

FSH and LH levels were seen significantly decreased & estrogen was increased in ethanolic extract of the drug.

2) Latin Name – *Cuminum*

cyminum

common name – jira

Sanskrit name - *Jiraka*

English name - Cumin

Family - Umbeliferae

Cumin seeds show Abortifacient activity^[2]. Aqueous extract of *cuminum cyminum* on female rats reported the anti-implantation & abortifacient activity.

It's seeds were reported for oestrogenicity in ovariectomised rats.

3) Latin Name – *Piper nigrum*

common name – Mire

Sanskrit name - *Maricha*

English name – Black pepper

Family – Piperaceae.

Effect of fruit powder of *Piper nigrum* was investigated on P.mice showed alterations on male reproductive organs & that are reversible after stopping its use.

Piperine -one of the main constituent of *piper nigrum* was reported for its Antispermatogenetic activity^[3]

4) Latin Name – *Allium cepa*

common name – kanda

Sanskrit name - *Palandu*

English name – Onion

Family -Amaryllidaceae

Anti-implantation effect^[4] of *Allium cepa* was reported on its ethanolic extract.

Antifertility activity of *allium cepa* is due to its anti-implantation effect.

5) Latin Name – *Allium sativum*

common name – Lashun

Sanskrit name - *Rason*

English name – Garlic

Family -Amaryllidaceae

Anti-fertility activity^[5] of *Allium sativum* methanol bulb extract was reported on swiss albino male mice. The investigations showed that use of methanol bulb extract of *allium sativum* in lower concentrations gave temporarily antifertility while in higher doses permanent anti-fertility activity.

6) Latin Name – *Coriandrum*

sativum common name

– kothimbir ,kothambir

Sanskrit name – *Kustumbaru*

English name – Coriander

Family - Apiaceae

Aqueous extract of fresh coriander seeds was reported for its significant role in having Anti-implantation effect^[6]. It was also reported that decrease in serum progesterone levels may be reported for its anti-implantation effect.

7) Latin Name – *Citrus leman*

common name –

Limbu ,nimbu

Sanskrit name - *Nimbu*

English name – Lemon

Family -Rutaceae

Reversible Anti-fertility activity^[7] of citrus limonum seeds was reported after its investigation on female albino mice with the use of alcoholic extract of citrus lemonum seeds. Anti-fertility activity was found due to their antizygotic action.

DISSCUSSION:

Contraception leads to get prevention from unwanted pregnancy. This study was made for giving the knowledge about daily used ingredients with their some of the properties helping contraception.

1) Antifertility activity of *Curcuma longa*, *Allium sativum*, *Citrus leman* is the property – capable of reducing or to destroy fertility which further leads to contraception.

2) Abortificant activity of *cuminum cyminum* – it is the activity which is the cause for miscarriage. In simple words it can be said that it gives contraception effect by inducing abortion.

3) Antispermatogenic activity of *Piper nigrum*- it gives contraception effect by blocking spermatogenesis.

4) Anti-implantation effect of *Allium cepa* ,*Coriandrum sativum* – implantation is the process which refers to the attachment of fertilized egg to the uterine lining which occurs after conception. These daily used *coriandrum sativum* & *allium cepa* causes obstruction in implantation process giving anti-implantation effect which finally leads to contraception.

CONCLUSION:

In conclusion, these are the very commonly used ,easily available , low cost ,food ingredients having properties like anti-fertility activity, abortifacient activity, Antispermatogenic activity & anti implantation effect. These properties can be used for getting contraception effect and this study can be helpful in making inexpensive contraceptives.

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