

Review Article

A review on traditional medicinal plants used to treat gynaecological disorder in Bangladesh

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ABSTRACT: Medicinal plant resources of forest origin are extensively used for gynecological disorder in many parts of Bangladesh and India mostly in rural areas. Traditionally, rural women prefer Ayurvedic medicines rather than modern medicines for abortion, menstrual irregularity, conception disorders, sterility, delivery problem and many such gynecological disorders, because modern medicinal facilities are scanty which made it inaccessible to many rural people. Moreover herbal medicines are cheap, easily accessible, have lesser or no side effects with higher efficacy. But these valuable knowledges have not been properly documented. For this, traditional knowledge is vanishing gradually as a result of modernisation. So, appropriate and accurate documentation of such traditional and precious Ayurvedic knowledge can be an excellent contribution to medicinal field. The present study is aimed to compile different and scattered knowledge about the therapeutic uses of plants for gynecological disorders. The paper attempts to represent such scattered valuable data to create awareness among the Ayurvedic practitioners, product users and scientific community so that some conservative efforts for sustainable use can be initiated. The present paper evaluates about 251 plant species belonging to 94 families, with their mostly used parts and their mode of application. This information can also be helpful to lead further researches at the clinical and pharmacological level.

Keywords: Ayurvedic, Gynecological, Medicinal, Herbal

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INTRODUCTION

Plants have been a valuable source of natural products for a long period of time to maintain human health, especially with more intensive studies in the last decade for natural therapies. Globally 85% of the traditional medicines used for primary healthcare derived from plants [1]. Traditional remedies are part of the cultural and religious life of many rural people specially the ethnic community. In this regard, a biological relationship is framed out and traditional uses of plants

as medicine are in practice. Such knowledge, mostly oral, is passed on to generations and thus appears to be dissipating due to the gradual changes in the life style of these communities [2]. With the advent of human civilization, many systems of therapy (Ayurveda, Siddha, Unani etc) have been developed primarily based on plants. For being costly and having side effects, patients are seeking the alternatives of allopathic medicines which are less expensive with

lower or no side effect. Besides in rural areas many women hesitate to approach doctors for their gynecological disorders due to lack of awareness. The traditional healers have an admirable knowledge of medicinal plants around them ^[3] and women of this region generally have a good deal of faith on local plants used for these problems. Also local herbal practitioners or healers are practicing the use of medicinal plants for the common people in a very low expense. Thereby a wide range of herbal traditional medicines are used to regulate the menstrual cycle, enhance fertility, prevent leucorrhoea and as either abortifacients or anti abortifacients although their knowledge of dosages are not always scientific ^[4].

In the present study, attempts are being made to document such folk practices commonly used for various problems related with female genital system and other related matters.

Potential use of Bangladeshi traditional Medicinal plants in Gynecological disorders

We reviewed the literature working with traditional plant used for dysmenorrhea, gonorrhoeae, leucorrhoea, regulating or inducing menstruation, uterine cleansing, uterine fibroids, banishing the placenta and lochia and for easing child birth. The published data about traditional medicinal plants has been collected through various sources and documented in a table. The documentation reveals local name of species, part of plant used by traditional users and the mode of application which includes dosage and method of preparation if any. Identifications of the species done by their scientific names and arranged in table according to English alphabetic order.

The present paper deals with 251 plant species of 94 families. From the documented information, detailed gynecological disorders are identified such as preventing Abortion, Infertility, Contraceptive,

Bleeding without miscarriage, Leucorrhoea, Gonorrhoea, Amenorrhoea, difficult child birth, menstrual complaints, etc. The study has revealed various plant parts used for formulations and it has been observed that root has been used mostly. 17 numbers of gynecological disorders have been reported on this document and among these, leucorrhoea is found to be the most prevalent disorder. The mode of preparation and administration is very easy and suitable. The methods of preparation of herbal medicine fall into four categories, like plant parts applied as paste, juice extracted from various plants parts, decoction of plant parts mixed with water and other liquids; and powder made from different plant parts. It has been found that single plant part is used in many cases but in many conditions, polyherbal preparations are also used and there is more than one method of preparation. Some species cure single disorder but majority cures related different diseases. Usually medicines are taken orally directly or mixed with water, milk, honey, black pepper etc. Doses are measured generally in teaspoonful or in milliliter, which varies from patient to patient depending on their age, physical health conditions and several other factors.

CONCLUSION

The use of traditional medicine for Gynecological disorders is widespread from the ancient time as higher percentage of the population relying on it. This is because of unavailability of modern medical facilities in rural areas and the expensive medicare system, which these rural or tribal people are unable to afford. Hence, the present study emphasizes a detailed documented data of medicinal plants, which in future may be used as a treasure for various active phytochemical and pharmacological screening to formulate potent drugs.

Table 1. Medicinal plants used for the treatment of gynecological disorder

Family	Scientific name	Local Name	Used parts	Mode of application
Acanthaceae	<i>Hydrophylla</i>	Kulikhara	Root	Root powder for easy delivery ^[10]
	<i>Justicia adhatoda</i>	Basak	Whole plant	To prevent gonorrhea ^[9] . Leaves boiled with water and sugar candy, mixture is given for better lactation ^[23] . Root bark juice is taken with honey to treat leucorrhoea ^[27, 7] .
Acoraceae	<i>Acorus calamus</i>	Bach	Fresh Milk.	For delivery problem ^[18]
Amaranthaceae	<i>Achyranthes aspera</i>	Chirchira Apang	Root, leaf	To induce abortion, 2-3 ml fresh root extract given orally twice a day as cure for postabortion abdominal

				pain. Inflorescence paste used externally ^[27,5,8,8,12,22]
	<i>Achyranthes aspera</i>	Chaff-flower,	Root,stem	For relief in painful delivery Fresh and Dried root is grinded and decoction is made with water and given to a pregnant women ^[27,10,18,21] .
	<i>Achyranthus aspera</i>	chaff-flower	Whole plant	To prevent gonorrhea ^[9]
	<i>Amaranthus lividus</i>	Noteysak	Root	Roots act as reduce menstrual flow and useful in leucorrhoea ^[12]
	<i>Achyranthes aspera</i>	Ola Kanta	Root	Root powder is taken with cow milk to relieve menstrual disorder ^[27] .
Anacardiaceae	<i>Semecarpus anacardium</i>	Bhela	Root bark	The fresh root bark of about 20g is made into a paste. Two small pills are prepared from this paste and are kept inside overnight to induce abortion ^[22] .
	<i>Spondiaspinnata Kurtz.</i>	Amra	Wood	Wood powder is used in gonorrhea ^[7] .
	<i>Semecarpusanacardium</i>	Ballataka' or 'Bhilwa	Seed and gum from bark	Seed dust [2 gm] mixed with honey and cow milk applied to treat syphilis and gum from bark to cure gonorrhoea ^[7] .
	<i>Semecarpusanacard iuf.</i>	Ballataka' or 'Bhilwa	Seed	Seed dust [2 gm] mixed with honey and cow milk applied to treat menorrhagia ^[7]
	<i>Mangifera indica L.</i>	Mango, Aam	Leaves ,unripe mango	Decoction of stem bark along with black Pepper is given to women continuously for 21 days in empty stomach to stop bleeding from uterus. Seed powder is also beneficial in menorrhagia ^[7, 25]
Annonaceae	<i>Polyalthia longifolia</i>	Ashok	Root bark	Root bark powder is given in menstrual disorder ^[27]
Apiaceae	<i>Daucus carota</i>	Gajor	Seed	For abortion and to increase menses paste of seeds is applied to vagina ^[12] .
	<i>Cumminum cyminum</i>	Cumin	Fruit	The fruit are acrid used to cure Gonorrhoea ^[10]
	<i>Cumminum cyminum</i>	Cumin	Fruit	The fruit are acrid used as to Leucorrhoea ^[10]
	<i>Trachyspermum ammi</i>	Ajwain	Seeds	Herb is used to control menstrual discharge. Seeds in powder form mixed with sugar and butter are taken orally for 3 days once daily to normalize menstrual discharges. This recipe is

				also used to clear uterus and regulate menstrual cycle after birth ^[8]
Apocynaceae	<i>Rauvolfia serpentina</i>	Sarapgandha	Root	Decotion of roots is used during labour pain to increase uterine contraction ^[16,18,21] .
	<i>Alstonia scholaris</i>	Chatim/ Chatan	Stem bark	Stem bark paste applied on breast for better lactation ^[23] .
	<i>Catharanthus roseus</i>	Sadaphulno yontara	Leaf	Leaf juice [5 ml] mixed with honey is given in the early morning for continuous 7 days once a day to treat leucorrhoea ^[7] .
Areaceae	<i>Cocos nucifera</i>	Nariyal	Fruit and Fibre	To treat abortion ^[29] .
	<i>Colocasia esculanta</i>	Kalakachu	Shoot	Shoot of the plant is used for adequate milk production immediately after the delivery ^[20] .
	<i>Lasia spinosa</i>	Chengamora	Roots	Rhizome is boiled and taken for the treatment of irregular menstruation ^[26]
Aristolochiaceae	<i>Aristolochia India</i>	Iswarmul	Root	To cure menstrual disorders and facilitate abortion root powder [2 gm] mixed with water applied in empty stomach for 21 days ^[5,22] .
Asclepiadaceae	<i>Tylophora indica</i>	Antamul	Leaf	Leaf decoction is given to cure “Meho” [gonorrhoea] ^[23] .
	<i>Cryptolepis buechanani</i>	Dudhi,	Root, Whole, plant	Treatment for lactation ^[19] .
Asteraceae	<i>Blepharispernum subsessile</i>	Rasna	Root	For delivery problem ^[18]
	<i>Elephantopus scaber</i>	Minjur chundi	Roots	One glass full of decoction of root is given in labour pain ^[18] .
	<i>Enydra fluctuans</i>	Helencha	Leaf	The leave juice taken in empty stomach for 15 days to cure gonorrhea ^[7]
	<i>Vernoniacinerea</i>	Dumur	Whole plant	The Juice of the plant [two teaspoonfuls] is given for 15 days to cure leucorrhea ^[7]
	<i>Wedeliachinensis</i>	Kesraj	Whole plant	5 ml decoction mixed with water given to women for continuous 21 days in empty stomach to treat menorrhagia ^[7] .
Berberidaceae	<i>Berberis lycium</i>	Barberry	Roots	To treat gonorrhea ^[9]
Bignoniaceae	<i>Oroxylum indicum</i>	Phonphana, Phampan	Stem bark	Decotion of stem bark [2ml] with common salt [1gm] is prescribed twice a day for one month against menorrhagia of women ^[6,7]
Bombacaceae	<i>Bombax ceiba</i>	Gochu	Fresh seeds	Acts as Abortifacient .Tablets are prepared from ½

				tea spoon paste and taken twice a day for 5 days ^[11] . Also treat leucorrhoea ^[29]
	<i>Bombax ceiba</i>	Red	Stem ,bark	To increaselabour and for smooth delivery.Stem bark powder is given with water ^[27]
	<i>Bombax ceiba</i>	Shimul	Root	Fresh root [1-2 years old plant] is used in “Meho” [gonorrhoea] and physical weakness ^[23] .
	<i>Salmalia malabaricum</i>	Semhar,se mul	Root	Powder of dried root is taken orally with water or with meals ^[18,28]
Brassicaceae	<i>Raphanus sativus</i>	Mula	Seed	To increase menses to purify womb and for abortion seeds are given orally ^[12]
	<i>Raphanus sativus</i>	Mooli	Roots, Fleshy part.	Root decoction is good for the treatment of Leucorrhoea. Fleshy part is eaten raw and its juice is recommended good for treatment of menstrual disorders ^[16] .
Burseraceae	<i>Commiphora wightii</i>	Gugal	Latex	To treat leucorrhoea ^[7,29]
Cactaceae	<i>Opuntia dillenii</i>	cassie,	Fruit	Baked fruit juice is taken with honey to treat gonorrhea ^[27] .
	<i>Opuntia dillenii</i>	Jumbie prickly	Baked fruit juice	Baked fruit juice is taken with honey to treat gonorrhea ^[7] .
Caesalpiniaceae	<i>Caesalpinia pulcherrima</i>	Radhachur a	Seed	Acts as abortifacient. Dose same as Polash ^[11,22]
	<i>Saraca asoca</i> [Roxb.]	Asok	Flower buds ,seed	To spontaneous abortion Flower buds [5-7 in number] are chewed by the pregnant women in the early period of pregnancy ^[7,11] .
	<i>Bauhinia variegata</i>	Orchid yellow	Bud	Bud about 4-5 buds grinded and give with water twice a day to women for enhancing lactation of feeding mother ^[10] .
	<i>Bauhinia malabarica</i>	Phutki, Kanchan, Karmai	Bark	The stem bark and root bark decoction used with the paste of black peppers [3:1] for the treatment of Leucorrhoea ^[7] .
	<i>Cassia fistula</i>	Amaltas	Stem,Bark	Powder of stem bark mixed with black pepper is given for 7 days to treat menstrual disorder ^[24]
	<i>Saraca asoca</i>	Asok	Stem bark	Stem bark decoction is taken to relieve menstrual disorder and haemorrhoids of uterus ^[10,12,18] .

Caesapiniaceae	<i>Tamarindus indica</i>	Tingtoi ,Thenthoi	Fruit	One cup hot water extract of fruit is taken for a single day to induces abortion ^[11] .
Caricaceae	<i>Carica papaya</i>	Papaya, pep e	Fruit	To treat abortion juice of unripe and ripe fruit is used ^[10, 12, 22] .
	<i>Carica papaya</i>	Papaya	Fruit	Raw fruit as vegetables are used to improve lactation in feeding mother ^[10] .
	<i>Carica papaya</i>	Papita	Latex	To treat leucorrhoea ^[29,7]
Combretaceae	<i>Terminalia arjuna</i>	Arjun	Fruit	Tablets are prepared from fresh fruit paste. One tablet contains 5gmixture. Tablets are the dried for 1 day. 2 tabs twice a day in empty stomach for 7 days to induce abortion ^[11] .
	<i>Terminelia arjuna</i>	Arjan, arjuna	Stem bark	Stem bark powder is taken with water to cure leucorrhoea ^[12,24]
Convolvulaceae	<i>Cuscuta reflexa</i>	Swarnalata	Whole plant	Whole plant decoction intake in empty stomach to cure “Meho” [gonorrhoea] ^[23] .
	<i>Ipomoea mauritiana</i>	Vhui-kumro	Root	Treatment for lactation ^[30]
	<i>Convolvulus microphyllus</i>	Bindweed	Whole plant	Whole plant paste with equal amount of <i>misri</i> and milk is taken in leucorrhoea ^[27]
Costaceae	<i>Costus speciosus</i>	Spiral Ginger	Leaves, roots	Powder of root is prepared and one spoon of root powder is taken orally with cold water. Twice daily for 2-10 days to cure gonorrhea ^[7] .
Cucurbitaceae	<i>Momordica charantia</i>	Kangla	Seed	It can cause abortion of 4 months pregnancy. Fresh seed paste decoction is prepared and 2 tea spoon fresh decoctions is taken once a day for 3 days in empty stomach ^[11,22] .
	<i>Melothria heterophylla</i>	Bankakdi, Krokadi	Root	Paste of roots with turmeric powder cures antifertility and labour pain ^[16] .
	<i>Lagenaria siceraria</i>	Lau	Fruit	Fresh fruit is taken with cow's milk twice daily to cure leucorrhoea ^[12]
Cyperaceae	<i>Scirpus grossus</i>	Keshur	Leaf	Treatment for lactation ^[30]
Dilleniaceae	<i>Dillenia pentagyna</i>	Rai,	Stem bark	For easy delivery purpose tree gum is used ^[6] .
Equisetaceae	<i>Equisetum ramosissimum</i>	drilgras	Whole plant	To prevent gonorrhea ^[9]
Euphorbiaceae	<i>Emblicaofficinalis</i>	gooseberry or amla,	Fruit, seed	Fruit and seed dust [5 gm] mixed with honey administered for 7-10 days

				in empty stomach early in the morning to cure gonorrhoea [7]. Fruit pulp mixed with <i>Tribulus</i> fruit powder is taken with honey for treatment of leucorrhoeae [16,24].
	<i>Flueggea virosa</i>	Common Bushweed	Leaves	The leaves are boiled and the decoction administered orally or applied topically to treat gonorrhea [15].
	<i>Ricinus communis</i>	Reri / Varendra	leaves	The leaves are warmed with coconut oil and applied to breast for improve lactation [23].
	<i>Euphorbia hirta</i>	Dudhi	Leaf.	One cup of decoction is prepared with milk and consumed in morning and evening for 2-4 days for treatment of leucorrhoea e [18].
	<i>Ricinuscommunis</i>	Arand, Castor Beans	Leaves, Seeds	To treat Leucorrhoea [9]
	<i>Phyllanthus niruri</i>	Bhui amla	Root	Root paste is taken with filtrate of boiled rice to regulate menstruation [27,24]
	<i>Ricinus communis</i>	Arand, Castor	leaves	<i>Ricinus communis</i> L. [Euphorbiaceae], <i>Arand</i> Warm leaves are applied on hypogastria [27,24].
	<i>Ricinus communis</i>	Arandi	Leaves ,Seeds	Warm leaves are applied for Menstrual disorder [29,10,24]
	<i>Ricinus communis</i>	Castor-oil-plant	Seed	Seed oil is given to relieve constipation duringpregnancy [27,16].
Fabaceae	<i>Abrus precatorius</i>	Ratti	Root	To treat abortion roots powder is used [16,22]
	<i>Acacia catechu</i>	Karingali	Bark	Acts as Abortifacient .3-5 ml of bark juice is taken orally for the first three months [22].
	<i>Butea monosperma</i>	Polash	Dried Seed	Acts as Abortifacient.[11]. Dried seed paste of <i>Solanum xanthocarpum</i> Schrad, fresh <i>Coccinia grandis</i> [L.] Voigt stem, dried seed of <i>Vitex negundo</i> L., <i>Caesalpinia pulcherrima</i> [L.] Sw., <i>Holarrhena antidysenterica</i> [L.] Wall. <i>Rubia cordifolia</i> L., fresh seed of <i>Ricinus communis</i> L., fresh seed of <i>Saraca asoca</i> [Roxb.] W. J. De Wilde dried fruit of <i>Sapindus mukorossi</i> Gaertn. are prepared separately and mixed in equal ratio. Tablets are then prepared from this

				mixture, one tablet contain ½ spoon of the mixture. 1 tab daily after dinner for 7 days ^[11] . Used for heavy bleeding after delivery ^[29] . Also treat Gonorrhoea ^[9]
	<i>Uraria lagopodioides</i>	Chakulia	Plant	Whole plant paste of about 30 g is made into a candle which is kept inside to induce abortion ^[22] .
	<i>Abrus precatorius</i>	Kuch	Seed	For relieves delivery pain paste of seeds is applied into vagina ^[12]
	<i>Dalbergiasissoo Roxb</i>	Sisso/ Shawa	Whole plant	To prevent gonorrhea ^[9]
	<i>Dolichos kilimandscharicus</i>	Wild Lupin	leaves	The leaves boiled together with other plants used for gonorrhoea ^[15]
	<i>Abarus precatorius</i>	Fabaceaei	root	They are used as contraceptives, root paste is used to cure gonorrhea ^[10,23]
	<i>Cajanus cajan</i>	Cajanus indicus sprung		Leaves and seed when applied as a poultice over the breast may induce lactation ^[10] .
	<i>Abrus precatorius</i>	Chirmi, Gunja	Whole plant	To treat leucorroeia ^[4,17]
	<i>Mucunapruriens</i>	velvet bean, banana	Seed	A pill prepared from powdered seeds boiled with cow milk mixed with Kamraj [Buettneriaherbacea] root dust, sugar and honey is given to cure leucorrhoea ^[7] .
	<i>Mucunapruriens</i>	velvet bean, banana stock pea	Seed	A pill prepared from powdered seeds boiled with cow milk mixed with Kamraj [Buettneriaherbacea] root dust, sugar and honey is given to cure menorrhagia ^[7] .
	<i>Trigonella foenum-graceum</i>	Methi	Seed	Powdered dried seeds taken orally with warm water for abdominal pain during menstrual flow ^[16] .
Fagaceae	<i>Quercus dilatata</i>	Toor banj	Fruit	The fruits in the powdered form are used to treat Gonorrhea ^[8] .
	<i>Quercus floribunda</i>	Hawthorn	Fruit	To treat gonorrhea ^[9] .
Flacourtiaceae	<i>Flacourtia indica</i>	Bainchi / Paniala	Stem bark	Stem bark mixed with stem bark of "Shimul" and boiled in water is given twice aday to cure "Meho" [gonorrhoea. Stem bark mixed with stem bark of "Shimul" [<i>Bombax ceiba</i>] and boiled in water is

				given twice a day to cure Leucorhea ^[23]
Gramineae	<i>Zea mays</i>	Sweet	ripe grains	Half ripe grains are prescribed to increase lactation ^[27] .
Hypoxidaceae	<i>Curculigo orchoides Gaertn</i>	Nilappanae	Tuber	Acts as Abortifacient .Past of the tuber is given orally in empty stomach ^[22] .
Labiatae	<i>Ocimum sanctum</i>	<i>Tulsi</i>	Leaf	Leaf juice is taken with <i>gur</i> and cow milk to relieve pain after delivery ^[27] .
Lamiaceae	<i>Vitex negundo</i>	Nisinda [B]	Seed	To induces abortion ^[11] .
	<i>Ocimumgratissimum</i>	Ram Tulsi	Whole plant	The extracts of whole plants are used to cure gonorrhea ^[7] .
Lauraceae	<i>Cinamomum tamla</i>	Tejpat	leaf	Leaf extract is used for post delivery problem as spice ^[20]
Leguminosae	<i>Mimosa hamata</i>	Amado, Chiyal	Flower, Root	To treat Leucorrhoea ^[29]
Liliaceae	<i>Aloe barbadensis</i>	Ghritakumari	Fleshy leaf	Fresh leaves are dried for 1-2 days. It is then powdered and mixed with water ,2 tea spoons, twice daily in empty stomach for 3 days. This acts as Abortifacient ^[5,11] .
	<i>Asparagus racemosus</i>	Wild asparagus	Root	To prevent abortion roots are used [10]. Root decoction is given to the women suffering from leucorrhoea ^[29,5,7,10,24] .
	<i>Gloriosa superba Linn</i>	Ulat chandal	Roots	Acts as Abortifacient .Fresh roots of about 20g are made into a paste along with 7 black pepper seeds. The paste is mixed with glass of Luke warm goat milk at the bed time [22]
	<i>Alium sativum</i>	Naharu	Leaf	Leaf of the plant used in post delivery problem as vegetables, commercially cultivated and widely used ^[20] .
	<i>Aloe vera</i>	Barbados aloe	Leaf	Leaf pulp and turmeric paste is applied on breasts to cure swelling during early lactation ^[27] .
	<i>Asparagus racemosus</i>	Asparagus	Root	Dried root powder is taken with honey or milk to treat lactation problems ^[2, 4] .
Lygodiaceae	<i>Lygodium flexuosum</i>	Dheki-shak	Leaf	Used during increased menstrual flow ^[30] .
Lythraceae	<i>Woordfordia fruticosa</i>	Dhawai	Flower,corolla	Half spoon of Powder of dried flower is mixed with Honey and taken orally to regulate menstrual disorder ^[8,18,21] .

	<i>Lawsonia inermis</i>	Cinamo	Root bark	Root bark decoction is given for leucorrhoea [1, 24]
	<i>Woodfordia fruticosa</i>	Dhai, Dhataki	Dried flowers	Dried flower powder [5gm] with honey [1ml] is given to women once a day continuously one month for the treatment of leucorrhoea [6,9,16]
Magnoliaceae	<i>Micheliachampaca</i>	Champaca,	Flower, fruit	Flower and fruits is believed to cure gonorrhea [7].
Malvaceae	<i>Gossypium Harbaceum.</i>	Levant cotton	Root bark	Root bark decoction is used for abortion [4].
	<i>Hibiscus rosa-sinensis</i>	Nipui par , Joba	Stem, bark, Flower	Acts as Abortifacient Paste of 5 flowers is prepared and mixed with one tea spoon honey. 2 tea spoonful of this paste is taken every day in empty stomach for 3 days [11,22]. White flower of the plant atleast 5 in number taken in the morning in empty stomach for about two-three months to cure white discharge [25].
	<i>SidaacutaBurm</i>	weed	Seed	Seed dust [1 tea spoonful] mixed with water is given 7-10 days continuously to treat gonorrhea [7].
	<i>Sida cordifolia</i>	Swet Berala	Root	Root decoction is given in empty stomach to cure “Meho” [gonorrhoea] [23].
	<i>Thespesia Populnea</i>	Ganga ravi		Bark oil and capsule is useful in urethritis and gonorrhea [10].
	<i>Gossypium harbaceum</i>	Bari	Root	Root decoction is given in amenorrhea and dysmenorrhea [8].
	<i>Abutilon indicum</i>	Coi xay,	Root	Root powder is taken for the treatment of leucorrhoea [27].
	<i>Sida cordifolia</i>	Country mallow	Seed	Seed decoction is given for gonorrhea [27].
Meliaceae	<i>Azadirachta indica</i>	Neem	Stem bark Seed	Acts as Abortifacient.]. Tablets from stem bark pastes are prepared; one tablet contains ½ tea spoon paste. 1 tablets every day in empty stomach for 10 days [11]. Also cure white discharge [25]
	<i>Meliaazadirachta</i>	Chinaber	Bark,Fruit	To prevent gonorrhea [9].
Menispermaceae	<i>Cocculus hirsutus</i>	Jaljamani /Faritboti	Leaf	Fresh leaf juice mixed with pinch of sugar is given to cure “Meho” [gonorrhoea] [23]
	<i>Tinospora cordifolia</i>	Gulanha	Whole plant	Beneficial in the treatment of gonorrhea [10].
Mimosaceae	<i>Mimosa pudica</i>	Rajuriher	Whole plant	Acts as abortifacient .Fresh root paste is prepared and

				then mixed with root paste of <i>Mimosa pudica</i> L. in equal ratio. Tablets are prepared from the paste mixture. One tablet contains ½ tea spoon paste. 1 tablet daily at empty stomach after completion of menstrual cycle ^[11] .
	<i>Albizialebbek</i>	siris	Bark and seeds	To prevent gonorrhea ^[9]
	<i>Acacia nilotica</i>	Babla	Stem Bark	Stem bark decoction used to treat cough, diarrhoea, dysentery, indigestion, acidity, gonorrhoea and diabetes ^[23] .
	<i>Acacia arabica</i>	Babul	Leaves,	Powder of unripe fruit, flowers, and leaves mixed in equal quantity with sugar and water is taken to relieve from leucorrhoea ^[1,24] .
	<i>Mimosa pudica</i>	Lajjabati	Root	Root decoction also used for leucorrhea ^[18]
	<i>Acacia farnesiana</i>	Guyebabla	Bark,gum	Barked soaked in water and applied 7-10 days continuously to cure leucorrhoea and menorrhagia ^[5,9] .
Moraceae	<i>Streblus asper</i>	Sheora	Fresh Stem	4 inch long fresh stem used for intravaginal insertion for 20 mins to induces abortion ^[11]
	<i>Ficus glomerata</i>	cluster fig	Fruit	Fruit powder is taken with <i>mishri</i> to treat gonorrhea ^[27] .
Moringaceae	<i>Moringa pterygosper</i>	Drunstick tree.	Root	For abortion powdered root and extract of root is kept in vagina ^[10] .
Myrtaceae	<i>Syzyium cumin</i>	Black plum	Bark	One teaspoon of dried powder of bark with cow milk twice a day for a week to cure leucorrhoea ^[10] .
Nyctaginaceae	<i>Boehavia diffusa</i>	Punarnava	Whole plant	Take extract from the roots of <i>Boehavia diffusa</i> [Punarnava] and mix a little bit of oil of Til. Application of this preparation in the vagina ensures smooth delivery ^[20] .
	<i>Boerhaavia repens</i>	Punarnava	Whole plant	Whole plant extract is useful in women leucorrhoea ^[12]
	<i>Boerhavia diffusa</i>	Puruni saga	Whole plant	Decoction of plant [15ml] is given once a day in the early morning for fifteen days for the treatment of Leucorrhoea ^[6,7,24]
Nymphaeaceae	<i>Nelumbonucifera</i>	Lotus, Kamal	Rhizome.	About 15 ml decoction of rhizomes of white flowered

				plant is taken by women in empty stomach for fifteen days to cure leucorrhea ^[7] .
	<i>Nymphaea rubra</i>	Lal saluk	Flower	Dried flowers powder mixed with water is given to cure piles. Dried flowers mixed with roots of <i>Eleusine indica</i> and pinch of sugar is given in empty stomach to cure leucorrhea ^[23] .
Papilionaceae	<i>Glycyrrhiza glabra</i>	Jastamadhu	Bark	Used for post delivery problems ^[20]
Pedaliaceae	<i>Sesamum indicum</i>	Sesame	Seed	Half grounded seeds mixed with ghee and sugar are taken with hot milk used for abortion ^[27] .
	<i>Sesamum orientale</i>	Til	Seed	Oil extracted from seeds is used as a massage during post-delivery pain ^[16] .
	<i>Pedaliium murex</i>	Mota Gokhru	Leaves, Fruits	To prevent gonorrhea ^[7] .
	<i>Pedaliium murex</i>	Bara Gokhru	Fruit	Fruit powder mixed with <i>Khand</i> [powdered sugar] and <i>Ghee</i> is taken to cure leucorrhea ^[27] .
	<i>Sesamum indicum</i>	Til	seeds	Mixture of half grounded seeds, <i>Gur</i> and <i>Ghee</i> is taken with milk to relieve amenorrhea ^[24] .
Peperaceae	<i>Piper beetal</i>	Betal	Leaf	Leaf tea gives relief from perspiration and menstrual odor ^[10]
Piperaceae	<i>Piper longum</i>	Pipul	Whole plant	Whole plant cooked as vegetable is given after child birth for better lactation ^[23]
Plumbaginaceae	<i>Plumbago zeylanica</i>	Chitrak	Root	Intake of 10 gms of roots of <i>Plumbago zeylanica</i> [Chitrak] with honey ensures quick delivery ^[20] .
Poaceae	<i>Arundodonax</i>	bamboo	Leaves, Fruit	To prevent gonorrhea ^[9]
	<i>Eleusine indica</i>	Kan Chulkani	Root	Fresh root decoction mixed with sugar is given at morning in empty stomach to cure “Meho” [gonorrhoea] ^[23]
	<i>Cynodon dactylon</i>	Durba	Whole plant	Paste made from whole plant used as leucorrhoea ^[12,23]
Polygonaceae	<i>Polygonum dichotomum</i>	Pitoreia	Whole plant	To prevent gonorrhea ^[9] .
Punicaceae	<i>Punica granatum</i>	Pomegranate	Flower	Fresh flowers with sugar twice a day with water for 2-3 days to cure leucorrhoea ^[10]
Rhamnaceae	<i>Zizyphus mauritiana</i>	Kalojam	Seed	Pastes of seeds are used to treat leucorrhoea ^[12]
Rubiaceae	<i>Rubia cordifolia</i>	Manjistha [B]	Seed	As Abortifacient dried seed paste of Solanum

				xanthocarpum Schrad, fresh Coccinia grandis [L.] , dried seed of Vitex negundo L., Caesalpinia pulcherrima [L.], Holarrhena antidysenterica [L.] Wall. Rubia cordifolia L., fresh seed of Ricinus communis L., fresh seed of Saraca asoca [Roxb.] W. J.De Wilde dried fruit of Sapindus mukorossi Gaertn. are prepared separately and mixed in equal ratio. Tablets are then prepared from this mixture, one tablet contain ½ spoon of the mixture. 1 tab daily after dinner for 7 days ^[11] .
	<i>Ixoracoccinea</i>	geranium, e ldbollsw	Whole part	Root bark and flowers crashed with honey and used once in a week to treat gonorrhea ^[7] .
Rutaceae	<i>Murra koengil</i>	Narahingha	Leaf	Leaf is used to relief body pain immediately after the delivery ^[20] .
Sapindaceae	<i>Sapindus mukorossi</i>	Ritha	Seed	Act as Abortifacient, Dose same as Solanaceae ^[11] .
Scrophulariaceae	<i>Bacopa monnieri</i>	waterhys	Whole plant	Plant extract is taken to treat gonorrhea ^[7]
	<i>Scopariadulcis.</i>	Broomweed, d.,	Whole plant	Extract of fresh plant use daily in the morning for gonorrhea ^[7] .
Solanaceae	<i>Datura metel</i>	Dutra [B]	Fresh root	Acts as Abortifacient .Fresh root paste decoction of is prepared and 2 teaspoon decoction is taken once a day for 5 days in empty stomach ^[11] .
	<i>Solanum xanthocarpum Schrad.</i>	Bhoy ringani	Root	Lodhas give root passed with the passed of Curcuma longer [3:1] for the treatment of spontaneous abortion ^[7] .
	<i>Solanum xanthocarpum Schrad</i>	Kantikari	Seed	Used as Abortifacient ^[11]
	<i>Datura metal</i>	Dhutra,	Whole plant	To prevent gonorrhea ^[9]
	<i>Solanum surratense</i>	Wild egg plant	Whole plant	To treat Gonorrhoea ^[9] .
	<i>Withania somnifera</i>	Winter cherry	Seeds	to treat Leucorrhoea ^[9]
	<i>Lycopersicon esculentum</i>	Tamatar	Flowers	Dried flowers powder is considered good for the treatment of oligomenorrhoea or irregular period ^[16] .

Sterculiaceae	<i>Abroma augustum</i>	Ulatkambol	Petiole	Young petiole cut into small pieces and kept in a glass of water for overnight and infusion is used at early morning in empty stomach to cure gonorrhea ^[23] .
	<i>Pterospermum acerifolium</i>	Acacia catechu Willd	Stem bark, petiole	Decoction of stem bark and petiole mixed with water is given for 7-10 days continuously early in the morning to cure gonorrhea ^[7] .
Tiliaceae	<i>Corchorus depressus</i>	Baphuli,	Leaf	Leaf extract is applied on women genital for treatment as gonorrhoea ^[27] .
Umbelliferaceae	<i>Peucedanum nagpurens</i>	Tejraj	Root	Equal quantities of various herbs like bhojraj, kamraj, sounth, Jhatamnsi, baibidang, satavar, safed musli etc are powdered and mixed with tejraj and given in irregular menstruation ^[18] .
Verbenaceae	<i>Clerodendrum viscosum</i>	Ghetu, Bhat.	Leaf, root	Two spoonful pastes along with water are administered for continuous 10-15 days to cure white discharges in women ^[7] .
	<i>Lippia nodiflora</i>	Jalapippali	Whole plant	To treat Leucorrhoeae ^[29]
	<i>Clerodendrum phlomidis</i>	Agnimantha, Jaya	Leaf	Root decoction is given in leucorrhoea ^[27]
Zingiberaceae	<i>Elettaria cardamomum</i>	Elaichi	Fruit	To prevent abortion.
	<i>Zingiber zerumbet</i>	Jabakusum	Rhizome	Decoction of fresh rhizome mixed with roots of "Aswagandha" [<i>Withania somnifera</i>] is given to cure Leucorrhea ^[23]
	<i>Curcuma amada</i>	Ami Haldi		To treat abnormal menstrual flow ^[18]
Zygophyllaceae	<i>Balanites aegyptiaca</i>	Hingoda, Hingora	Bark	To treat leucorrhoea ^[29]

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