

CONTRACEPTIVE EFFECT OF TRIGONELLA FOENUM GRAECUM (FENUGREEK)



**NORBAIYAH MOHAMED BAKRIM
AHMED KAID NAJI ALLOW**



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CONTRACEPTIVE EFFECT OF TRIGONELLA FOENUM GRAECUM (FENUGREEK)

Despite a variety of contemporary methods for contraception, some women still rely on herbal plants as anti-fertility agents based on its common use for many years, passed down from generation to generation. One of these herbal plants is *Trigonella foenum-graecum* (fenugreek). The presence of saponin in fenugreek seeds is believed to be the active compound responsible for fenugreek anti-fertility property. The purpose of this study was to evaluate the contraceptive effect (anti-fertility) of fenugreek seeds aqueous (FSA) extract on female rats by assessing estrous cycles, determining serum reproductive hormone concentrations and observing their ovarian tissue histology, as well as determining the reversibility of these anti-fertility effects once the treatment was withdrawn.

Norbaiyah Mohamed Bakrim graduated from Monash University, Australia in 2008 with a Bachelor of Medicine, Bachelor of Surgery (MBBS) degree. She entered the clinical field in Australia for three years, before returning to Malaysia to pursue her Masters degree in Basic Medical Sciences (MMEDSC) at International Islamic University Malaysia. For this endeavour, she received a Best Student Award (Masters Level). She has presented her Masters research findings in several conferences including at Pharmacology & Physiology International Scientific International Congress 2014, (achieving third place for poster presentation) and IIUM Research Invention and at the Innovation Exhibition 2014 (winning a Bronze Medal for poster presentation). Currently she is undertaking her PhD at International Islamic University Malaysia, specializing in Cardiovascular Physiology.

Ahmed Kaid Naji Allow started his houseman-ship training at the Ministry of Public Health Hospital, Sana'a Yemen 1990. At the hospital, he worked as GP in Dept. of Surgery and O&G. During that period, he was enrolled in many programs and was the head physician of the hospital and deputy rector of the hospital. 1994, Ahmed Allow became a member of teaching staff, Dept. of Physiology, Faculty of Medicine and Health Sciences, Sana'a University, Republic of Yemen. In 1998 he travelled to Iraq for his Master's and Ph.D. His Master's (1999) was in "Reproductive Physiology and Infertility" and he graduated from Embryo Research Center and Infertility Treatment, Faculty of Medicine, Baghdad University. In 2000, he graduated from Dept. of O&G, Almustanseria Teaching Hospital, University of Amustanseria, Baghdad. In 2003, he got his Ph.D in Reproductive Physiology and Infertility, from Embryo Research Center and Infertility Treatment, Faculty of Medicine, Baghdad University. He developed an interest in infertility treatment since 1998. In Sana'a, Yemen he opened his private an Infertility Treatment Center, the first center in Yemen for treatment of human male and female infertility. In April 2012, he was seconded to the Dept. of Basic Sciences, KOM, IIUM from the Dept. of Physiology, Faculty of Medicine and Health Sciences, Sana'a University. Besides his teaching duty, he also has many administrative responsibilities. In KOM, he was enrolled in the postgraduate teaching programs of IIUM.

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