

FENUGREEK

**A PLANT-ORIGIN ORAL CONTRACEPTIVE PRODUCT
PRESENT AND FUTURE**



**AHMED KAID NAJI ALLOW
AMER ABDY MOHAMED YEHDIH**



**IIUM
Press**

CONTENTS

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FENUGREEK

A PLANT-ORIGIN ORAL CONTRACEPTIVE PRODUCT PRESENT AND FUTURE

Anti-fertility agents have been used since long time to prevent pregnancy. Nowadays, Oral Contraceptive Pills are the most common and efficient tool despite their side effects. With the progress in therapeutic sciences, natural components from different herbs are likewise used. *Trigonella foenum-graecum* (fenugreek) is one of the used herbs. The purpose of the present book is to evaluate the anti-fertility effect of fenugreek seeds aqueous (FSA) extract "as a new plant origin contraceptive product that can be used as a supplement or oral medication in future. First we are going to show its effect on the female rats by assessing the reproductive hormones, relative ovarian weight as well as relative uterine weight, counting the ovarian follicles (secondary, Graafian, atretic follicles and corpora lutea) and measuring uterine endometrium thickness.

This book is designed to cover newly discovered plant origin product which can be used as a contraceptive product. It consists of seven chapters. In the first three chapters, we are going to give a good background about the fenugreek seeds and its utilization in the medicine in the past and present. Whereas in the fourth, fifth and sixth we are going to share our animal work experiences and evidences with its interpretation. In the last chapter, we are going to demonstrate our conclusions. The journey throughout the different angels of this book, which authors are planning to make readers get a good background about the anti-fertility treatment. The plant origin product that we are planning to get from this work will be the first plant-origin oral contraceptive product. Throughout the chapters, many of our research-works will be touched from different points to show our longstanding and promising experience and real outcomes. Finally, expert authors in the field of reproductive and alternative medicine prepared this work.

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, Almustanserria Teaching Hospital, University of Amustanserria, 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. Since 2015, he supervised many Master and PhD students in Physiology (Reproductive physiology and Neurophysiology). He also involved in research and publications. He has published more than 27 peer-reviewed scientific papers. Ahmed Kaid was registered in Malaysia one patent in 2015. Now our book "Contraceptive Effects of Fenugreek" is a base for longstanding and promising product, which was, established its contraceptive effects. These effects were reversible meaning that it can be used as a plant-origin oral contraceptive product in the near future.

Amar Abdy Mohamed Yehdih graduated from Nouakchott University, Mauritania in 2012 with a Bachelor degree of Molecular Biology and Physiology. He worked at Oncology Center of Nouakchott for 6 months as a laboratory technician before going to Malaysia to enroll his Master degree in Basic Medical Sciences at International Islamic University of Malaysia. Amer Yehdih is now enrolling his PhD at International Islamic University of Malaysia.

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Tel : +603 6196 5014 / 6196 5004

Fax : +603 6196 4862 / 6196 6298

Email : iiumbookshop@iium.edu.my

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