

Natural and Pregnancy Enhancer Remedies

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One of the most unknown dimensions of our society is the state of reproductive and sexual health of young people, while the physical, psychological and economic health of societies is heavily threatened by complications and deaths from AIDS and non-immune abortions. Some cases and disorders can be a threat to fertility and pregnancy. Infertility is one of the personal and social problems that has needed high costs for treatment and can lead to a breakdown of family stability and put people at increased risk of family burden (1). The use of medicinal herbs in order to cure pains and diseases with the history of has been synchronized with human being life. Today, among different classes of the society, medicinal plants play an important role in the treatment of various diseases (2-4). Although over the past half century, the use of chemical and compound drugs has been intensified, but their harmful effects on human life have prompted the re-introduction of medicinal plants (5, 6). Plants have long been used to strengthen fertility and can be considered as a natural treatment. Medicinal plants such as *Trifolium repens*, Sweet potato, *Glycyrrhiza glabra*, *Rubus idaeus*, *Vitex agnus-castus* and *panax ginseng*, *Zingiber officinale*, *Salvia officinalis*, *Allium sativum*, *Asparagus officinalis* and *Elettaria cardamomum* are among the most important herbs in pregnancy enhancement. Mechanisms such as the presence of antioxidants, preventing the destruction of red blood cells and erythrocytes, preventing bleeding, strengthening maternal and fetal immune systems, increasing calcium, protecting cell membranes, and acting on sex hormones are among the most important fertility enhancement mechanisms which are carried out through the presence of effective and antioxidant herbal substances.

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