

The prime aim of this book is to transmit recent scientific data on Biological research in 2021. This edited book incorporate varied aspects of Biological sciences. This book comprises 18 chapters are critically reviewed by renewed professors, which embodies the wealth of knowledge on diversified aspects of Biological sciences. Since, this is an edited book, the views and options expressed by the authors, who belongs to different organizations are entirely their own and neither Sri Kaliswari College nor the editors takes any responsibility for them.

Biological research in 2021



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Biological research



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Importance of Women must know about Herbal Contraceptives

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1. Introduction

There are many different forms of birth control available for women looking to prevent pregnancy. Most types contain synthetic hormones that stop ovulation or otherwise prevent the sperm from meeting the egg. Regardless, herbal supplements are widely used and even promoted by experts of certain healing arts, such as acupuncture. Some may even be used for the purpose of contraception. Some herbs may contain agents that induce abortion and cause miscarriage. Some herbs may affect the body and produce some of the same side effects as hormonal birth control.

Overpopulation is a major problem of the world. Especially for India and China. Overcrowdings. Contraception allows them to put off having children until their bodies are fully able to support a pregnancy. It can also prevent pregnancy for older women who face pregnancy-related risks. Contraceptive use reduces the need for abortion by preventing unwanted pregnancies (Soni *et al.*, 2015).

Birth control means a method of contraceptive that prevents a woman from getting pregnant, but how each method works, as well as the side effects, pros, and cons for each differ. Despite the fact that 47.8% of women in India use some form of birth control, there is still quite a bit that the average woman doesn't know about her birth control (Kaur, *et al.*, 2011). To make matters worse, with all of the conjecture that gets thrown around about it, finding the right type of birth control can be a tricky process and a bit confusing.

Thus explaining why, more than half of India's population in its reproductive age (15-49 years) doesn't use a modern method of contraception to prevent unwanted pregnancies or spaced births. As we all know that available medicines and devices in the market for contraception are not safe (Harisha and Swamy, 2012) They all have too many side effects like increase risk of breast cancer, uterine cancer, headache, white discharge, irregular menses, stroke, obesity and so many others Daily intake of contraceptive pills are very stressful for ladies.

Slow releasing hormone therapy is not suitable for all and it is also having own limitations. Physical barriers like copper-T, condom, vaginal pastries etc. are not liked by many users and they also have many side effects. Their failure rates are well known. everybody wants a very safe and effective contraceptive method. In pre-allopathy era there were many methods which were used for many years. They used many effective herbs for this purpose (Singh *et al.*, 2018). Some are locally acting like neem tail, triphala water etc. Some are used in form of fumes. Some are given orally (Ghosh, *et al.*, 2018).