

WOMEN AND FOLK REMEDIES: YOUTH, FERTILITY, AND HEALTH

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How prevalent is the use of ethnoremedies in the world? Are women the main primary users? If so, why? This article is a literature review on the increasing worldwide use and benefits of phytotherapy and ethnoremedies with a focus on women's use and the reasons for their use. The history, benefits, interactions, and side effects of those remedies, as well as those of some prescribed medicines, are also considered. This review includes information on the variety of uses of ethnoremedies throughout the world, which is complemented with tables about phytotherapies and herbal medicines and their recommended uses and preparation. The positive and negative side effects, as well as problems associated with the use of Complementary and Alternative Medicine (CAM) and Hormone Replacement Therapy (HRT), are also discussed. In dealing with the effectiveness of herbal or phytotherapies, information is also included on commonly disregarded factors that could lessen the effectiveness of ethnoremedies, not only in their method of preparation, but for aspects related to the infestation or contamination of soils used to grow those herbs or plants. The need for more objective and well-funded studies is emphasized.