

## **Herbs That Help During Puberty.**

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**Abstract:** This article enlists some plants and their chemical constituents which can prove useful during adolescence.

Adolescence is described as period of storm and stress. The physical changes associated with puberty become the basis for new emotional experiences. For example, it is common for parents to note their children become moodier and more irritable during this period of their lives. This moodiness is commonly attributed to the sudden and fluctuating hormonal levels, or 'raging hormones. It is certainly true that sex hormones are powerful chemical agents that can affect mood. During puberty, the body is adjusting to these fluctuating hormone levels which creates mood swings. However, there are several other physical causes accounting for increased moodiness apart from fluctuating hormones.

Tea and coffee damage hormone production, clog the liver and encourage skin problem. They also interrupt growth in children and adolescents, reducing the absorption of iron and calcium, both of which are vital for growing bodies. These much-used drinks can also cause hyperactivity. Likewise, acne can be a problem for both male and female due to which confidence level can swing, but with good food and herbs this problem can be reduced.

Hormones prompt many of the next development stages in life. Adolescence is the period of transformation for both the sexes.

Plants contain many hormones, mostly saponins, which have a natural steroidal effect on the body, which can be converted by the body into the exact requirements that are needed. At times these hormonal herbs can switch the pituitary gland on or off, which is the major control centre for all hormonal function with the body. Hormone balancing herbs can be used in teenagers.

A good choice of hormonal balancing in female is *Agnus Castus*. This herb helps to regulate the female gynaecological system. It is most frequently used for menstrual complaints in women. It works by stimulating the pituitary gland, which then balances the endocrine system.

**Wild yam (*Dioscorea Villosa*) – Root:** It is a hormone precursor, it is safely taken over a period of time by both the sexes. It encloses a vital anti oxidant known as beta carotene. It also possesses a chemical subjects known as diosgenin which is akin to the female hormone progesterone.

**Siberian Ginseng** both root and rhizome acts as a major endocrine tonic and contains properties similar to adrenal cortical hormone, they will therefore help exhausted teenagers. It will also detoxify and support liver and blood stream. It also helps in teenage girls who suffer from menstrual cramps and distress. Ginseng is one of the most well known herbs in traditional Chinese medicine, there are different varieties of Ginseng.

**Dandelion (root) (*Taraxacum*)** is a source of a variety of nutrient and the leaves and root contain vitamins like A, C, K & B vitamins as well as minerals like magnesium, Zinc, K, Fe, Ca. This plant has a long history of use as an herbal remedy. It helps to support healthy liver function & natural detoxification in the body. Due to its natural magnesium & Zinc content it also helps to get rid of teenage acne. It is a well known as best endocrine tonic.

**Milk thistle (*Cardus marianus*)** : It is an excellent herb for liver health in adolescent, its flavanoid content is valuable for keeping the liver healthy. Silymarin is the flavonoid found in milk thistle, it works for liver in three ways: it guards liver, promotes growth of new liver cells and detoxifies various drugs, chemicals and hormones.

Saw Palmetto – *Seronea repens*, is the sole species classified in genus *seronea*. It is a small palm, growing to max. height of 7-10 ft. the extract of the fruit is rich in fatty acids and phytosterols. It is safely & efficiently used to strengthen and tone the male reproductive system. It also helps in case of prostate enlargement, debilitation and infection and benefits bladder efficiency and nervous system.

Shatavari : Reproductive health begins prior to reaching puberty. A herb which is sweet in taste & wonderfully nourishing is shatavari (*Asparagus Racemosus*). This herb is traditionally given to the children and undernourished girls who have difficulty putting on weight and related hormonal imbalances.

Black cohosh (*Actearacemosa*): It is an ambidextrous herb, it has ability to support female hormonal changes even on opposite ends of spectrum. It is effective in girls experiencing dysmenorrhoea or difficult menstruation. Black cohosh has unique ability because of its estrogen modulating properties. It does not have hyperestrogenic effects on the body, but rather it selects which estrogens in the brain and bones to mimic.

Besides these herbs and their homeopathic preparations, a balanced diet , regular exercise/yoga , parental guidance and support will facilitate a smooth transition for the teenager.

#### **References**

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