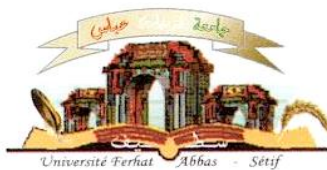


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قال تعالى " وَمَنْ يَشْكُرْ فَإِنَّمَا يَشْكُرُ لِنَفْسِهِ وَمَنْ كَفَرَ فَإِنَّ اللَّهَ غَنِيٌّ حَمِيدٌ "

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Dedication

قال تعالى " وَمَا تَوْفِيقِي إِلَّا بِاللَّهِ عَلَيْهِ تَوَكَّلْتُ وَإِلَيْهِ أُنِيبُ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Praise be **to God**, who guided us and made our path easy. Praise be to God,
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Rania



Dedication

يقول النبي صلى الله عليه وسلم "من لا يشكر الناس لا يشكر الله من صنع اليكم معروفا فكافئوه فادعوا له.

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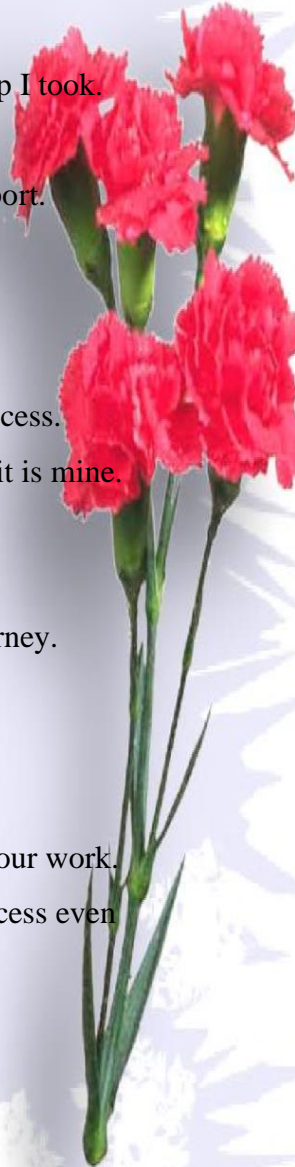
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Selsabil



ملخص

يُعد الحمل فترة ذو حساسية وأهمية كبيرة في حياة المرأة، إذ تسعى خلالها إلى تجنب كل ما قد يشكل خطرًا على صحتها وسلامتها. ونتيجة لذلك، تلجأ العديد من النساء الحوامل إلى استخدام النباتات الطبية التقليدية خلال هذه الفترة. هدفت هذه الدراسة إلى تحديد النباتات الطبية المستخدمة أثناء الحمل في مدينة سطيف، من خلال دراسة إثنوبوتانية شملت كلاً من العشابين والأطباء. أُجريت الدراسة بصيغتين: إلكترونية خُصّصت للأطباء، وورقية وُزّعت على كل من العشابين والأطباء، وجميعهم من مدينة سطيف في الجزائر. شملت الدراسة 30 عشابًا، أوصى 80٪ منهم باستخدام بذور البسباس خلال الحمل، كما أفاد 86.7٪ باستخدام خلطات عشبية، و63.3٪ أوصوا بتحضير الأعشاب عن طريق النقع في الماء الساخن. كما شملت الدراسة 20 طبيبًا، أشار 65٪ منهم إلى ضرورة تجنب استخدام القرفة، في حين أوصى 72.2٪ باستخدام الزنجبيل، وصرّح 95٪ بأن الأدوية الحديثة أكثر فعالية من النباتات الطبية. تُبرز هذه النتائج الانتشار الواسع لاستخدام النباتات الطبية أثناء الحمل في مدينة سطيف، مما يعكس ممارسات ثقافية ومناخ مدركة لدى السكان. غير أن التباين في التوصيات بين العشابين والأطباء يسلط الضوء على الحاجة إلى تحسين التواصل والتوعية بشأن الاستخدام الآمن للعلاجات العشبية خلال الحمل. وقد يُسهم دمج المعارف التقليدية مع الأدلة العلمية في ضمان صحة وسلامة الأمهات وأجنّتهن.

الكلمات المفتاحية: أطباء النساء والتوليد، بائعي الاعشاب، الحمل، الزنجبيل، الشمر، القرفة، النباتات الطبية المفيدة والضارة.

Abstract

Pregnancy is a highly sensitive and important period in a woman's life, during which she strives to avoid anything that could pose a risk to her health and safety. As a result, many pregnant women turn to traditional medicinal plants during this time. This study aimed to identify the medicinal plants used during pregnancy in the city of Setif through an ethnobotanical survey involving both herbalists and doctors. The survey was conducted in two formats: electronically for physicians and on paper for both herbalists and physicians, all based in Setif, Algeria. The study included 30 herbalists, 80% of whom recommended the use of fennel during pregnancy. Additionally, 86.7% reported using herbal mixtures, and 63.3% recommended infusing plants in hot water. The study also included 20 physicians: 65% advised against the use of cinnamon, 72.2% recommended the use of ginger, and 95% stated that conventional medications are more effective than medicinal plants. In conclusion, the findings highlight the widespread use of medicinal plants during pregnancy in Setif, reflecting both cultural practices and perceived benefits. However, the differences in recommendations between herbalists and physicians underline the need for better communication and education about the safe use of herbal remedies during pregnancy. Integrating traditional knowledge with scientific evidence could help ensure the health and safety of both mothers and their unborn children.

Keywords: Beneficial and harmful Medicinal plants, Cinnamon, Fenel, Ginger, Gynecologists, Herbalist and Pregnancy.

Résumé

La grossesse est une période particulièrement sensible et importante dans la vie d'une femme, durant laquelle elle s'efforce d'éviter tout ce qui pourrait représenter un risque pour sa santé et sa sécurité. Par conséquent, de nombreuses femmes enceintes se tournent vers les plantes médicinales traditionnelles durant cette période. Cette étude visait à identifier les plantes médicinales utilisées pendant la grossesse dans la ville de Sétif, au moyen d'une enquête ethnobotanique menée auprès d'herboristes et de médecins. L'enquête a été réalisée sous deux formats : électronique pour les médecins, et papier pour les herboristes et les médecins, tous exerçant à Sétif, en Algérie. L'étude a inclus 30 herboristes, dont 80 % ont recommandé l'utilisation du fenouil pendant la grossesse. Par ailleurs, 86,7 % ont rapporté l'utilisation de mélanges de plantes, et 63,3 % ont conseillé l'infusion des plantes dans de l'eau chaude. L'étude a également inclus 20 médecins : 65 % ont déconseillé l'usage de la cannelle, 72,2 % ont recommandé le gingembre, et 95 % ont affirmé que les médicaments conventionnels sont plus efficaces que les plantes médicinales. En conclusion, les résultats mettent en évidence l'usage répandu des plantes médicinales pendant la grossesse à Sétif, traduisant à la fois des pratiques culturelles et des bénéfices perçus. Toutefois, les divergences entre les recommandations des herboristes et celles des médecins soulignent la nécessité d'une meilleure communication et d'une éducation appropriée quant à l'usage sécurisé des remèdes à base de plantes durant la grossesse. L'intégration des savoirs traditionnels aux preuves scientifiques pourrait contribuer à garantir la santé et la sécurité des mères et de leurs futurs enfants.

Mots clé : Cannelle, Fenouil, Gingembre, Grossesse, Gynécologues, Herboristes et Plantes médicinales bénéfiques et nocives.

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LIST OF ABBREVIATIONS

- ACTH:** Adrenocorticotrophic hormone
- ADH:** Antidiuretic hormone
- AMPK:** AMP-activated protein kinase
- CBG:** Corticosteroid-Binding Globulin
- CO:** Cardiac output
- CRH:** Corticotropin-Releasing Hormone
- ECBU:** Cytobacteriological Examination of Urine
- GFR:** Glomerular filtration rate
- HCG:** Human chorionic gonadotrophin
- MSH:** Melanocyte-stimulating hormone
- RBC:** Increase in red blood cell
- SVR:** Systemic vascular resistance
- TBG:** Thyroxine-binding globulin
- UTI:** Urinary tract infections

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