

10th International Conference on**Chinese Medicine, Ayurveda & Acupuncture**

March 04-05, 2019 | Berlin, Germany

Assessing herbal medicine use among Saudi women in pregnancy, postpartum and breastfeeding in Jeddah**Abeer Orabi**

King Saud Bin Abdul Aziz University for Health Sciences, KSA

Complementary and alternative medicine is widely spreading specially between women with herbs being the most common kind used in obstetrical and gynecological health issues. Some women do not disclose to their health care provider the use of herbal medicine although its safety is still debatable and possibility of interaction with some drugs is present. Lack of knowledge about the possible risks of using some herbs during critical life periods as pregnancy, postpartum and breastfeeding may cause maternal or neonatal health problems. Aim of the study was to assess herbal medicine use among Saudi women during pregnancy, postpartum and breastfeeding in Jeddah. A cross-sectional descriptive design was used to collect data from 300 Saudi women attended the outpatient clinics in King Abdul-Aziz Medical City-Western Region Hospital and Althager General Hospital. Women who were multiparous and more than 18 years old were recruited in convenience then interviewed using a structured questionnaire. The questionnaire inc.

orabiab@ngha.med.sa