



Home Remedies to Prevent Pregnancy | ElaWoman

Home remedies to prevent pregnancy



Most people try to have protected sex but often fail to have one. This can be caused due to the failure of most careful processes which is pretty normal. It may sound scary but it is a fact. The protective measures often fail to protect you or your partner from the results of intercourse. As we know the contraceptive measures are taken to safeguard you and your partner from the outcome of

[sexual intercourse](#), but these measures also fail. You may have to face things like STD (Sexually Transmitted Diseases) or pregnancy despite all the preventive measure you took. As in the case of STD you need proper help and support from doctors, for pregnancy, there are some natural home remedies. With the help of these natural home remedies, you can easily avoid pregnancy after intercourse. Even if the protective measure didn't work, these remedies will surely work.

1. Parsley (Ajamoda): Parsley is one of the most effective home remedies that is thought to [prevent pregnancy naturally](#). This herb is easily available and is best used in the form of herbal tea.

2. Angelica (Choraa): This herb is also known as Dong Quai, and is believed to be another effective natural remedy for an [unwanted pregnancy](#). Angelica is thought to stimulate uterine contractions, which makes it most useful when consumed within 2 weeks of your last sexual intercourse.

3. Papaya: Papaya helps in [birth control](#) and [unwanted abortion](#). Consuming it right after intercourse helps to prevent pregnancy. You should consume it at least two times a day for about 3 to 4 days. Avoid eating the fruit if you get a positive pregnancy test.

4. Stoneseed Root: It is an extremely powerful herb for birth control. Add stoneseed root in cold water and allow it to steep for several hours.

5. Neem: Neem is a common remedy for natural birth control. It avoids unwanted pregnancy by decreasing the sperm motility and thus prevents fertilization. It is used in three forms – leaves, oil and leaf extract, all these being successful.

7. Vitamin C

Vitamin C is another method of natural birth control. It interferes with the progesterone hormone and hence prevents conception. Take 1500 mg of Vitamin C tablets twice a day for 2-3 days after unsafe sex. It is important not to overconsume Vitamin C as it may have adverse effects on your body. Also, do not

take it if you are on anti-coagulant medication or suffering from sickle cell anaemia.

8. Asafoetida (Hing)

Drink asafoetida juice with water every month. It can prevent conception and avoid pregnancy.

9. Parsley (Ajamod)

Parsley is also an effective home remedy to prevent pregnancy. It is a mild herb with no side effects and best consumed as a tea.

10. Neem

Neem is one of the Indian home remedies to avoid pregnancy. It is available in the form of leaves, oil and leaf extract. Neem oil kills sperm within 30 seconds if injected into the uterus, while neem tablets promote temporary sterility in men.

11. Pineapple

The properties of pineapple can prevent implantation of a foetus and avoid pregnancy. Eat an unripe pineapple every day for 2-3 days after sex.

12. Buckwheat (Kuttu)

Buckwheat contains rutin which prevents implantation. You can have 500 gms of this herb every day. It works well before and after unprotected intercourse. The best thing about kuttu is that it doesn't have any side effects.

13. Wild Yam (Ratalu)

When there is no other natural way to avoid an unwanted pregnancy, try taking wild yam twice a day regularly. It takes one or two months to work as a birth control remedy so make sure not to miss any day.





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