



# AN EXPLORATION ON EFFECTIVENESS OF CHILLED CABBAGE LEAVES ON BREAST ENGORGEMENT AMONG POSTNATAL MOTHER

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## **Abstract**

The purpose of this study was to see if “cabbage leaves” may help postpartum mothers with breast engorgement. Breast engorgement occurs due to increased blood flow in your breasts in the days after the delivery of a baby. This is the common physiological problem for lactating mother that is caused by several conditions such as obstruction on outflow of milk, excessive production of milk and poor intake of milk by the baby. During the first two weeks of breastfeeding, it will increase the volume of breast milk due to lymphatic and vascular congestion with interstitial edoema. This is in result of swelling, nipple tenderness, severe pain, distension of the breast, etc. There are lot of treatment going through. Some non-pharmaceutical discoveries are takes place such as chilled cabbage leaves, warm shower, cold gel pads which are help in inducing the milk ejection. This paper is overview ancient methodology of use of chilled cabbage leaves in nursing of breast engorgement.

**Keywords:** lactating mother, chilled cabbage leaves, ancient method, Breast engorgement.

## Introduction

The relationship between a mother and her child is crucial. She plays a key part in the development of a child's growth, one of the most important of which is breast feeding. Breast milk keeps the baby healthy while also keeping the mother healthy. It is also easy to digest, which means no constipation, diarrhoea, or stomach upset. Allergies, illness, obesity, cancer, and diabetes are all protected by it. Breastfeeding during the first hour or so after delivery is important because the baby begins to receive immunological effects from the colostrum, which protects against infection and sickness. These are all reasons why WHO promotes the importance of breast feeding. Breastfeeding benefits the nursing mother in a variety of ways, some of which are listed below. Burning calories and utilising mom's fat storage for her breast milk, producing oxytocin, which helps contract the uterus back to its pre-pregnancy size, There will be less postpartum haemorrhage. Breast engorgement, retracted nipple, breast abscess, breastfeeding mastitis, and lactation failure are all common breast complications.

## Background Information

During the first two weeks, engorgement is a painful physiological condition defined by a buildup of fluids in the breasts caused by lymphatic and vascular congestion, as well as intestinal edema.

Thus comparing the effects of cold cabbage leaves against heat compression on postpartum A breast engorgement found that both therapies were helpful. A work done among postnatal mothers revealed that the cabbage leaves application was effective in control of breast engorgement. For a two-hour period, 28 lactating ladies with breast engorgement put chilled cabbage leaves on one breast and room temperature cabbage leaves on the other breasts. For all illnesses, pre-treatment pain levels were compared to post-treatment pain levels. As a result, the researcher felt compelled to make one of the most successful strategies of minimising breast engorgement more widely known. According to a study, applying cabbage leaves to the breasts can be an effective home cure for lowering breast engorgement and easing mothers' anxiety, allowing them to continue breastfeeding.

## Controlling Engorgement

Cold compresses applied to the breasts and underarms can assist to reduce edoema. It must last 15-20 minutes for 1-2 hours, and it must be done 10-12 times every day. These should not have an impact on the baby's feeding. This is a very efficient natural remedy for engorgement that has been utilized since ancient times. Swelling induced by edoema can be reduced by applying ice to the breast as milk comes out, i.e., after a feed, for 15-20 minutes. The heat application then relieves pain and relaxes blood vessels, allowing vessels to expand and enhance blood flow. As a result, the researchers came to the conclusion that hot and cold compresses are more effective at reducing swelling.

## Cabbage leaves

Cabbage leaves contain natural ingredients such as sulphur heterosides, which assist to relieve moderate and uncomfortable congestion by dilating local capillaries. Cabbage leaves have anti-inflammatory and anti-irritant properties.

## Conclusion

As a result of the research, we can conclude that both the hot and cold compresses have a similar effect in reducing breast pain and engorgement in postpartum women. Cold cabbage leaves alone were shown to be less efficient than hot and cold compresses in reducing pain from breast engorgement. These non-medical breakthroughs are gaining traction as viable therapy options because they are more widely available and, in general, easier to use, convenient, and inexpensive than medical therapies. These common issues can be resolved with timely safeguards and routine, low-cost therapy. Breast engorgement can be relieved by using chilled cabbage leaves, warm compression, and other methods.

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