



## Effect of Herbal Medicine on Lactation and Breast Feeding Practices

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**Abstract:** The first consideration that comes to mind when we talk feeding infants, is the newborn obviously take us to the natural, god given gift to the mother, that of breast milk. As soon as the child born, natural prepares both, the mother the baby to make best of this natural gift. Soon after birth the mother starts secreting milk. Unfortunately lactation failure increases among child bearing female in India.

A herbal medicine and some home remedies for example satavar, shakakul, singhada improves lactations

**Index Terms – Lactation, Herbal Medicine, Feeding, Lactation failure, infections and protections style, styling, insert.**

### I. INTRODUCTION

In our country from generations, this gift of natural is well accepted and justified because the thought of feeding child comes naturally to the mother and she is mentally geared to do so. The baby also responds spontaneously to the mother's love and the natural instinct of suckling is smoothly initiated. But, unfortunately, in our own country over the years this spontaneous practice of making the best of 'nature's gift' is slowly eroding with the result that both mother and child face a lot of problem. Unfortunately locational failure increases among child bearing female in India. Therefore to bring our attention to this problem and help the mother revert to the dying practice of utilizing nature's gift, WHO has detected one week (1-7<sup>th</sup> August) every year as 'Breastfeeding week'.

To begin with we shall first discuss why breastfeeding is important and the various factor associated with to feed or 'nurse'.

### II. ADVANTAGES OF BREAST FEEDING

2.1 The main advantages breast feeding for baby are :

- It is complete food by itself for the baby till 6 month of life in all respects. The proportion of all macro and micro-nutrients are such that it is tailor made for the newborn. It is rich in fats, especially the essential fatty acids and the protein quality is just right for the baby. It is unique that it is rich in lipase an enzyme which is poor in the other sources of milk.
- It has water content which is adequate to meet the total requirement of the baby in the driest of summers. There is no need of water as long as the baby is exclusively breast fed. Offering water to a baby on breastfeed can actually cause a reverse effect of reducing the mother's milk output by suppressing her prolactin concentration in the plasma.
- Mother milk rich in antibodies in the form of immunoglobulins and leucocytes, which help against any infection. It contains lactoferrin which prevents the baby from being anaemic.
- No preparation needed. It is always fresh, pure and readymade, at the right temperature, uncontaminated and aseptic.
- Breastfeeding establish healthy mother child relationship by emotional bonding of mother and child and gives a feeling of security to the child.
- It provides protection against allergies and ulcerative colitis.

2.2 For the mother

III. Decreasing-postpartum- bleeding- decreasing the risk of ovarian cancers in mother at later stage helps spacing between two pregnancies. helps her to lose the extra weight she had gained during the course of her pregnancy and helps regain her figure .

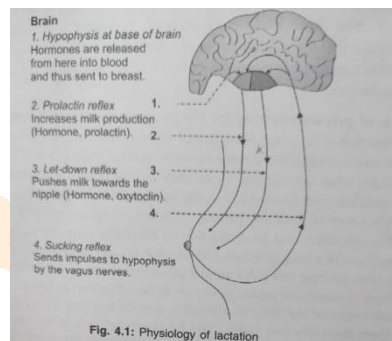
### 2.3 COLOSTRUM

This is the first viscous yellowish milk which is secreted soon after delivery .Unfortunately ,most often this 'early' secretion is discarded by

Most mother in certain communities, with explanation that it is toxic for the baby . On the contrary , colostrum is the richest source of protein and immunoglobulins and the fat soluble vitamins like A and E. It is rich in secretory Ig A, which prevents the baby from any gastrointestinal infection .however, it is lower in fats and carbohydrates as compared to mature milk . This secretion may not be secreted in large volume and lasts for only about 2-3 days, but is very crucial for the baby as it helps in stimulation of mature milk by 2-10 days after birth .It also helps in stimulating peristalsis and acts as a lubricating protective effect on the mother's nipples

### III. FACTORS CAUSING LACTATIONAL FAILURE

- Initiation of breastfeeding.
- Family support.



- Lack of privacy/rooming in.
- Psycho social factor.
- Physical factor.
- Infant factor.
- Infant feeding failure.

### IV. Comparision BETWEEN HUMAN and COW'S MILK

The following table shows a comparison between human milk and cow's milk

Sr. No	Characterstics	Human Milk	Cow's milk
1	Energy(Kcal/100ml)	70	67
2	Protein(g/100 ml)	0.9	3.5
3	Whey..Casein ratio	80/20	20/80
4	Carbohydrate(g/100 ml)	7.0	5.0
5	Carbohydrate source	Lactose	Lactose
6	Fat(g/100 ml)	2.7-4.5	3.5
7	Linoleic acid(%)	10-15	4
8	Calcium(mg/lt.)	340	1200
9	Phosphorous(9 mg/lt)	150	955
10	Ca:P ratio	2.3	1.3
11	iron (mg/lt)	1.0	0.5
12	Sodium(mEq/lt.)	7.0	25.0
13	Potassium (mEq/lt.)	14.0	35.0
14	Renal solute load	80.0	220.0
15	Oral solute load	250.0	263.0

### V. INDIAN AND TRADITIONAL BREAST FEEDING METHOD



Fig 4.1: Traditional position

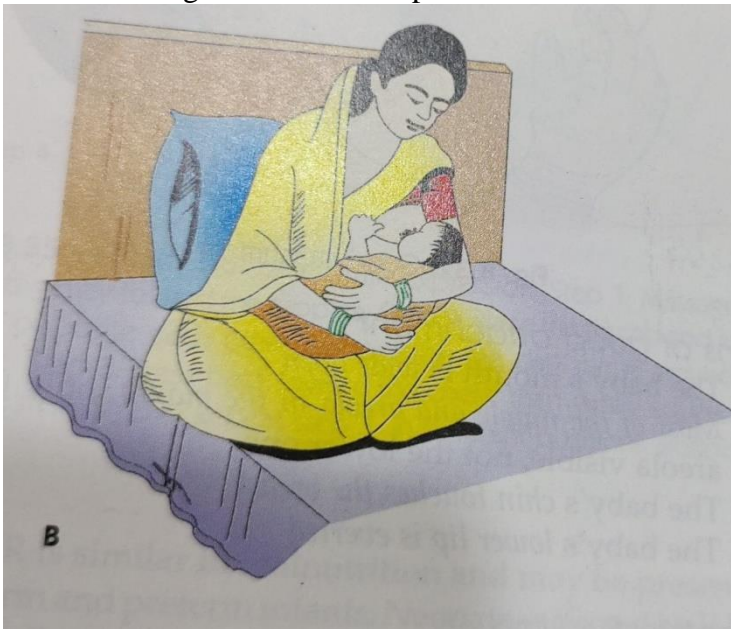


Fig 4.2: relax sitting position

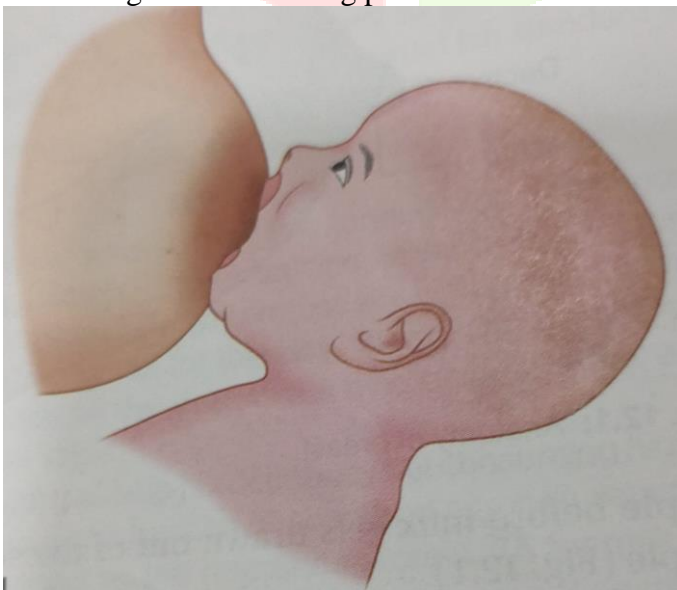
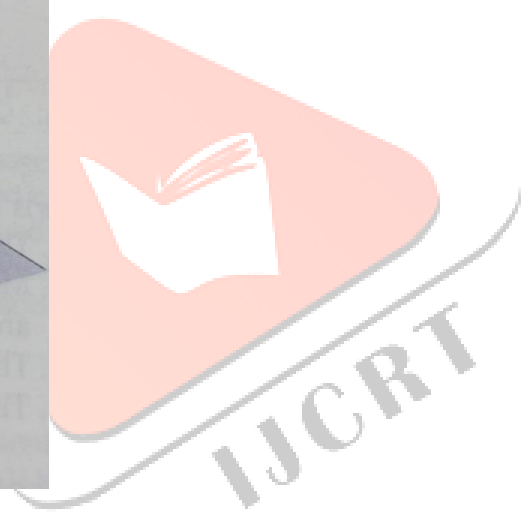


Fig 4.3: Good Attachment for feeding



## VI. PROPOSED HERBAL MEDICINE

The medicines proposed below are for relactation in partial lactation failure which could be avoided even by motivation and encouragement.

Formula 1:

satavar, Misry , singhada equal in weight powdered should be consumed thrice a day regularly for seven days.

Formula 2: Majoon Pambabdana 5-6 gm with milk thrice a day for seven days.

Formula 3 Satavar, shakakul,tudri, black cumin equal in weight and 2 to 3 gm with milk thrice a day should be consumed.:

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Name in English	Botanical name	Other name	constituents	Minerlas	Vitamins	Action and uses
Cotton seed	Gossypium	Pambadan,a, Habul qutun.	Carbohydrates, protein, minerals, querdetin , betain,Choline , sallyisillic acid, dihydroxy benzoic acid,amino acids	Calcium, Iron , Sodium,Phosphrous , Zinc ,Magnesium <ammonium, chlorine, copper, sulphur, magneese,	Vitamin A , vitamin D, vitamin E, Vitamin B complex	Demulcent, laxative, expectorant,aphorodisicis and galactogogue. Nerve tonic, antipyretic, lactagol.
Satavar	Asparagus racemose	Shatavari,Shatimuli, Hatavari	Sacchrein , mucein.	Calcium, Vitamin		Nutritive tonic, demulscient,galactogogue, antispasmodinic,diuretic, aphorodisicis ,
Water Chestnut	Trapasipnos Roxb	Singhada	Magenes,starch,calcium	Calcium	Vitamin A and B2	Neurotonic,Nutriative tonic,nerve tonic and cooling effect on body



## VII. RESULT AND CONCLUSION

A cross sectional study was carried out in the urban middle class lactating mothers in a multi-specialty hospital in Malegaon. All lactating mother used traditional food and some home remedies nearly 20% lactating mothers suffered from lactation failure.10% lactating mothers are partially feeding.

Condition	Formula 1	Formula 2	Formula 3
Complete lactation failure	20%	30%	40%
Partially lactation failure	40%	60%	80%

### VIII. ACKNOWLEDGMENT

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