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## Research Article



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## Galactagogue herbs -on enhancing breast milk production

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### Abstract

Breast feeding is the feeding of an infant or young child with breastmilk directly from female human breasts (i.e., via lactation) rather than from a baby bottle or other container. There are few exceptions such as when the mother is taking certain drugs or is infected with HIV or has untreated tuberculosis. The aim of this study was to evaluate the effect of herbal plants which enhancing the breast milk production and prevent the difficulties during breast feeding.

**Keywords:** herbal plants, Breast feeding, milk production.

### Introduction

Breastfeeding difficulties refers to problems that arise from breastfeeding, the feeding of an infant or young child with milk from a woman's breasts. All breast feeding mothers should be encouraged to learn how to express breast milk although letting the baby suckle the breast directly is the most efficient way of extracting and stimulating the mothers milk supply. Nowadays where it is not possible to breast feed, human milk banks should be made available in appropriate situations.

Adequate and timely ANC is vital in achieving good maternal and child health outcomes.

Mothers who attend the ANC late miss the opportunity to receive health information and interventions such as early detection of HIV, malaria and anaemia prophylaxis and prevention or management of complications. And also it may leads to various difficulties during breast feeding. They are

- Flat nipple
- Inverted nipple
- Sore and cracked nipples

- Nipple pain
- Breast Engorgement
- Candidiasis
- Raynaud's phenomenon
- Mastitis and abscess
- Inadequate milk

### Sequence of events implicated in breast engorgement

Increased obstruction  
Edema(due to vascular and lymphatic stasis)  
Milk flow obstruction  
Milk retention in the alveoli  
Alveolar distension  
Deterioration of alveolar distension  
Duct compression

### Materials and Methods

#### Objective:

The objective of this study is to herbal plants which enhance the milk production .

The herbal medicines which prevents the difficulties in breast feeding.

#### Methods:

#### Siddha herbs which enhance the milk production:

##### Aamanakku [ அமணக்கு]:

Aamanakku leaf juice is given as a kashayam or the leaf is boiled in water and used as a external wash ,the milk secretion is stimulated.

##### Aalivirai [ஆளிவிரை]:

The seed is boiled with milk ,then add sugar or palm jaggery and the formulation was made into leghiyumang given in morning and evening time.

##### Illuppai [இலுப்பை]:

The leaf is heated gently and placed on breast.

##### Oorilai thamarai [ஓரிலைத்தாமரை]:

The leaf is grinded made into a paste and rolled into a lemon size karkam with the adjuvant of butter milk and given with a period of 40 days twice daily.

##### Kaattamanakku [காட்டாமணக்கு]:

The leaf of ricinuscommunis was gently heated and placed over the breast.

##### Sirupulladi [சிறுபுள்ளடி]:

The leaf was grinded and given along with butter milk.It induces the milk secretion.

##### Nilapoosani [நிலப்பூசணி]:

The tuber of nilapoosani juice is added with fenugreek , seeragam, malli and sugar and it was given orally.

##### Paeyatthipazham [பேயத்திப்பழம்]:

The intake of this fruit enhanced the milk production and helpful for foetal growth.

##### Vendhayam [வெந்தயம் ]:

The seeds are added in barley rice and taken .It induces milk production.

##### Vettilai [வெற்றிலை]:

The leaf was gently heated and placed one above the one for mastitis and secretion of milk.

##### முலைப்பால் சுரக்கமருந்துகள்:

கஞ்சாயிலையை வாணலியிலிட்டு ஏழு தடைவ கருகாமல் திரும்பத்திரும்ப வறுத்து, அதேபோல் எள்ளையும் வறுத்து இவற்றிற்குச் சமமாகப் பனைவெல்லம் சேர்த்து நன்றாக இடித்து வைத்துக்கொண்டு, 1 பிடியளவு சாப்பிட்டு இதற்குத் தயிர்சாதம் சாப்பிடவும்.

ஊ மீனை 4 முதல் 6 தடவை கழுவிய நிரதனைக் கொட்டிவிட்டு அதன் பின் கழுவிய தண்ணீரால் பற்படாகத்தை நன்றாக வரைத்துப் பருகவும்.

ஊ புாதிரிவேரைப் பசுவின் பாலிலரைத்து, நன்றாக அந்தப் பாலிலேயே குழப்பிச் சர்க்கரை சிறிது சேர்த்துத் தினந்தோறும் பருகவும்.

ஊ குன்றியிலையையும், முத்தெருக்கஞ் செவியின் இலையையும் குளிர்ந்த மோர் விட்டு நன்றாக அரைத்து அந்த மோரிலேயே குழப்பிச் சாப்பிடவும்.

ஊ குன்றுள்ள பசுவின் பாலில் ஆலம்பால் விட்டு உரைக்குத்தி வைத்துத் தயிரான பின் அதைச் சாப்பிடவும்.

### தாய்ப்பால் இல்லாவிடில் குழந்தையின் போஷனை முறை:

சிறு மல்லிவேர் போட்டுக் காய்ச்சிச் சர்க்கரை சேர்த்த பசும்பாலை தாய்ப்பாலிற்குச் சமான குணமுள்ளதாகச் செய்து குழந்தைக்குப் புகட்டவும்.

### Single herbs which enhance milk production:

- ஆமணக்கு
- ஆளிவிரை
- இலுப்பை
- உருளைக்கிழங்கு
- ஏலியாமணக்கு
- எள்ளு
- ஓரிலைத்தாமரை
- கலியாணமுருக்கு
- காட்டாமணக்கு
- காட்டுகருவாப்பட்டை

## Results and Discussion

Upon difficulties in breast fed mothers for expressing the breast milk in conditions like mastitis, flat nipple, sore nipple or breast engorgment, the usage of herbal medicines is very essential. Here the galactagogue action of herbs is useful for promoting and increasing the breast milk secretion. It will also avoid the usage of hand pump and using the storage of milk in

containers. The action of herbs relieve the pain in breast and it enhances the breast milk secretion. Nowadays human milk bank also available in our country. Hence promoting the herbs for milk production is essential for the healthy and growing childrens.

## Conclusion

The simple herbal preparations must be used for the enhancing milk and milk production. The galactagogue action of herbs enhance the milk secretion and prevent the difficulties. Breast milk gives the nutritive values of infants and develops the immune system which prevent the child's health from various diseases. The galactagogue action of plants is effective for the milk secretion. Hence the herbs is effectively used for breast engorgement or other difficulties. Hence siddha system of medicine prevents those difficulties.

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