



Review on Plants with Galactogouge activity

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ABSTRACT

Today low supply of milk is one of the most common reasons for discontinuing breast feed. Galactogouges are the medications or the substances to assitinitiation, maintenance and argumentation of maternal milk products. Nowadays the herbal plants and its preparations are known to increase significantly milk production in women. Women often face challenges in their efforts to breast-feed their infants. One of these challenges may be a real or perceived insufficient milk supply. Presented here are some results from a qualitative study of self-care in pregnancy, birth and lactation among a purposeful sample of childbearing women in India. This review aims to report the medicinal plants that used to improve the breast milk secretion. This review reveals that galactagogue herb use is an element of postpartum self-care for some women, and it also identifies a need for clinical testing of the herbs. A larger-scale survey of galactagogue herb use would be beneficial to the state of knowledge, as would clinical trials and case reports on the more popular herbs.

Keywords:

Galactogouge, breast milk secretion, Herbals, Siddha medicine

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CODEN : IJRPHR

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To access this article online

Website : <http://www.ijrphr.com/>

DOI : 10.121/ijrphr/02.0204.374

Quick response code



How to cite this article:

Kalaimathi et al, *Review on plants with Galactogouge activity*, International Journal of Reverse Pharmacology and Health Research, 2019, 2(3), 65-70.

Received: Jul. 2019.

Accepted: Aug, 2019.

INTRODUCTION

Milk is recognized by quantity and quality of major nutrients, which contains proteins and inorganic salts such as phosphorus, calcium with limited access to modern milk replacers. Breastfeeding is essential for the newborns survival, development and growth. Today low supply of milk is also known as lactation insufficiency, insufficient milk syndrome, Agalactia, Agalactorrhea, hypogalactia or hypogalactorrhea is the production of breast milk in daily volumes that do not fully meet the nutritional needs her infant. A woman belief that her Milk supply is insufficient is one of the most common reason for discontinuing breast feeding. Galactogoue are the substances used to induce, maintain and increased maternal milk production. They are synthetic or plants molecules. On the basis of safety and potentially the plant source is one of the preferred directions of research for Galactogoue.

Breast milk has long been accepted as the gold standard of infant nutrition. Although breast milk has been linked to many positive health outcomes, widespread adoption of exclusive breastfeeding as the primary mode of providing nutrition to young infants has been challenging.

Galactagogues are substances that increase the production or “The logic and power of purposeful sampling lies in selecting flow of milk. They include foods, herbal medicines, and information-rich cases for study in depth.” pharmaceutical drugs.

Galactagogues can be helpful in solving milk supply issues not only by increasing milk production, but also Lincoln and Guba, who call it purposive or theoretical sampling, by bolstering the nursing mother's confidence. Worldwide, maternal perception of insufficient milk production is the most common reason reported by mothers for early cessation of breastfeeding; reported prevalence is between 30% and 80%.³ For those mothers in whom milk production has declined and is not reported

Table 1. List of herbals used for the increasing the mothers milk

Botanical name/family	Activity	Parts used	Method of usage for galactogoue inducing.
Ricinus communis Family: euphorbiaceae	Galactogoue Anti- vadha Hepatoprotective	Leaf,root,seed	Leaf heat with oil and Externally applied on breast.
Solanum tuberosum Family:solanancea	Galactogoue Nervous sedative Anti-spasmodic	Leaf, rhizome	Add daily diet
Lepidium sativum Family: brassicaceae	Galactogoue Emmenagogue Aphrodisiac	Seed	Add powdered seed with milk.
Trigonella foenum gracecum Family: fabaceae	Galactogoue Aphrodisiac Tonic	Leaf ,seed	Add powered seed with milk
Piper nettle Family: piperacea	Galactogoue Aphrodisiac Febrifuge	Leaf	Oil fried leaf externally applied on breast
Sesamum indicum Family:pedaliaceae	Galactogoue Stimulant Emmenagogue	Seed	Mild dose of seed increases milk se- cretion.
Nervilia aragoana Family: orchidaceae	Galactogoue Antioxidant Anti fungal	Flower	Grinded flower mixed with cows but- termilk once a day for 40 days
Erthrina variegata Family:fabaceae	Galactogoue Emmenagogue Laxative	Leaf	Leaf cooked with coconut oil and add diet it will increases milk secretion.
Momordica charantia Family: cucurbitaceae	Galactogoue Anthelmintic	Leaf	Add to diet
Madhucalongifolia Family: Sapotaceae	Galactogoue	Leaf	Leaf externally applied on breast it increases milk secretion.
Ipomoea Mauritania	Galactogoue Aphrodisiac Tonic	Rhizome	Leaf juice mixed with coriander seed powder, fenugreek seed powder, cumin seed powder and sugar .

responding to non-pharmacologic measures, the use of galactogogues is often considered. In siddha system of medicine many plants are used to increase that breast milk secretion.

Apart from this herbal origin, in Siddha medicine few animal products were used to increase the breast feed namely Shark fish (*Paal sura* in Tamil) which is rich in galactogogue action, and it can be added in our regular diet itself.

CONCLUSION

There are numerous reference in literature for herbal medicines use to aid breastfeeding. These herbs will have the advantages of being easily available, cheaper and more tolerable to both mother and neonate. This remedy was given directly to the babies in this galactagogue herb use is an element of postpartum self-care for the herbs would reach the infant through the mother's milk.

SOURCE OF FUNDING : Nil

CONFLICT OF INTEREST : None declared

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