

Agalactia and Homoeopathy: Review Article

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ABSTRACT

Every baby is entitled to breast milk from birth. It is advised to breastfeed a child exclusively for the first six months after birth. However, mothers continue to seek medical counsel while being told that breast milk is insufficient for their child. There are medications available in homoeopathy that work as galactagogues, increasing milk production.

Keywords: Homoeopathy, Breast feeding, Sucking.

INTRODUCTION

Low milk production while nursing indicates that a mother is unable to produce enough milk in sufficient quantities to meet her baby's nutritional needs. Hypogalactia and hypo galactorrhea are other names for it. In response to a baby suckling at the nipple, the mammary glands of the postpartum female breast produce and discharge milk, a process known as lactation. Breast milk gives the baby the best nourishment and passive immunity, promotes gentle uterine contractions to shrink the uterus back to its pre-pregnancy size, and significantly increases the mother's metabolic rate, burning off the fat stores accumulated during pregnancy.

The best gift a mother can offer her child is breast milk. A mother's milk is perfectly adapted to meet her baby's biological needs. Most women can feed their newborns without any problems since breast milk is instinctive and natural. Every year, from August 1 to August 7, the world celebrates World breast feeding Week to promote nursing and enhance the health of infants everywhere.

Agalactia is a condition when the mother's breasts do not secrete milk after the birth of her kid. Low milk production can be caused by the mother's nutritional inadequacies or by infrequent feedings. Even troubles breastfeeding might result from stress or anxiety; the more breast milk you give your baby, the more of it you will create. Mothers frequently stress about how to produce more breast milk. Mothers should provide breast milk (demand feeding) whenever their babies scream. There are no set times for feeding their infant. As soon as the baby is born, the mother should begin nursing since the milk or colostrum produced at the first feeding is nutrient-rich. Early feeding benefits the baby because it is naturally inclined to suck well in the first few hours of life. It fosters a positive feeding relationship between the mother and the infant.

SCIENCE OF LACTATION

The paraventricular nuclei and supraoptic nucleus of the hypothalamus are stimulated by the baby sucking, which instructs the posterior pituitary gland to release oxytocin. The myoepithelial cells surrounding the alveoli, which already contain milk, are stimulated to contract by oxytocin. Milk flows through the duct system and is discharged through the nipple as a result of the increasing pressure. This reaction can be trained, for instance, to the baby's cry. The most significant galactopoietic hormone is prolactin. to maintain a successful and ongoing breastfeeding. The importance of sucking frequency.

When a baby is solely breastfed and gaining weight, it indicates that there is enough milk

for his growth. Poor weight gain, fewer than 8 to 10 wet diapers per day, signs of dehydration (such as lethargy, dark circles under the eyes, a sunken fontanelle, and yellow urine), signs of weakening, or poor growth are some of the actual indicators that a baby is not receiving enough milk for growth.

CAUSES OF AGALACTIA

It may first appear if breastfeeding is initiated after childbirth too soon. Next, if the infant is not latching properly, it may occur. It indicates that the infant is not sucking effectively enough to obtain adequate milk from the breast. Breast milk production decreases if it is not periodically removed. Next, it may occur if the infant eats infrequently or only for brief periods of time (often less than 5 minutes). This is due to the fact that frequently draining or removing milk from the breast stimulates or increases milk supply, but letting the milk sit in the breast for an extended period of time reduces milk supply. Pacifier use and excessive newborn formula milk supplementation during the first few weeks also reduce milk production.

In circumstances when the aforementioned reasons apply, starting breastfeeding as soon as possible after delivery, ensuring the infant is latching properly during nursing, often breastfeeding every 2 to 3 hours throughout the first few weeks, avoiding bottles and pacifiers in the early weeks, can all be helpful.

Premature birth, jaundice, and tongue tie in the newborn all tend to reduce milk production since these circumstances make it difficult for the baby to suckle effectively, which results in poor milk production.

In addition to the previously mentioned factors, stress, exhaustion, lack of sleep, dehydration, use of certain medications (like zyrtec D), hormonal pills, history of prior breast surgery, injuries to the breast, underdeveloped (hypoplastic) breasts, being underweight or obese, drinking alcohol, smoking, and excessive caffeine use are all associated with low milk supply.

In addition to the aforementioned, a medical condition could be the real cause of the poor milk supply. In such circumstances, the medical causes must be addressed in order to create a good milk supply. Hypothyroidism (underactive thyroid), PCOS (polycystic ovarian syndrome), anemia, postpartum hemorrhage (blood loss of more than 500 ml to 1000 ml within the first 24 hours after childbirth), hypopituitarism (decreased hormone secretion by the pituitary gland), and hyperprolactinemia (medical condition with deficiency of prolactin hormone) are some of the medical causes.

Prolactin is a lactogenic hormone, or milk hormone, that is responsible for breast development during pregnancy and milk production after delivery for breast-feeding the baby. It is also linked to recent mastitis (breast inflammation), a retained placenta, breast cancer, pregnancy-induced hypertension, and poorly controlled insulin-dependent diabetes.

HOMOEOPATHIC MANAGEMENT

Homeopathy has been demonstrated to be the safest and most efficient method for treating a variety of issues throughout the feeding time. The main issue nursing mothers confront today is reduced milk secretion. Homeopathy has a large selection of medications that function as galactagogues, increasing milk secretion in a natural way without endangering mother or child.

PULSATILLA

Usually, this is the first solution considered when milk production is suppressed. The milk flow is missing or sparse, and the breasts are bloated and uncomfortable. The patient is likely to be sad and emotional. When no apparent reason for the absence of milk can be found.

YOHIMBINUM

Induces milk gland hyperemia and treats agalactia by promoting the function of the lactation glands.

URTICA URENS

The breast secretions will rise as a result of this medication. Breast swelling will be considerable if you have agalactia. After weaning, it is also used to stop the flow of milk. on breast appearance without a discernible cause.

LECITHINUM

Excellent way to enhance milk production and quality in situations of agalactia

RICINUS COMMUNIS

When used in smaller doses, it is also a fantastic treatment for insufficient milk production or for raising breast milk. Nursing women also experience an increase in its flow.

ALFALFA

It improves both the quality and volume of milk produced by breastfeeding women. It has a positive impact on nutrition, which leads to an increase in hunger, digestion, and even fat production. It is excellent for inadequate lactation.

AGNUS CASTUS

It can also be used as a treatment for low-spirited patients who have milk suppression. milk secretion in nursing mothers is inadequate.

FRAGARIA

Agalactia, little mammary production, and insufficient milk.

SECALE COR

Breasts are not properly inflated due to adaptations to thin, slender women who have milk production inhibition. The breast will experience stinging agony.

ASAFOITIDA

Oversensitive milk that is deficient. The baby will find the milk irritating when it pours. Unnaturally enlarged veins in the breast.

LAC DEFLORATUM

Agalactea, the breasts get smaller, and the milk production almost completely stops.

GALEGA OFF

Improves milk quality and quantity. It treats breastfeeding women's anemia and poor nutrition.

CONCLUSION

Mother's milk cannot be substituted, just like a mother's love. The best stimulation for milk secretion in a baby is sucking. Therefore, every mother should provide their child breast milk when they need it. The best thing a mother can give her newborn child is breast milk because it ensures the baby's health. It is quite beneficial to increase milk supply while breastfeeding with homeopathic remedies. They assist in naturally increasing milk supply by addressing the underlying medical condition. Some of these medications not only assist in increasing the quantity and quality of breast milk produced during lactation. Even though they are completely safe to use, one must do so under the supervision and direction of a homeopathic doctor who will advise on the drug name, dose, and repetition based on an analysis of each unique situation. By stimulating the immune system and higher centers using homoeopathic medicines, we are able to raise milk production while taking symptomatology into account.

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