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Review Article



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A Review on Potential Galactogogues in Siddha

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Abstract

Lactation is beneficial to mother as well as provides nutrients to the baby. Immunity, longevity and development of the baby needs breast milk. WHO recommends exclusive breastfeeding for the first 6 months of baby's life. A lot of women discontinues breastfeeding in the first few weeks of the postpartum period because of lactation failure or insufficiency. It leads to introduction of milk supplements to the baby. It causes various health issues in the baby. According to WHO, 35% of women suffered from lactation insufficiency. This review provides literature search about herbal galactogogues in Siddha System of Medicine. Lactation insufficiency is easily tackled with Siddha herbs and it is free of adverse effects.

Keywords: Breast milk, Lactation insufficiency

Introduction

Siddha system is an ancient traditional system of medicine. It is a multidimensional healing system speaking about mind and body connection. Breast milk is an essential nutrient for new borns. It provides immunity, strength and development to the baby. WHO recommends exclusive breastfeeding for the first 6 months of life with continued breastfeeding until one year to obtain benefits. A lot of women discontinues breastfeeding in the first few weeks of the postpartum period because of lactation failure or insufficiency. It leads to introduction of milk

supplements to the baby. It causes various health issues like malnutrition, indigestion, diarrhea in the baby. According to WHO, 35% of women reports lactation insufficiency in their postnatal life.

Significance of breastmilk in siddha

According to Siddha, physical body is made up of seven thathus. It constitutes the human body. They are Saaram, Seneer, Oon, Koluppu, Enbu, Majai, Suklasronitham. Anna rasam is the essence of digested food. Saaram is the first formed thathu from that anna rasam. Thathu agni converts each

thathu into one another. During conversion of each thathu, malam (waste) and upathathu is produced as a byproduct. In women, breast milk and menstrual flow is the byproduct of Saaram. Hence Saaram plays vital role in the production of breastmilk.

Siddha Galactogues:

There are lot of herbs recommended for lactation insufficiency in Siddha literature. The herbs which is used to increase milk production in mother is said to be galactogogues. Some of the herbs are listed below

S.No	Name	Botanical name	Family	Properties	Indications
1	Aali vithai	<i>Lepidium sativum</i>	Brassicaceae	Galactogogue Diuretic Emmenagogue Stimulant	Take 1 spoon of flax seeds and boiled in milk
2	Urulai kizhangu	<i>Solanum tuberosum</i>	Solanaceae	Galactogogue Laxative Diuretic Nerve sedative	Take boiled potatoes in the diet regimen
3	Orilai thamarai	<i>Nervilia aragoana</i>	Orchidaceae	Galactogogue Uterine tonic Diuretic	Take lemon size of grinded leaves in butter milk for 40 days
4	Kalyana murukku	<i>Erythrina variegata</i>	Fabaceae	Galactogogue Diuretic Emmenagogue	Taken in the form of adai cooked with coconut oil
5	Kaataamanakku	<i>Jatropha curcus</i>	Euphorbiaceae	Galactogogue Emetic Cathartic Vermifuge	Tie the warm leaves in the chest in layers
6	Sirupeyaththi	<i>Ficus hispida</i>	Moraceae	Galactogogue Emetic Purgative Antiperiodic	Add fruits in the diet regimen
7	Sitraamanakku	<i>Ricinus communis</i>	Euphorbiaceae	Galactogogue Antivatha	Tie the warm leaves in the chest in layers
8	Thannervittan	<i>Asparagus racemosus</i>	Liliaceae	Galactogogue Antispasmodic Aphrodisiac Demulcent	Taken in the form of legiyam, tablet, syrup
9	Nilapoosani	<i>Ipomea mauritiana</i>	Convolvulaceae	Galactogogue Laxative Aphrodisiac	Take the boiled tuber with cumin seeds, fenugreek, coriander
10	Vendhayam	<i>Trigonella foenum</i>	Fabaceae	Galactogogue Aphrodisiac Laxative	Add vendhaya kanji in the diet
11	Vetrilai	<i>Piper bettle</i>	Piperaceae	Galactogogue Aphrodisiac Carminative Antiseptic	Tie the warm leaves in the chest in layers

Discussion

Milk supplements to newborns causes malnutrition, poor immunity, anemia, diarrhea increased risk of allergy and infection. Lactation insufficiency in postpartum mothers is caused by hypothyroidism, severe anemia, and ductal diseases. Siddha herbs acts in the glandular tissues and makes milk production. By tying the warmth leaves of Aamanakku and Vetrilai in chest, inflammation and congestion of breast tissue will reduced. It helps in milk ejection. Intake of fenugreek and flax seeds milk production is increased. By using herbs, the original physiology of body is recovered and we can prevent side effects.

Conclusion

Improving the duration of exclusive breast feeding is a national and international priority.

For emphasizing on maternal care and child healthcare, introducing Siddha systems of medicine to achieve better healthcare. The potential herbs from Siddha literature may be taken forward for further development of safe and effective and user friendly dosage forms through systematic pre-clinical and clinical studies.

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