

## ROLE OF LACTOGOGUE IN MILK PRODUCTION

**J.Hemalatha<sup>1</sup>, Dr.Afifa Jahan<sup>2</sup>**

*<sup>1</sup>M.Sc .Food and Nutrition,UAS ,Bangalore,<sup>2</sup>Scientist, KVK Palem, Nagar Kurnool*

**ARTICLE ID: 018**

### **Introduction**

A lactagogue or galactagogue is a word derived from Greek language which means milk leading substance. It is a food that increases the milk production in lactating mothers. This kind of food is used when there is an insufficiency of milk supply in lactating mothers.

The process of secretion and production of milk in alveolus of breast after the birth of child is called lactation. Today most of the women are unable to produce sufficient milk to meet the nutritional requirements of infant. There are many reasons for low milk production such as mental stress, hormonal problems, fear, etc. Therefore many use lactagogues to increase the milk production.

Galactagogues helps in increasing the Prolactin hormone levels. The Prolactin released from the anterior pituitary will initiate milk production in alveolus. Sometimes the galactagogues cause release of milk from the alveolus. Galactagogues may be derived from plants, or synthetic, or endogenous.

Domperidone, metoclopramide, metormin and oxytoxin are the most commonly used synthetic galactagogues due to their efficacy and safety in breastfeeding women. Domperidone and metoclopramide are unique antagonists of the dopamine D2 receptor site (dopamine causes a decrease in prolactin levels), which are used off label to treat hypoprolactinemia. (Frank J.Nice, 2015).

The sucking by the infant acts as the best lactagogue. In some places of India many natural foods like Garlic, Fenugreek, Almonds, Flax seeds, Cumin, Coriander seeds, Coconut and Garden cress seeds are considered as important lactagogues that help in milk production.

Many people also have belief that foods of animal origin like fish, mutton and goat meat helps in increasing the milk production in lactating mothers.

In India there is a practice of preparing and giving **Sonth laddu** to Lactating mothers. The ingredients used in making Sonth laddu are Whole wheat flour, dry ginger powder (sonth), clarified butter, mastic gum (Gond), jaggery, nuts and coconut. All the ingredients used in making Sonth laddu are considered as lactogogues.

Sonth laddu helps in maintaining energy levels and also helps in milk production. The practice of giving Sonth laddus to lactating mothers should be encouraged. Sonth laddu can be taken as snack at mid-morning.

### **Conclusion**

The lactating women who produce inadequate milk due to various reasons are using lactogogues and breast feeding their children. Breast feeding provides health benefits to both infants and mothers. Breast feeding should be continued for six months so that infant gets optimum nutrition. Various food recipes prepared by using lactogogue containing substances will help lactating mothers in production of sufficient milk. Sonth laddu and Gond laddu preparations should be encouraged and made frequently, so that energy needs of lactating mothers will meet and milk production is sufficient to give optimum nutrition to infants.