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Review Article

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Single herb therapy in the management of Galactogogues in Siddha perspective - A Review.

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Abstract

Therapeutic approaches to addressing insufficient lactation are available but remain poorly understood. Current trends in maternal health, such as increasing rates of obesity, delayed age at child bearing and high rates of caesarean section, may be associated with physiological challenges for lactation that cannot be managed by counselling alone. Women who have not had success with counselling alone, including adoptive mothers seeking to induce lactation, may use galactagogues (herbal compounds used to increase lactation). We present a review of selected studies of Galactagogues.

Keywords: Breast feeding , Galactogogues , Health Policy, Lactation

Introduction

Breast feeding newborns & Infants provide optimal nutrition along with Immune support and a host of lifelong health benefits to mother and child. Yet significant barriers to breast feeding persist and women, particularly those living in-low income settings, experience, social, psychological, physiological difficulties that impact breast feeding.

Available information suggests that demand for pharmaceutical and herbal galactagogues is increasing but guidance on their use is not widely available. The academy of Breast feeding medicine currently cites insufficient evidence to recommend and specific herbal galactagogues⁽¹⁾. The purpose of our review is to describe the current evidence on herbal and pharmaceutical galactagogues in light of the apparent demand for such products.

Plants used in the treatment of Galactogogues^(2,3)

S.No	Tamil Name	Botanical Name	English Name	Family	Parts used	Pothu Seigai
1.	Chitta-Amanakku	<i>Ricinus Communis</i>	Castor oil plant	Euphorbiaceae	Leaves whole plant	Anti-vatha
2.	Ali verai	<i>Lepidium sativum</i>	Garden Water	Brassicaceae	Leaves,seed,Flower	Stimulant Dillretic
3.	Urulaik-kizhangu	<i>Solanum tuberosum</i>	Potato	Solanaceae	Leaves	Laxative Diuretic Nervous-sedative
4.	Orilai-thamarai	<i>Nervilia avagoana</i>	Tallshield orchid	Orchidaceae	Leaves	Galactagogue
5.	Kaliyana Murukku	<i>Erythrina variegata</i>	Indian coral tree	Fabaceae	Whole plant	Diuretic Laxative Emmenagogue
6.	Chirurpulladi	<i>Desmodium triflorem</i>	Black clover	Fabaceae	Whole plant	Carminative Diuretic Tonic
7.	Nilappusini	<i>Ipomoea Mauritiania</i>	Giantpotato	Convolvulaceae	Whole plant	Laxative Cholagogue Aphrodisiac Tonic
8.	vendayam	<i>Thigonella foenum graecum</i>	Fenegreek Greek hayes	Fabaceae	Leaves seeds`	Refrigerant Laxative Diuretic Tonic Demulcent
9.	Iluppai	<i>Madhuca longifolia macbride</i>	The narrow leaved mohur	Sapotaceae	Whole plant	Astringent Stimulant Tonic
10.	Pakal	<i>Momardice charantia</i>	Bitter gourad	Cucurbitaceae	Whole plant	Anthelmirtic Alterative Anthelmintic
11.	Vetrilai	<i>Piper betle</i>	Betal leaf	Piperaceae	Leaver	Sialogogue Stomachic Stimulant Antiseptic



Ricinus Communis



Lepidium sativum



Solanum tuberosum



Nervilia avagoana



Erythrina variegata



Desmodium triflorem



Ipomoea mauritiana



Thigonella foenum



Madhuca longifolia macbride



Momardice charantia



Piper betle

Discussion

For thousands of years plants and herbs have been used to treat and prevent illness around the world. The herbs are better chosen to treat lactation because they are more reliable environment friendly and easily available. In this paper, herbal single drug therapies for the management of galactogogues were better discussed.

Conclusion

Herbal Medicine aims to return the body to a state of natural balance so that it can heal itself. In this

article, the information regarding single drug herbal therapy for galactogogues is collected in one bunch. This paper will be better used during therapeutic approach of galactogogues. Further research articles will be needed to prove the efficacy of these herbs towards galactogogues.

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