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MOTHER'S MILK IS THE BEST MILK

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ABSTRACT

Mother's milk is the life-line of the human crowd. Till fifty years ago when tinned milk formulas came out, breast feeding was the rule rather than the exception. Breast feed is the mother's great insurance of giving her baby a healthy start in life because a baby's mental and physical development depend mainly on how it is fed during first six months of life.

KEYWORDS- Mother's milk , human crowd ,baby's mental and physical development .

INTRODUCTION :

Breastfeeding is the complete food for infants, Exclusive breast feeding meets all the nutritional needs of the baby for the first six months and continues to be a source for nutrition and protection to be appropriate complementary foods for up to two years of age or beyond. Breastfeeding fosters optimal growth and development of a baby's brain, immune system, and general physiology and is a vital factor in preventing

common illness.

Surprisingly, during the last ten years, large numbers of Indian- mothers have switched from the breast to the bottle. The concerned world health organization (WHO) Director General state that bottle fed babies or those breast-fed for less than six months are 5 to 10 times more likely to die than Infants breast-fed for six months or more.

SOME PRECAUTIONS

A lactating mother should wash her hands and breasts before she breast-feeds the baby. She should sit up and relax. Then the women should feed the infant at each breast for about 5 minutes.

A woman, who is declared as Acquired Immune Deficiency Syndrome (AIDS) positive, should not breast-feed her baby. It is scientifically established that AIDS will pass on to their offspring through breast-feeding also in addition, if the women is very weak, suffering from Tuberculosis and if the breasts became very hard, mother should not breast feed her baby.

Many women believe that they can produce more milk if they eat certain food. These foods are called " galactagogue's" Some galactagogue's are garlic, goat's, meat, palak, khuskhus, gum Arabic and jeera. These foods cannot harm a woman but they do not help a woman to produce more milk either. The mother produce breast milk either. The mother produce breast milk naturally. But breast-feeding is the greater strain on the woman's body than pregnancy.

It is a strain because the woman must nourish a rapidly growing baby. To protect her body from strain, she will be strong and healthy and she will have enough milk for her baby. She should eat lots of cereals, pulses, green leafy vegetables and milk. She should also eat animal foods like meat, fish and eggs, if possible.



ADVANTAGES OF BREAST-FEEDING

Breast-milk is more nutritious than cows or buffalo's milk. It is a wholesome and economical food for the infant. Breast-milk requires no preparation and it is always hygienic. Longer duration of breast-feeding and of exclusive and intensive breast-feeding in particular has been linked to post-partum Amenorrhoea and longer subsequent birth interval which, in turn, is associated with lower child mortality. Women who fully breast-feed their children do not generally resume menses as early as non-breast-feeding; Women or women who practiced mixed feeding.

over the past 30 year's clinical and field based studies have traced the associations among post-partum infertility, hormone levels, and sucking. Elevated serum prolactin levels (as well as suppressed ovarian steroids and gonadotropins) are associated with delays in the resumption of ovulation.

Mother's milk has curative powers for certain infections. Breast-feeding plays an important part in infant health and nutrition. In order to revive the practice of breast-feeding, many countries in the world have initiated various programs on it through various means. Such efforts would increase the understanding of breast-feeding and finally lead to higher breast-feeding practices among women.

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