

Breast Milk and Its Importance For the Child.

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Abstract.

Breast milk, breast milk is the fluid (secrete) produced by the mammary glands of a nursing woman. Breast milk is considered the best nutrient for a baby, since during this period it corresponds to the characteristics of the baby's digestion and metabolism according to its composition and nutrient ratio. Early accounts of breast milk were also recorded in the manuscripts of Abu Ali Ibn Sino. He compared breast milk to sunlight, because the more sunlight is needed for all living beings (plant Worlds) on Earth, the more breast milk is needed for a growing child.

Introduction

The hormones prolactin and somatotropin, which belong to the anterior part of the pituitary gland, in harmony, act directly on the growth and progress of the breast alveoli through the enzyme system, leading to the separation of milk. Once the process of milk excretion begins, the importance of the hormone oxytocin increases in its future development . The same hormone occurs in the paraventricular nuclei of the pituitary gland and accumulates in the posterior part of the pituitary gland. As soon as the child begins to suck the nipple, the reflexes that come from it ensure the passage of hormones such as oxytocin, prolactin into the blood. Oxytocin comes through the blood to the myoepithelial cells of the alveoli of the mammary glands and causes ulami to contract. As a result, milk begins to separate. After female delivery, the first days of lactation are less frequent, especially in first-time births; 3-4 days later, the mammary glands enlarge, bulge, and the amount of milk increases. The rate of increase in the amount of milk then proceeds slowly, and its amount becomes monand to the requirements of the child's body. Within 10-20 weeks, the excretory mammary gland is at its highest level. This means that the baby will be freely supplied with breast milk until it is 5 months old. This condition does not occur in medical practice all the time. For certain reasons, the process of feeding a child with breast milk will go away from you. As a result, both the amount of breast milk that is being excreted and its quality fail to meet the requirements of the child's body. Such a condition is explained by the concept of pathological lactation and several variations of it are distinguished. There are concepts such as agalactia when milk is not completely excreted, hypoalactia if it is excreted in small quantities, hyperalactia if it is excreted excessively, sometimes persisting milk excretion. In women, hypogalactia or reduced milk production by the mammary glands can be much observed in medicine. In Normal life, after the birth of a child, in the first 2-3 days, the mother's mammary glands secrete a yellowish — colored liquid-colostrum. It is the most necessary food for a

baby who has just come into the world; it will contain protein, salt, as well as fat drops. The sooner a newborn is caught in the mother's breast, the more oral milk he will enjoy. That is why it is useful to help breastfeed both breasts by laying the baby in the breast of the mother for the first 20-30 minutes with the rupture of the eyes of the mother. Transient milk, rich in fats from the first week after childbirth, appears after 2-4 weeks of constant quality milk. Mature breast milk contains all the necessary food mods and vitamins, which have the property of complete digestion and absorption.

Breast milk is a ready-made feed that is mildly digestible, nutritious, free of various germs, does not require cooking and heating. It contains more than 100 necessary substances that correspond to the age, health of the child, not only in quantity, but also in quality. The content of protein, fat, carbohydrates in breast milk stands close to the content of similar substances in the body of a newborn child. Breast milk contains protein, fat, carbohydrates in a ratio of 1:3:6 and completely covers the child's needs. Milk proteins are very nutritious and are mildly digested in the baby's intestines. Oils are also completely absorbed as they are emulsion-free. In addition to its nutritional properties, the carbohydrates contained in breast milk inhibit the growth of microbes in the intestines and thus facilitate digestion. Breast milk will contain the necessary amount of salts, especially calcium and phosphorus salts, which are extremely important for the formation and development of the tissue of the child's skeleton. Minerals and vitamins in breast milk correspond to the needs of a growing child and differ from such substances in cow's milk in that they are well absorbed in the body.

The acuity of iron in breast milk is extremely large, its absorption is usually 70% in breast milk, while it is 30% in cow's milk and 10% in mixtures. In healthy children born to a healthy mother, a lack of iron reserves is replenished at the expense of breast milk, but if the child is transferred from breast milk to cow's milk or mixture, then anemia can develop.

Breast milk will contain various disease viruses and antimicrobials. When breastfeeding, it is necessary to try to finish all the milk collected in the breast as much as possible when the baby sucks, otherwise the child will not receive the high-calorie portion of the milk he needs, after breastfeeding the baby, the milk left in the breast should be milked, even if it is low, until the last drop, which contributes

Studies have shown that breast milk prevents a child from cancer, scientists who have studied this aspect of it say that it can be used in the production of an anti-cancer drug.

When a child is separated from breast milk and fed with cow's milk or dairy mixtures, he is deprived of important protective factors, which leads to such abnormalities as a child's insides, disorders of the digestive system. Breast milk also protects the mother herself from various diseases; for example, mammary gland cancer, gynecological diseases are 20-25 times more common in women who do not breastfeed a child. Anemia is rarely observed in mothers who breastfeed a child.

According to observations, all substances that get into breast milk, into the mother's body pass, according to which a nursing woman should pay great attention to her food, she should eat full and nutritious, drink enough fluids, fruit juices, enjoy pure air, sleep crisply.

Causes of breast milk reduction

Real (or primary) hypogalactia occurs in rare cases, in a maximum of 5% of women with health problems (particularly serious hormonal disorders). In other cases, lack of milk can be caused by several reasons. The main ones are as follows: The absence of lactation dominant in a woman (this is how experts describe being mentally prepared for breastfeeding); Non-rational nutrition during pregnancy and breastfeeding; Unfavorable family conditions: stress, the need to get to work, etc; Low suckling of the baby; Early and unreasonable introduction of complementary feeding, which is a substitute for breast milk and does not contain milk; Do not breastfeed the baby at his request, but according to the program. At the time of breastfeeding, the amount of milk can suddenly decrease. This condition is called lactation crisis. Usually this happens as follows: the developing child needs more milk, and the baby's appetite may increase not gradually, but with deviations. In this case, maternal organism does not have time to adapt to the requirements of the child. In addition, during these periods, there may be temporary changes in the hormonal background that affect the amount of milk. Lactation crises usually occur in 3-6 weeks, as well as in 3, 4, 7 and 8 months of breastfeeding. Their duration will be on average 3-4 days, and they will not pose a threat to the health of the child. If the mother knows about the possibility of lactation crises and begins to breastfeed the child more often from the moment of its first symptoms, it will be possible to successfully overcome this temporary condition and achieve an increase in breast milk intake. The main symptoms of breast milk deficiency are: insufficient weight of the child in a month, a decrease in the daily amount of breast milk; discomfort of the child; a symptom of "dry diaper" — a decrease in the volume of daily urine. A baby with several months of age should urinate at least six times a day, in which the urine should be colorless or light-yellowish).

But these symptoms do not guarantee the presence of hypogalactia. To make sure that the milk is not enough, it is necessary to measure its daily amount. In practice, this is done using a controlled measurement of the baby's weight. In this case, it will be necessary to measure the weight of the baby before and after each breastfeeding during the day. Note-during the day, the baby can consume different amounts of milk. Therefore, the amount of milk consumed per day is taken into account, not the amount of milk in one-time breastfeeding. The main criterion for the effectiveness of breastfeeding is the normal growth and development of the baby, it is worth noting that his condition is good. If the baby is in good condition, there is no need to measure his weight every day. This only causes excessive anxiety and can be the reason for the unreasonable and early introduction of complementary feeding as a replacement for breast milk to fill an imaginary deficit.

Food products that increase lactation include meat, legumes, dairy products. fennel herb tincture from plants increases milk formation. Drugs can also be used biogenic stimulants such as Lactogon, Mlecoin, Apilac.

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