

CHAPTER – 2 Social Pharmacy

Topic: BREASTFEEDING

2.1

INTRODUCTION

Breast milk provides many health benefits and is the ideal first food for the baby. For the first six months of life, the American Academy of Paediatrics (AAP) recommends only breastfeeding for the baby. Breastfeeding is the completely natural way of feeding the baby and it has health benefits for both mother and child. Breastfeeding is the activity by which, the nourishing the new born baby with milk from the breast and complete their nutritional demands stands for proper growth and development upto a certain period. Breast milk contains the water, proteins, carbohydrates, antibodies, fats, hormone, vitamins, minerals and other immune cells etc.

During the pregnancy female mammary glands undergo differentiation and starts producing milk towards the end of pregnancy by the process called **lactation**.

Breastfeeding during the initial period of infant growth is recommended by doctors for bringing up a healthy baby.

2.2

IMPORTANCE OF BREASTFEEDING

Benefit for Child—Milk are the essential nutrients for the growing baby. It helps many ways like...

- It provides optimum nutrition for proper growth and development.
- Protection against illness.
- Immunological benefits.
- Provide warmth and security to the child.
- Reduces risk of obesity, type 1 and 2 diabetes, high cholesterol and hypertension.
- Decreases development of severe all autoimmune diseases
- Promotes correct jaw and tooth alignment.
- Reduce chance of SIDS (Sudden Infant Death Syndrome)
- Promote bonding and trusting relationship.
- Reduce the chance of some childhood cancer such as Lymphoma.

1. Improve resistance power: — Mother milk contains the many antibodies, which are responsible for the protection of child against the disease. IgA is the major immunoglobulin in human colostrums and milk.

2. Resistance provide by milk against disease like Asthma, respiratory disease, obesity, diabetes, ear infections, gastro- intestinal infections, cancer and any syndrome etc.

3. Fulfill nutrients supply: —Milk are the best food supplement for the growing baby because it contains the essential supplement (vitamins, minerals, proteins, amino acids, fat or lipids etc) in required and abundant amount.

4. Proper growth and development: —Due to involvement of supplement, it helps in proper growth and development and of body parts (bone, muscle, liver, brain, heart etc.) and also provided the strength to body parts.

2.3

BENEFITS FOR MOTHER

Benefits for Mother—Breastfeeding is simply not responsible for a baby growth apart from this, it is also responsible for mother health. In mother keep it safe from many conditions. Like Diabetes, ovarian cancer, regulated cholesterol level, breast cancer, high blood pressure etc.

Some other benefits:

- Weight loss
- Shrinkage of uterus
- Reduces risk of breast and ovarian cancer
- Birth spacing
- Reduces post-partum haemorrhage
- Improves bone density & decreases risk for hip fracture
- Satisfaction & fulfilment
- More convenient
- Strong bonding with baby
- More economical

- Saves energy
- Plastic free
- Biodegradable
- Reduces waste
- Reduces exposure to chemicals
- Reduces gasoline wastes
- Decreases medical wastes