

Galactogogues in Ayurveda

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Galactogogues are medications that aid in initiating and maintaining adequate milk production. According to Ayurveda, *Stanya kshaya* or *nasa* (Inadequate/absence of milk production) is a condition where the mother experiences insufficient production of milk to breast feed her baby. Exclusive breast feeding has been linked to many positive health outcomes, yet its wide spread adoption as the primary mode of providing nutrition to infants remains challenging. The most common reported reason for early breast feeding cessation is perception of inadequate milk production. Reasons for lactation failure are today's man busy, stress, strained day to day life activities, improper and unhealthy food habits. In such conditions, Ayurveda offers natural, holistic support through the concepts of AHARA (food), VIHARA (activities) and OUSHADA (medications). Hence, an effort is made to review the role of Ayurvedic medications as galactogogues to increase and maintain sufficient milk production and there by the wellbeing of the baby. Details will be incorporated in the presentation part.

Biography

Dr. Naga Sai Lakshmi.C has completed her BAMS at the age of 23 years from Dr N T R University Of Health Sciences. Presently, she is pursuing M.S final year in the speciality of Prasuti and Stree Roga from Dr N T R University Of Health Science. As part of research work in post graduation she is dealing with *prasramsini yoni vyapat*(uterine prolapse).she has attended several national and international seminars.

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