

Does the Duration of Breast Feeding and Its Proper Technique Matter?

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Abstract: A successful infant feeding requires cooperation between mother and her baby. Promptly establishing comfortable satisfying feeding practices contributes greatly to infants and mother emotional well beings.

Key World: - Importance Of Breast Feeding

Introduction:-

- A successful infant feeding requires cooperation between mother and her baby. Promptly establishing comfortable satisfying feeding practices contributes greatly to infants and mother emotional well beings.
- Feeding time should be pleasurable by both mother and infants.
- It promotes the maternal infant relation that is called bonding.
- Ideally the breast feeding schedule should be traced on this reasonable “self regulation”.
- Variation occurs in first two weeks but by the end of the first month more than 90% will have established a suitable and reasonable regular schedule. Most healthy bottle feed infant 6-9 feeding/ 24 hrs at the end of the first week. It is not necessary that every times the child is crying means hunger so other causes must be observed.
- The program of La Leche League that establishes close relationship between successful nursing mother & needing assistance is often helpful.

Epidemiological and Environmental history-

- Cross sectional and longitudinal study indicate that poor Indian women secrets as much as 400/600 ml of milk/day during first year. No feed is requiring until 4-5 month of age. At the age of 4-5 month breast additional food rich protien and other nutrients should supplement milk – 70 Kcal/ ml.

Time of feeding-

- Breast feeding should be initiated with in an hour of birth instead of waiting several hours as is often customary. It helps in mother and child relationship known as bonding. The first milk Colostrums is rich in protiens and nutrients and anti-infective factors. When ever child wants, he should be fed.

Duration of Breast Feeding-

- As long as mutually desired.

Complications:

- **Underfeeding:**
 - **Immediate effect:** That is diaganised by crying, restlessness and failure to gain weight despite completely emptying of the breast or bottle, constipations, failure to sleep.
 - **Late effect:** Skin becomes dry and wrinkles, subcutaneous tissue disappear, appearance of the old man, deficiency of Vitamins A, B, C, D and iron feature.

- **Overfeeding:**
 - Regurgitation, vomiting weight gain, distention and flatulence, diarrhea stool, obese child.

Advantages:

- **Developed Countries:**
 - Reducing childhood diseases
 - Reducing insulin dependent diabetes melitus (IDDM)
 - Inflammatory Bowel disease
 - Celiac disease
 - Lymphoma
 - In preterm baby lower blood pressure in early teenages
- **Developing Countries**
 - Reduced mortality
 - Improved growth
 - Fetal under nutrition child has disproportionate growth and adults has cardiovascular disease and hypertension glucose intolerance and hyperlipidemias.

Disadvantages

- An increased death from ischemic heart disease. A man who has been breast feeds but not weaned at one year.
- Late weaned man has higher total cholesterol, low density lipoprotein cholesterol and apolipoprotein B concentrations
- Infant not weaned at one year has weight loss at 12 month and had fewer teeth than weaned child.
- Method of infant feeding programmed cholesterol metabolism in adult
- Exclusively breast feeding throughout the infancy followed by a diet high in saturated fats was associated with abnormal lipid profile and more arterial fatty streak in mature animals.

High resolution USG-

That young adult as a history of breast feeding for a 4 month or more are associated with significantly lower brachial artery distensibility than the breast feed for less than 4 month. It was mentioned that two-month extension of breast feeding is equivalent to a 9 / m mol/L rise in cholesterol concentrations or 4 mm Hg increase in blood pressure.

Observations are more consistent with higher circulatory cholesterol concentration seen in breastfeed baby leading to increase cholesterol deposition in vessel wall, which then does not spontaneously regress because of interference from a high saturated fat (western diet). In developing countries the massive benefit of prolonged breastfeed for infant survival and health together with child spacing will probably never be out weighted by consideration of Ischemic Heart Diseases 50 years later.