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Increasing the secretion of breast milk-indigenous Practices in Andhra Pradesh

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ABSTRACT: *The present study is an attempt to enlist plants used to increase the secretion of milk among new mothers and lactating woman and to gather information on how this plant resources are used by indigenous people in Andhra Pradesh. This stud have brought to light 13 useful plants that were formerly either less known or unknown.*

INTRODUCTION

Breast milk makes the body health and provides full nutritional requirements to promote optimal growth. But for successful breast feeding proper diet during pregnancy and lactation is very important. While conducting ethnobotanical research in different tribal settlements in and around the eastern Ghats, We observed some of the plants have been used to increase the secretion of milk among new mothers and lactating woman,. It is not only interesting to know how that plants are of such a great importance to us, it is equally exciting to know how this plants are used by indigenous peoples, since there is no record of this unique knowledge it is important that tit is recorded., Information and ideas deriving form traditional medicinal knowledge are useful only when they are disseminated.

Ethnobnotanical data on Andhra Pradesh ($12^{o}41'$-$19^{o}45'$ N and $76^{o}46'$-$84^{o}45'$E) are not adequately searched in the past. Intensive field studies were undertaken to identify the availability of plants used to increase secretion of milk in different tribal areas of northern circars (Srikakulam, Vizianagaram and Visakhapatnam districts), Godavari valley (Adilabad, East Godavari, Karim Nagar, Khammam, Warrangal and west Godavari districts) and Nallamalais (Kurnool, Mahboobnagar and Prakasam districts). The tribes inhabiting this regions are bagatas, chenchus, Gadabas, Gonds, Jatapus, Khonds, Kolams, Konda doras, konda kammaras, konda reddis, koyas, lambadis, Naikpods, Nuka doras, pardhans, porjas, savaras and valmikis. The are confined to isolated hills, valleys and adjacent plains.

MATERIALS AND METHODS

The data presented ere are the outcome of a series of intensive field studies were undertaken. During these visits interviews are conducted with local chiefs, herbal doctors, elderly women, new mothers and lactating woman. The species of plants are appropriately identified by sing the floras of Gamble (1915-1936) and Hooker (1872-1897) and also with recent monographs and revisions. The identities were later confirmed by comparing t specimens with authentic or type specimens in MH and CAL. All the specimens collected are

deposited in the herbarium of southern circle, Botanical survey of India, Coimbatore (MH).

A long with the ethnobotanical data, the local names have been collected, which vary from place to place and also and times, from tribe to tribe, different methods were used for interviewing the tribes so that maximum information could be obtained within the limited period. The uses reported by the tribes were compared and thoroughly screened with the available literature (jain, 1991). They are recommended for pharmacological/ phytochemical studies and nutritional analysis. It is realized that some species in the list might actually have the substrances to accelerate the secretion of lactoferin or some even none. But this study certainly will help to all those who are trying to stud and utilize mankind's traditions and folklore and other knowledge of plants.

In the enumeration of plants, the plants have been arranged alphabetically, each species includes its original correct names. Family names are indicated in parenthesis, after citation. The local names of the plants are given within inverted commas, indicated invariably by the tribes who use them followed by the frequency of distribution,. The field numbers in parenthesis followed by mode of administration and dosage. All the tribal names are abbreviated for the sake of brevity: B-Bagatas; C-chenchus; G-Gadabas; GN- Gonds; J-Jatapus; KH-Khonds; KL-Kolams; KD-Konda doras; KK_Konda Kammaras; KR- Konda reddis; K-Koyas; L-Lambadis; NP- Naikpods; ND-Nuka doras; PD- Pardhans; P- Porjas; S-Savaras and V- Valmikis.

KNUMERATION OF THE PLANTS

1. **Alstonia scholaris** (L) R.Br. – (Apocynaceae)
   'Dudgochh' –b,KH,P: 'Palagirada' J,S; 'Yedakulpala' – KD,ND.
   Infrequent; deciduous forests of Eastern Ghats (83617).
   Tender leaves made into curry and consumed by mother by khonds.

2. **Cleome monophylla L**. – (Cleomaceae)
   'Gorjuoi Sang' – KH, KK, P.
   Common; all Districts (84207).
   Tender leaves used as vegetable and also to increase lactation by Bagatas, Nuka doras and porjas.

3. **Costus speciosus** (Koenig) Sm-(Zingiberaceae)
   Keva Kanda' –KD KK; Ronghch Butta-B,KH,P.
   Common; moist localities of all districts (76984,84306)
   Rhizome extract warmed and given after deliver b koas-3 spoonfuls twice a day for 5 days.

4. **Crateva adansonii DC**. Subsp. Odora (Buch.-Ham) Jacobs-(Capparaceae)
   'Maoglina' , Muvva' – C,L.
   Occasional; deciduous forests of Eastern Ghats (83765,84049).
   Stem bark crushed and the filterate administered by chenchus and lambadis -2 spoonfuls once a day for 30 days

5. **Curcuma pseudomontana Grahm.** (zingiberaceae)
   'Adavi jongra' –J; Senegga-S.
   Occasional; moist areas of godavari valley and upper godavari districts (77883,84354)
   Boiled tubers ground with a pinch of salt and given orally by jatapus and savaras.

6. **Euphorbia hirta** I, - (Euphorbiaceae).
   'Palaaku'-K
   Common: all districts (83784,84091).

Leaves mixed with dried fish and rolled in leaves of Bauhinia vahlii, roasted and eaten by koyas.

7. **Gymnema sylvestre** (Ret.) R.Br.ex Schultes – (Asclepiadaceae)
   'Puttapatra'-J,S.
   Common; all Districts (83171,84909).
   Roots crushed with long pepper (Piper nigrum) and the extract given by Jatapus and savaras-2-3 spoonfuls twice a day for 15 days.

8. **Hemidesmus indicus** (L) R. Br.- (Periplocaceae)
   'Pala' K.V. Common; all districts (76919,84047)
   Root powder with garlic (Allium sativum) administered orally by Koyas and valmikis.

9. **Madhuca longifolia** (Koenig) Macbr Var latifolia (Roxb) A. cheval- (Sapotaceae).
   'Ippa'-K.
   Common all districts (79467,85193).
   Root/stem bark crushed with black pepper (piper longrum) and the extract administered after delivery by koyas-2-3 spoonfuls twice a Day for 15 days

10. **Pterocarpus marsupium roxp**.- (Fabaceae)
    Vegisa; Vege'
    Common; deciduous forests f all districts (76925,84272).
    Bark crushed wit long pepper (Piper longum) and the filterate given orally by konda reddis.

11. **Telosma pallida** (Roxb) Craib- (Asclepiadaceae).
    Occasional; forest areas of karimnagar, Kurnool and srikakulam districts (76875).
    Roots crushed with long pepper (Piper nigrum) and jaggery (Saccharum officinarum and the extract administered after deliver by Jatapus and savaras-2 spoonfuls thrice a day for 15 days.

12. **Wrightia tinctoria** (Roxb) R.Br. Var rothii (G.Don) Hook.F. (Apocynaceae).
    'Palakodisa'-KL.
    Common: especially in rock areas of all districts (79549,85139).
    Stem bark used by kolams.

13. **Ximenia Americana L. –** Olacaceae)
    'Nakiri', 'Nakkara'-K.
    Common; all districts.

Seeds crushed with long pepper (piper longum) and jaggery (saccharum officinarum) and the extract administered by koas-2 spoonfuls twice a day for 5 days

CONCLUSION

This research is urgent, because a great deal of knowledge is rapidly being lost, due in part to the exposure of indigenous groups to modern medicine whose representative tend to denigrate local traditions, But under the present condition, if traditional knowledge is lost, t health situation will be worse than before. The growing evidence of pas and present research points out that breast fed baby is the best fed baby. Hence, there is immediate need for educating both rural and urban pregnant woman, new mothers and lactating woman regarding the nutritive and potential value of these plants and breast milk besides educating the mothers also need motivation, encouragement to utilize these plants

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