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## PECULIARITIES IN THE COURSE OF POSTNATAL PERIOD IN WOMEN WITH HYPOGALACTIA

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(scientific advisor - PhD Bakun O.)

Introduction. Rational nutrition means, first of all, feeding infants during the first year of their lives with mother's breast milk.

The aim of this work was to study special features of clinical course of postnatal period in women with hypogalactia.

Material and methods of the study. 60 women in childbirth have been examined who were divided into two groups: I main group – 30 women with a decreased lactational function. II – control group – 30 women in childbirth with a preserved lactational function. S.N. Gaidukov's classification has been used to evaluate the degree of insufficiency of lactational function (1999). Anamnesis data, extragenital diseases, complications in the course of pregnancy, labor and postnatal period were taken into account at making a diagnosis of oligogalactia function. Statistical processing of the

data was performed on a personal computer IBM by means of statistical programme EXCEL making use of variational statistical methods. Authenticity of special features was established by means of Student's t-criteria. Differences of indices were regarded authentic at value of  $p < 0,05$ .

Results of the study and discussion. At the age examination it was determined that the majority of women in childbirth were from 19 till 30: in the main group – 25 (83,3%), in the control – 21 (70%) ( $p > 0,05$ ).

An uncomplicated course of postnatal period was registered significantly more seldom in the main group of lying-in women – in 4 (13,3%) ( $p < 0,05$ ) than in the control group – in 16 (53,3%). A normal course of postnatal period in the main group was observed in 4 women (13,3%) in the control – in 16 (53,3%).

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## USAGE PHYTOMEDICATIONS IN WOMEN WITH HYPOGALACTIA

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Introduction. Rational nutrition means, first of all, feeding infants during the first year of their lives with mother's breast milk. Among numerous problems of breast feeding the most frequent one is mother's complaint of not having sufficient amount of milk.

The aim of this work was to study special features of clinical course of postnatal period and investigate the effect of "Shirafza" phytomedication on lactation in women in childbirth with a decreased lactational function.

Materials and methods. 60 women in childbirth have been examined who were divided into two groups: I main group – 30 women with a decreased lactational function. II – control group – 30 women in childbirth with a preserved lactational function. Lactational function in women was evaluated on the fourth-fifth day of postnatal period on the basis of clinical examinations of the woman in childbirth, day amount of milk that is produced, food supplements of mixtures to the infant's feeding and indices of weight loss and its restoration during first four-five days after birth. Normal lactation was regarded a condition without food supplements, when maximum weight loss

was no more than 6%, restoration of initial weight no less than 95% during early neonatal period.

Results of the study and discussion. The formation of lactation during first 5 days after labor is influenced by the woman's somatic health condition, her obstetrical-gynecologist status, obstetrical complications which were registered more frequently in women from the main group that's why we have suggested recovery of lactational function in this group of patients by means of "Shirafza" phytomedication, stimulates all stages of lactation, prevents problems of overweight in feedings mothers and rise of glucose level in blood. Shirafza effect is conditioned by herbs in its composition. The preparation was taken by women from the main group because they complained mostly of insufficient milk production. The preparation was taken from the 4-th day of postnatal period by 1 capsule three times a day. 25 women-in labor (83,3%) were marked down to increase the volume of milk on the 5-6th day of the intakes as well as to improve milk quality which manifested in itself in the absence of dry "swaddling clothes" syndrome, the baby was actively sucking mother's breast.