STUDY OF THYROID HORMONES IN HUMAN MILK

Thesis

Submitted in Fulfilment

of the (Ph. D.) Degree
(Childhood studies)

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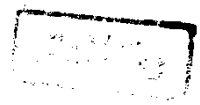

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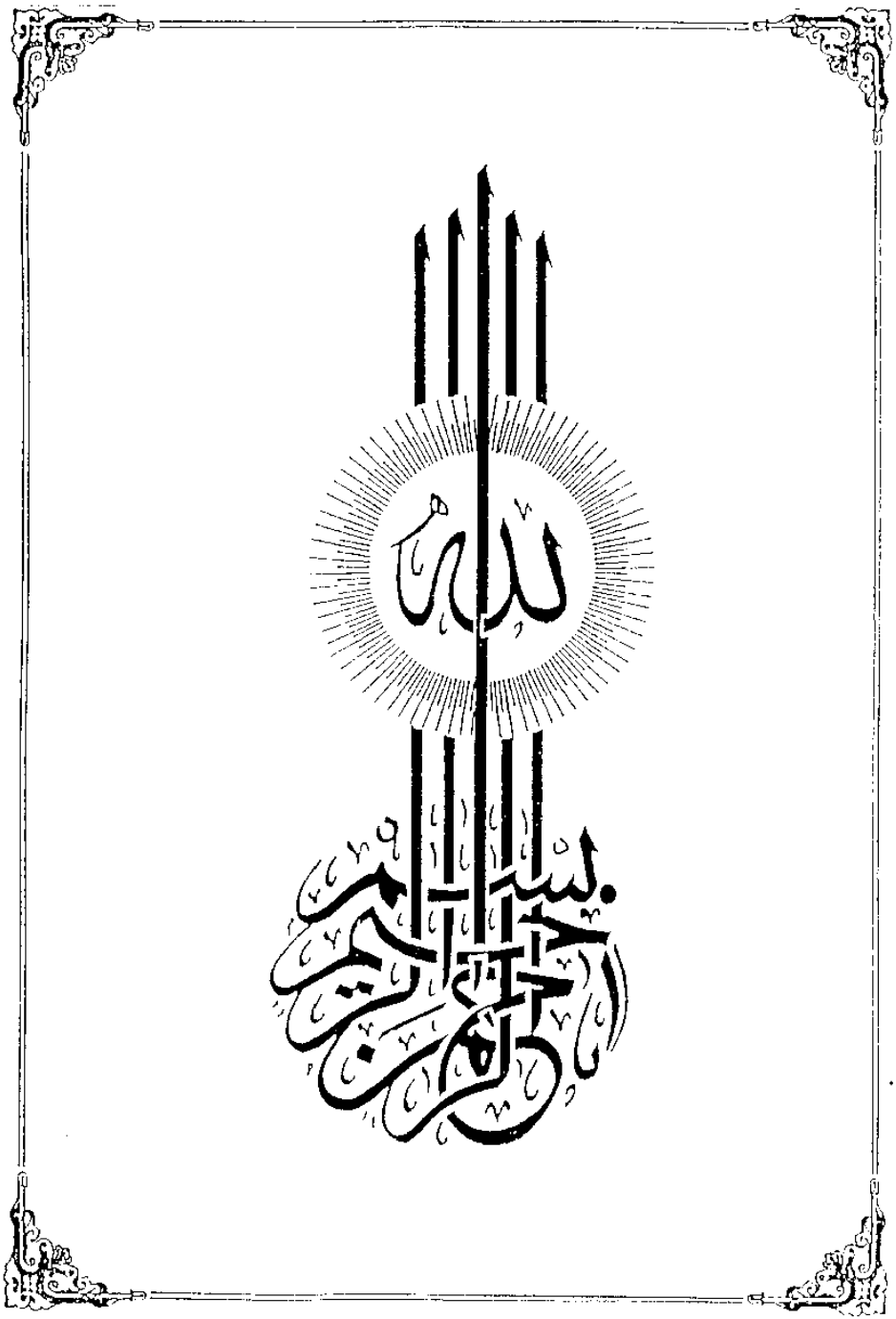

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Breast Milk:

" His Mother Beareth him and his weaning in two years" (Koran 31 ,14)

In recent years the importance of breast feeding as abasis for healthy child growth and development has became increasingly recognized.

As scientific evidence accumulates on the unique nutritional and immunological properties of breast- milk as well as on the effects of breast feeding on reproductive function and mother-child bonding, concern is increasing about the possible effects of a decline in breast-feeding on the well-being of children especially in the third-world.

The success of both national and international programmes to promote better feeding of infants and young children, especially breast-feeding, depends on adequate information on contemporary patterns of infant feeding among different socioeconomic and cultural groups (Report on WHO 1981).

Despite the socio-cultural pressures of rapidly spreading industrial society, avast majority of infants in

different parts of the world are reared druring the first year of their life, either solely or mainly on mother's milk (Jelliffe, 1968 and, Mclaren, 1982). This usually happens in economically backward areas where there is always malnutrition.

The growth pattern of those infants during the first six months of life is fairly good indicating a satisfactory yield of breast milk. This is surprising, considering that the mothers themselves subsist on inadequate diets and suffer from various nutritional deficiencies. It has hence been suggested that milk synthesizing machinery adapts well to ill balanced diet (Nutrition Review 1975).

Breast feeding constitutes a wholly reliable means of ensuring infont survival for man has succeeded in evolving through millions of years without substitution for human milk.

Breast feeding was the only source of human infant nutrition until the demostication of cattle, which probably occured 5000 B.C. simultaneously in several geogrophic regions (Mata 1978 and Sanjur et al., 1970).

Three major problems are evident on studying the

feeding practices in traditional societies. First prevailling maternal malnutrition result in secretion of suboptimal volumes of milk (Chavez et al., 1975).

Second, the village diet which is generally based on cereals, legumes and tuber, is the main source of maternal nutrition and of weaning foods (Mata, 1978, Sanjur et al., 1970 and Chavez, 1975).

Third infection particularly those of gastro intestinal tract increase sharply with the begining of weaning and become the main determinant of reduced food consumption, nutrient wastage and loss of body tissue mass.

It is likely that the same problems afflicted ancient societies probably forcing the utilization of non-human milk as a supplement to or asubstitute for mother's milk.

REVIEW OF LITERATURE