
P14. HERBAL GALACTOGOGUES ON MILK PRODUCTION

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In the last few years, scientists head towards searching alternative herbals for feed additives resulting from medicines used for increasing animal production which have some adverse effect on animal and human health, residue and resistance problems. Natural herbals used for this purpose increase productivity of animals and eliminate risks of residue for human health as well. A number of studies is devoted to investigate use of alternative lactogenic herbals in order to increase milk production which is one of the animal products.

The term “galactopoitic” or “galactogogue” refers to substances which augment established lactation. However, the term “galactopoietic” is independent to describe hormones which increase milk production in lactating animal. Effects related to blocked dopamine receptors resulted by increased prolactin through hormonal mechanism assist to initiate and maintain the maternal milk production. Otherwise, it is necessary to consider herbal galactogogues free from hormonal mechanisms by reason of the fact that they increase milk production independently of these mechanisms.

Presently various herbals and herbal active elements such as *Asparagus racemosus*, *Ipomoea digitata* / *I.paniculata*, *Foeniculum vulgare*, *Cuminum cyminum*, *Galega officinalis*, *Vitex agnus-castus*, *Urtica dioica*, *Pueraria tuberosa*, *Anethum sowa* - *Anethum graveolens* are used for augmenting milk production. Herbals can substitute for drugs due to the affordable prices, being accessible easily and not remaining residue in tissue, secretion and milk.

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