



Letter to Editor

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How easy is it Possible to increase or Decrease the Amount of Milk in Lactating Mothers?



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Letter to Editor

In the last centuries, Iranian physicians such as Abu Bakr Mohammad Ibn Zakariya Razi (9th-10th century AD) in book of "Man La Yahzoroh al-Tabib" [1], Avicenna (10th-11th century AD) in "Al-Qanun fi al-Tibb, third book" [2] and Seyyed Mohammd Hossein Aghili Khorasani-e Shirazi (17th-18th century AD) in "Makhzan ol-Advieh" [3], wrote approximately similar instructions to increase (Table 1) or decrease the amount of milk in lactating mothers. The most important ones are as following:

Table 1: Instruction to increase the amount of milk in mothers who have low milk.

Herbal Elements	Weight
Anethum graveolens dhi seeds	35gr
Allium ampeloprasum seeds	35gr
Trifolium seeds	35gr
Trigonella foenum-graecum seeds	35gr
Medicago sativa L. (Alfalfa seeds)	35gr
Grind all ingredients and mix with distillation of Foeniculum vulgare & some honey and take every day.	

Note: *Foeniculum vulgare* is the most well-known material in this field focused in other ancient medical texts such as Tohfah al-Mumen in by Mohammad Mumen Mir Mohammad Zaman Tonekaboni (17th-18th century AD).

In a mother who feeds her baby and the amount of milk in the breast exceeds the normal. The over-production of the milk may

lead to some complications in the breast. Even in some cases, milk flow spontaneously from the breast, unassociated with childbirth or nursing, Galactorrhea [4]. To solve the problem, materials such as *Lactuca sativa* seeds, *Vitex agnus-castus* seeds, *Caraway* (*Carum carvi*) and *Lens culinaris* can be helpful. Another way is to mix *Caraway* (*Carum carvi*) with vinegar and rub on the breast.

Note: *Caraway* (*Carum carvi*) is a material (as topical) which has been mentioned in other Iranian ancient medical sources such as Tohfah al-Mumenin (17th century AD) [5] in this regard.

Considering the nature of these materials may open a new window for researchers in this field.

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