

**ANALYSIS OF BREAST FEEDING IN COVID-19 POSITIVE MOTHER:
A CASE STUDY****Rutuja S. Gaikwad^{1*}, Karishma Baikar² and Shrutika Surlake³**¹ Assit. Prof. PhD (Scholar) Dept. of Ptsr R. A. Podar (Ayurvedic) Hospital, Worli, Mumbai.² P.G. (Scholar) 3rd year Dept of Ptsr R. A. Podar (Ayurvedic) Hospital, Worli, Mumbai.³ P.G. (Scholar) 2nd year Dept of Ptsr R. A. Podar (Ayurvedic) hospital, Worli, Mumbai.Article Received on
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Mumbai.**ABSTRACT**

Breastfeeding is a general method of providing nutritional supplements to young infants and child by breast milk. Early initiation of breastfeeding is very important for the infants. Breastfeeding is the cheapest and simplest method of fulfilling the nutritional needs of infants. Poor infant feeding practices and its effects is an obstacle in desirable growth and development of the infants. Exclusive breastfeeding is a method of providing only breast milk to the infants up to 6 months age. There are lots of intrinsic and extrinsic factors which affects breast feeding. The prevalence rate of exclusive breast feeding is too low at global level. In India prevalence rate of EBF is

54.9 %. The EBF is effective in decline the incidence of communicable and non-communicable diseases among the infants which reduce morbidity and mortality among infants. We have to develop positive attitude towards Exclusive breast- feeding. And it will change the present scenario and reduce the disease burden among infants. Here we study the effect of breast feeding during COVID-19 infection on the growth and development of the baby.

KEYWORDS: Breastfeeding, Lactation, Postpartum, Obesity, Maternal health, Infant health.

INTRODUCTION

Breastfeeding protects neonates, infants and children against mortality and morbidity. Breast milk is abundant source of immunoglobulins, lactoferrin, lysozymes and cytokines. Early initiation of breastfeeding significantly increases the breastfeeding rates in healthy term

infants at one to 4 month`s age by stimulating hormones and facilitating bonding. WHO recommends Exclusivebreast feeding for the first 6 months of life. Concern have been raised about whether mothers with COVID-19 can transmit the SARS-COV-2 virus to their infants or young child through breastfeeding.

Breastfeeding is when you feed your baby breast milk, usually directly from your breast. It`s also called nursing. Americam Academy of Pediatrics strongly recommends continuing to breastfeed through the baby`s first year of life. Breast milk provides the ideal nutrition for infants. It has a nearly perfect mix of vitamins, proteins, and fats. Breast milk contains antibodies that helps your body fight off viruses and bacteria. Breastfeeding lowers your baby`s risk of having asthma or allergies. Babies who are breastfeed exclusively for the first 6 months, without any formula, have fewer rae infections.

So breastfeeding is very important and essential for the proper growth of baby. so here we study the single case study to know the risks of breast feeding during COVID-19 infection.

CASE REPORT

A 28 years old married breastfeeding woman visited our OPD . C/o fever and cough, hence covid-19 RTPCR was done on 11/3/21.

She was taken for normal full term delivery on 5/3/21, delivered a haealthy male child weighing 2.9 kg at 11 am on 5/3/21.On 7 th day of puerperium patient complaints of fever and cough.

Past history

No H/O DM/HTN/THYROID DYSFUNCTION OR any other medical or surgical illness.

Family history

No any family history of illness.

Personal history

Diet-non vegetarian, fast food

Appetite- good

Bowel-once/day

Micturition-4-5 times.

Menstrual history

Age of menarche-14 years

Menstrual cycle-3 days bleeding/28-30 days

OBS history

Multipara P1A0L2D0

Ashtavidha pariksha

Nadi-80/min

Mutra-4-5 times/day

Mala- once in a day

Jivha- saam

Shabda- shina

Sparsha- anushna

Druk-prakrut

Akruti-madhyam

General examination

Built-moderate

Nourishment-moderate

Vitals

BP-110/70 mm of Hg

PR- 78 bpm

SPO2-98 %

TEMP-100 f

Local examination

Breast-b/l soft

Lactation-adequate

P/A-ut involuting

Investigation

HB-8.5 gm/dl

RTPCR-

SARS-CoV-2 - POSITIVE ON 11/3/21

Treatment

Medicine	Dose	Route	Duration
1) Talisadi churna	5 gm bd with honey	Oral	7 days
2) Mahasudarshan kwath	40 ml bd with luke warm water	Oral	7 days
3) Guduchi ghana	2 bd	Oral	7 days

OBSERVATION AND RESULT

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Fever	100 f	99.6 f	99.2 f	99 f	98 f	96.7 f	97 f
Nasal congestion	+++	++	++	+	-	-	-
Nasal discharge	Thick mucid	Mucid	Thin watery	Slight watery	Slight watery	-	-

DISCUSSION

For infants, not being breastfed is associated with an increased incidence of infectious morbidity, including otitis media, gastroenteritis, pneumonia, as well as elevated risk of childhood obesity, type -1 and type-2 diabetes, sudden infant death syndrome.

Women who do not breastfeed may more susceptible for breast cancer, obesity, diabetes, metabolic diseases etc.

Role of ayurveda in COVID-19

Corona virus can be correlated with agantuja sannipataja jwara.	Talisadi churna cures kasa, aruchi, and causes agnee-deepan.	Mahasudarshan kwath alleviates all three doshas, cure jwara.	Guduchi ghan is the excellent immunity-booster.
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