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## THE COURSE OF POSTPARTUM PERIOD IN POSTPARTUM WOMEN WITH HYPOGALAKTIA

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.

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. 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.

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%). Average age of women in labor didn’t

differ for a fact, A high frequency of somatic pathology has been found out: in the main group – in 22, in the control – in 12 of women. There were gynecological diseases in the anamnesis in 23 women in the main group and 11 – in the control. Decrease of lactational function – in 22 women of the main group and 4 in the control one, subinvolution of uterus – in 4 women of the main group and 1 woman of the control group. Incompetent pregnancy in the anamnesis as a factor causing hypogalactia was registered in 53,3% women from the main group. In the majority of women in labor from the main group having hypogalactia there was a thread of abortion – 14, gestosis – in 10, anemia – in 27; placental insufficiency in 12 (40%), in the control group – in 16,6; 3,3;53,3 and 6,6% cases correspondingly. 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 suggest-

ed recovery of lactational function in this group of patients by means of “Shirafza” phytomedication, that is a natural method of high quality based on vegetable raw material which due to complex effect on the woman’s organism 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 from the 4-th day of postnatal period by 1 capsule three times a day. 25 women-in labor 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 itself in the absence of dry “swaddling clothes” syndrome, the baby was actively sucking mother’s breast, the woman in childbirth felt the rush of milk, the infant didn’t cry of began to gain weight actively. As one of the reasons for secondary hypogalactia was nipple cracks found in 11 women in the main group and 4 control group who mainly complained of the pain in the nipples – so this group of

women was recommended to use “Kalendit-E” cream, a natural preparation from pot-marigold (*Calendula*) and echinacea medical extractions. “Kalendit-E” stimulates tissue granulations, prevents from staphylococcus and streptococcus infections, hinders the development of inflammatory processes and finally-accelarates healing of cracks. In this way, already on the following day there were evidences of pain relief and adhesions of cracks in 10 women from the main group and 3 from the control one.

#### Conclusions.

1. Women in childbirth show a high frequency of complications in postnatal period, that is significantly higher than the analogous index in the control group.

2. Usage of “Shirafza” preparation contributes to the improvement of lactational function in women in childbirth already on the 5-th day of postnatal period.

3. “Kalendit-E” preparation in woman in labor releases painful syndrome and makes for the adhesion of cracks in the nipples.