

## Food and medications during lactation period according to Iranian traditional medicine

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**Introduction:** Owing to the importance of breastfeeding during the initial 6 months of infants' life, it is regarded as one of the accepted health system guidelines in scientific communities of the world. There exist various reasons for the disability of some mothers in following the guideline accurately and completely, that requires be studying and overcoming. Iranian traditional medicine is an ancient medical school providing simple and available instructions to maintain and improve breastfeeding in mothers.

**Methods:** In this study, the chapters related to health protection of lactating women were investigated from the Qanon, Zakhireh Kharazmshahi, Kholasat-al-hikmat, Exir azam, Mofarreholgholub, Moalejat aghili and Hefze sehhat. Then Food. Food, medicines and other orders affecting the quantity and quality of milk in lactating women were collected and presented afterwards.

**Results:** The best profile for milk and lactating women were stated and some advices were offered for protecting the health during lactation, particularly recommendations for improving the quality and quantity of breast milk. Feeding instructions, medicinal therapies, exercise, bathing and other necessary orders were presented for each lactation problem as well.

**Conclusion:** A number of most important Food and herbal medications appropriate for the lactation period, as well as recommendations for improving the quality and quantity of milk were presented in the article. Considering the small number of studies made so far on the plants affecting the lactation, the present paper can be regarded as an introduction to future experimental or clinical studies to establish safety and efficacy of presented Food and plants during breastfeeding.

**Keywords:** breastfeeding,. Iranian traditional medicine,. herb,. breast milk.