

Breastfeeding Answers

Frequently Asked Questions, Answered as Per
Ayurveda

Written By
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The information presented in this e-book is for education purpose only and is not medical advice. You must consult your family doctor or physician before you decide to implement any of the methods, while breastfeeding.

It's 2 am, you have just finished breastfeeding your baby, but something is not right.

She's still crying like anything and you are really tired of this everyday struggle of feeding her and trying to make her comfortable. The more you try the worst it's getting everyday.

This e-book is going to answers many of your questions related to breastfeeding in the great detail.

Look, consider me your friend in this and believe that breastfeeding is not as difficult as it sounds.

You are a mother or are going to become one and by downloading this e-book have shown your concern about safety and health of your baby.

I'm really, really proud of you...

You are one step closer to an amazing world of care and love for your baby. The loving bond that will get created between you and your baby will completely transform your motherhood experience and the satisfaction you will get, will be priceless.

In these difficult times, you need protection and accurate information about breastfeeding and I'm here just for that.

So relax and have faith in me, because no matter what happens I will never mislead you by proving wrong or incomplete information.

I'm a doctor and I know how hard it is when your baby starts crying in middle of the night and there is no one around to help you or answer your questions. The information I'm going to share with you, will save your thousands of dollars in fees of a Pediatrician.

And that's a promise😊

Why breastfeeding is a miracle?

Breastfeeding is truly a miracle. By feeding your newborn baby breast milk, you are giving her the best gift a mother can give to her child for the entire life.

Breast milk contains all the vital ingredients that help the baby to fight against all the virus attacks and external harmful elements. With the correct knowledge of breastfeeding in the scientific way, you are protecting your baby from a variety of future illnesses and diseases.

However there is lots of misinformation floating around everywhere about this sensitive subject. With such lack (or incorrect) information many mothers get along with feeding habits that are not only unhealthy but even harmful for themselves as well as the baby.

That's why I have written this short e-book that covers some of the most pressing questions new mothers and pregnant women are always asking

Once you read these questions, you'll also realize that you are also desperately seeking answers to these.

Why should you listen to me?

That's a very important question.

So, first let me introduce myself.

I'm Dr. Pallavi Shinde from India. I'm an Ayurvedic consultant in India for last 12 years and have helped hundreds of ladies and patients like you to overcome their health issues using traditional Indian medical system called "Ayurveda".

Ayurveda is about 7000 years old ancient Indian medical system that strongly believes in natural healing practices for prevention and cure of hundreds of possible bodily diseases. You can read more about



Ayurveda by [clicking here](#).

I strongly believe in natural healing processes of Ayurveda to bring you the best possible treatment that does not relapse overtime. In many cases the solution and cure are permanent and the patient is relieved with a higher sense of satisfaction from deep inside.

I'm always here to help you with any questions you may have in this subject. You can [contact me](#) anytime to get answers to questions, you may have regarding breastfeeding or baby care.

The further pages of this e-book will explore answers to some important questions lactating and pregnant women are having.

So, let's get started...

How long does the average mom breastfeed?

The right answer is when your baby feels hungry & that hunger means after every 1-1/2 to 3 hours. Frequent feeding helps to stimulate your milk production during first few weeks.

What does breastfeeding do to your (mother's) body?

Breastfeeding burns extra calories, so it can help you lose pregnancy weight faster.

- It releases the hormone oxytocin, which helps your uterus return to its pre-pregnancy size.
- Lowers your risk of breast and ovarian cancer.
- Lower your risk of osteoporosis.
- Breastfeeding may delay the return to fertility for some women by suppressing ovulation.
- Protects against type 2 diabetes.
- Lowers risk of developing heart disease.
- Breastfeeding decreases the risk for and incidence of thyroid cancer.

How does breastfeeding benefit the baby?

- It supplies all the necessary nutrients in proper proportions.
- Protects against allergies, sickness, and obesity.
- Protects against diseases, like diabetes and cancer.
- Protects against infections, like ear infections.
- Easily digested – No constipation, diarrhea or upset stomach.
- Babies have healthier weights as they grow.
- Breastfed babies score higher on IQ tests.
- Mother's milk contains IgA and lactoferrin that helps to boost the immunity levels of the baby.

How do I know if I'm overfeeding my baby?

- After overfeeding baby spits it out this can happen while you feed or when baby is sleeping
- Baby having a loose stool
- Baby can also cry sometimes because of stomach discomfort or gases.
- Gases formation and burping

How many feeds should a 3 month old have?

- After every few hours you have to feed your baby whenever she feels hungry
- 3 month old baby sometime needs more feeding because of growing age
- This also depends on weight of the baby and that's why every month you have to observe the weight of baby

Are breastfed babies more attached to their mothers?

Of course yes. As we say this is mother's love in Ayurveda this is said majja-priti love of mother towards baby than any other things.

Why do mothers choose not to breastfeed?

- In modern era some women feel very discomfort while breastfeeding
- Sometimes lack of help, resources and correct guidance.
- Some types of health issues like less milk production, small breast, breast cancer.
- Anxiety and depression.
- Now a days time management is also the barrier between the working mother and new born baby specially if she doesn't have proper help in this subject.

Should you talk with your baby while breastfeeding?

- Yes, speaking with your baby makes a lovable bonding with your baby.
- This is also easier way to teach baby his/her mother language.
- Improves baby's social skills.

What foods the mother should avoid while breastfeeding?

- High processed food.
- Preservative and frozen food.
- Fermented and left-over food.
- Caffein contained in coffee and tea.
- Alcohol , smoking and drugs.
- Fish ,red meat, sausage.
- Chocolates.
- Strong herbs and spices.

Are there any disadvantages of breastfeeding?

There are no disadvantages of breastfeeding. However for some women initially it's a bit painful but as time goes it reduces.

Do Breastfed babies gain weight slower?

- No if the mother's diet is very good then it improves her weight.
- Because good quality breast milk, nourishes the baby

Can babies become overweight on breast milk?

Not at all. Mother's milk contains all the nutrients and vitamins which is important for baby's nourishment.

Does kissing your baby change your breast milk?

- Kissing your baby increases more attachment with baby
- Which starts to increase more hormones and helps to increase the milk production too.

What should I feed my baby if no breast milk is coming?

- As per Ayurveda there should be one Dhatri (foster mother or wet nurse) who can feed the baby.
- Dhatri represent all the form of artificial feeding which exists in the modern world.
- Or if this is not possible, you can feed the baby with cow milk with same amount of water diluted.

What to do if baby sleeps while feeding?

- Never wake up baby at that moment.
- Like mother's milk baby needs good amount of sleep and you should let he sleep.
- You can feed the baby again once she wakes up.

How do I know if my breastfed baby is still hungry?

- Turning her head towards mom.
- Sucking the hands or lips
- Doing some more movements and actions or crying
- Becomes more alert & active.

Why some mothers cannot produce milk?

- This is called stanya-kshay (less production of milk) as per Ayurveda.
- An ineffective latch.
- Hormonal effect – Prolactin and oxytocin makes an important role in milk production during pregnancy. If something went wrong here less milk production can happen.
- Stress
- Mammary hypoplasia or deficient glandular tissue causes low level of milk production. If the mother's body has fat tissues instead of milk making tissues then this causes less production of milk or asymmetric breast.
- Lifestyle changes like wrong diet, heavy or no exercise and addictions like smoking, alcohol or drugs.
- Birth control pills or other medication causes.
- Insufficient draining of milk - If baby is not able to latch properly or drain the milk from breast, the milk supply will become low. The more you breastfeed the more milk your body will produce.

What if breast milk is not coming?

- Love towards the child is the first most important thing.
- Shatavari (asparagus) with milk is the best milk booster for women
- More dairy products.
- Ashwagandha, vidari (ash gourd), and all green vegetables are responsible for increasing milk secretion for mother.
- More rest, less anger and regular exercise

Is it normal for a baby to be sick after feeding?

- No its not normal
- If this is happening after or during breastfeeding it means that mother's milk is very heavy and non-digestible for the baby.
- The mother should take care of her diet and her health while she is breastfeeding.

What causes a baby to vomit after every feed?

There are lots of reasons which causes vomiting in baby :

- Wrong breastfeeding position.
- Wrong diet of mother
- Underline diseases of mother or if the mother is on any kind of medication.
- Over feeding

Should I feed baby every time he wakes?

It depends on the age of the baby. Generally first few months you have to feed the baby when he wakes up.

Can baby suffocate during breastfeeding?

Yes, this can happen because of wrong holding position.

When to stop the breast feeding?

- There is no specific time is mentioned. Generally mothers produce breast milk until 1.5-2 year.
- But after 6 months baby starts developing teeth and at this time mother should slowly reduce the intake and start the laghupanchamoolsidha (medicated) milk with laghu bruhana diet.
- Slowly mother has to decrease breast milk after baby starts to develop teeth and then keep baby on some food also.



Get Private Consultation From Me



Get private consultation from me using a 1 hour zoom video call by prior appointment only

- **Get personalized diet charts**
- **Ayurveda treatment and advice for all types of chronic disorders, healthy life with healthy food and longevity**

[Click Here To Learn More](#)

I hope information presented in this e-book has helped you to understand some of the core concepts of breastfeeding.

Should you have any difficulty in understanding the concepts, you can [contact me](#) anytime.

I'm always here to assist you

Thanks and have a nice day.

Dr. Pallavi Shinde