

Article

The Benefits of Mother's Milk in the Development of the Child's Body

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Annotation: In this article, information is given about the highest characteristics of mother's milk, that is, the shining light of love. As we know, mother's milk is nature for the first-born baby. It is the most priceless gift, a source of kindness, and nutritious food. It is explained that a child fed with mother's milk is compassionate and embodies information about growing up with human qualities.

Keywords: vitamins, proteins, oils, micronutrients: copper, iron, cobalt, carbohydrates, immune cells, cleanliness, mother's milk

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1. Introduction

The importance of mother's milk in the growth of a small baby as a physically healthy, spiritually mature, perfect person, and in the development of the child is incomparable. The priceless properties and benefits of milk have been known to us since ancient times. Our compatriot, the great scholar, one of the founders of medicine, Abu Ali ibn Sina, also proved that mother's milk is a necessary and useful food for the body of a growing child. After all, isn't it proof that the great scientists who contributed to the development of science, the wrestlers who never touched the ground, and the great generals enjoyed mother's milk from the first period of their lives and grew up?

Therefore, let's have a broader discussion about the benefits of mother's milk. Feeding a baby with breast milk is called natural feeding. A healthy newborn baby can be breastfed 15-30 minutes after birth. This has a good effect on the body of the mother and the child. A woman's motherly love shines when the child is sucking on the mother's breast, as a result of which the amount of oxytocin hormone in her blood stabilizes, because of this, the uterine muscles contract and vaginal bleeding is prevented.

2. Materials and Methods

In this article, children and their physiological processes are taken as research objects. According to the results of the scientists who have analyzed and studied the literature, it has been determined that babies grow up to be physically healthy, spiritually mature, perfect human beings, and the importance of mother's milk in their development is incomparable and gives them an important advantage for their development.

It is important to take into account the presence of protective immune organs in the mother's milk and cow's milk, but they correspond to the biological type of the milk environment. It can only be seen in that environment. This is one of the benefits of breastfeeding. With mother's milk, the child's body mainly absorbs antibodies that protect against measles.

3. Results and Discussion

The first days of colostrum contain enough easily digestible nutrients, carbohydrates and necessary microelements. Colostrum is a yellowish viscous thick liquid with a more pungent taste. In terms of its chemical composition, it differs from mature milk in that it contains 4 times as much protein and 2 times as much salt. In addition, colostrum contains vitamins A, V1, V12, S, E, enzymes, protective, immune bodies, especially immunoglobulin A. 100 grams of colostrum provides 150-110 calories. Colostrum is easily absorbed by the body and passes unchanged through the intestine. Most importantly, it contains antibodies against the infection present in the mother. The more the baby sucks the breast milk, the stronger the milk will be. Because when you suck on the teat, the nerve fibers in it are excited, sending impulses to the center, and the substance prolactin, which makes milk more stable, is produced in the pituitary gland. The time between feedings at night should not exceed 4-6 hours. The ratio of proteins, fats, and carbohydrates in breast milk is 1:3:6, which is relatively convenient for their digestion, and when the child is fed with it, it fully satisfies the need for proteins, fats, and carbohydrates. The small breakdown of proteins in breast milk ensures that they are easily absorbed into the blood in the gastrointestinal tract. Fats (linolenic, olein) are also absorbed well in the child's body. Unsaturated fatty acids have a good effect on metabolic processes, facilitate the emergence of physiological effects of vitamins, strengthen the body's resistance to infectious diseases. β -lactose contained in carbohydrates helps the growth of normal intestinal flora and participates in the production of vitamins of group B. In addition, breast milk contains calcium and phosphorus, which are important in intestinal absorption. Also, vitamins A, D, C are abundant in mother's milk, and they are quickly digested. There is a big difference in the quality of mineral salts.

Although small amounts of breast milk contain various trace elements that play a very important role, they, like vitamins, are involved in all metabolic reactions in the body. Breast milk contains 3 times more copper than cow's milk. Breast milk contains very little iron, but this iron is almost completely absorbed, cow's milk contains 3-4 times less iron, and when this milk is diluted, the child receives even less iron. Breast milk contains much less salt than cow's milk, but it is 2-3 times more soluble and concentrated. All this leads to the fact that breast milk is digested even when the amount of digestive juices is the least and the activity of the enzymes in them is the lowest. There are protective immune bodies in mother's milk and cow's milk, but it should be taken into account that they are suitable for the biological type of the milk environment. It can only be seen in that environment. This is one of the advantages of breastfeeding. With breast milk, the child's body mainly absorbs antibodies that protect against measles. This protective mechanism is effective only in the first weeks of life, as the child grows older, it quickly disappears. There are enzymes in both mother's milk and cow's milk. The amount of amylase and catalase is the same. both types of milk are the same, but in breast milk there is 15-25 times more lipase,

this enzyme greatly facilitates the digestion of fats in a child who feeds on his mother's breast. It should be considered that when a child sucks its mother's milk, it is always sterile, and cow's milk is somewhat contaminated with bacteria.

Before breastfeeding a child, she should wash her hands thoroughly, and clean the nipple and the area around it. It is necessary to milk the first portion of milk, because it contains microorganisms. During the first month of a child's life, she breastfeeds 6-7 times a day. From the age of one month until the age of 4-5 months, it is breastfed 5-6 times a day. The child is breastfed 5 times a day from the age of 5 months until he reaches his birthday. Breastfeeding the baby in a certain way will soon lead to the formation of a strong conditioned reflex in response to time, which will help the digestive juices to flow well. Breastfeeding the baby should not last more than 15-20 minutes, only in the first days after birth, the duration of breastfeeding can be extended to 25-30 minutes. After feeding, the child should be held upright for 1-2 minutes so that he burps and expels air. Breastfeeding requires 2-2.5 grams of proteins, 6-7 grams of fats, and 12-14 grams of carbohydrates per kilogram of body weight. Extinction divided by water is 150 ml per 1 kilogram of body weight. At first, the demand for mineral salts is met by the amount of salts in milk, but after some time, this amount cannot satisfy the needs of the growing body, so salts are given to the child in the form of vegetable and fruit juices. When the child is properly breastfed, additional vitamins should be taken, vitamins are also of great importance for the proper absorption of all the substances contained in the food.

Table 1. Comparison of biological and chemical properties of breast milk and cow's milk

Nutrients	In mother's milk	In cow's milk
Proteins	Lactoalbumin, lactoglobulin, immunoglobulin	Large dispersed casein
Oils	Linolenic, oleic, unsaturated fatty acids	Saturated fatty acids
Micronutrients: copper, iron, cobalt	Small amount, but good digestion.	It is abundant, but difficult to digest.
Carbohydrates	In the form of β -lactose, it helps to grow the normal flora in the intestine	α - lactose
Vitamins	A, D, C, fast digestion	It is abundant, but difficult to digest
Immune cells	In large quantities	In small quantities
Cleanliness	Sterile	Contaminated with bacteria

Mother's milk contains substances that fight against all infectious diseases. That's why babies don't get sick easily. Breast milk is easily digested and the baby receives breast milk sterile. So, mother's milk is an irreplaceable food for a child living in the first year of

life. From a practical point of view, breastfeeding saves the mother time and energy. In addition, breastfeeding helps the mother to recover her health after childbirth.

4. Conclusions

One of the most important properties of mother's milk is the presence of mir in it. There is no doubt that a child fed with mother's milk will grow up to be kind and embody human qualities. Therefore, let's not leave our dear children, who came into the world for the first time, deprived of the priceless blessing, the source of love, given by nature.

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