

Milk-increasing medicinal plants

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The importance of mother's milk for a baby's healthy feeding is undeniable [1]. Breast milk improves the immune system of the infant and reduces the prevalence of respiratory infections, increases IQ, and prevents certain diseases, such as urinary tract infection, acute inflammation of the ear, etc. [2]. Inappropriate nutrition and breastfeeding can cause certain disorders and illnesses in adulthood, and these disorders and diseases (acute and chronic, infectious and non-infectious) at any age can lead to suffering and economic and social burden [3-5]. Different diseases can have their own harmful effects through biological pathways and mechanisms [6-8]. Medicinal plants that have traditionally been commonly used influence many of these pathological pathways and improve diseases due to the many substances that are present in their essential oil. Therefore, there has always been extensive research to identify medicinal natural products and substances in plants [9-12]. Medicinal plants have a special value in biological sciences, medicine, and veterinary as well as with respect to preventing and treating diseases, with several therapeutic effects reported for them [13-15]. In recent years, the use of medicinal plants has been growingly increasing due to their beneficial effects, cheapness, and comparatively fewer side effects as well as their environmental friendliness [16-19]. Side effects due to chemical drugs have been observed in various diseases. One way to reduce drug side effects is to use herbal medicines instead of chemical drugs. Peanuts (*Arachis hypogaea*), basil (*Ocimum basilicum*), fennel (*Foeniculum vulgare*), black seed (*Nigella sativa*), potato (*Solanum tuberosum*), fumitory (*Fumaria officinalis*), tarragon (*Artemisia dracuncululus*), cumin (*Carum carvi*), chamomile (*Matricaria chamomilla*), angelica (*Heracleum persicum*), spinach (*Spinacia oleracea*), mung bean (*Vigna adiate*), sesame (*Sesamum indicum*), carrot (*Daucus carota*), and yarrow (*Achillea millefolium*) are the most commonly used plants to increase breast milk. Phytochemicals and biological substances present in these plants can be a factor for the effects of these plants and should be further considered in future studies.

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