CHAPTER – VII

SUMMARY AND CONCLUSION

EFFECT OF CHRONIC STRESS ON LACTOGENESIS IN HUMANS
SUMMARY AND CONCLUSION:

- 62.49% of Indian women are living with stress, of which 35.41% are moderately and 27.08% are severely stressed.
- Stress is equally prevalent in women of different religious faith.
- Formally educated women are well equipped to deal effectively with stress than uneducated women in rural India.
- Mean stress in working women is quite higher as compared to house wives.
- Chronically stressed women remain in the same stressed state even in the postpartal period.
- Chronic stress of different levels did not show much effect on serum prolactin levels during pregnancy and postpartum.
- Moderate stress of up to 299 on Holmes and Rahe stress scale in younger age group (21-30 years) suppresses the initial phase (first two days) of lactation, but lactation improves from third day. Severe stress of >300 in the same age group has deleterious effect on all phases of lactation (even up to seventh day).
- In the women of middle and elderly age group (above 30 years), moderate and severe stress has compounding negative effect leading to difficulty in initiation and establishment of lactation.
- Moderate and severe stressful life events reduce milk volume output in humans. It is essential to bring awareness in population about deleterious effects of stress on lactation. Chronic stress due to life events cannot be avoided but can be
reduced. So, the stress assessment in the 1st trimester and proper measures to reduce it may partially nullify the effects of chronic stress on lactogenesis and normal lactation can be established.

- To conclude, apart from the routine investigations of infective diseases and hematological tests, the stress assessment parameters may be included in the assessment of antenatal health of pregnant woman.
LIMITATIONS OF THE STUDY:

- Milk volumes were measured up to 7 days postpartum.
- Study confined to subjects from rural area.

SCOPE FOR FUTURE STUDY:

- Milk volumes can also be measured even after 7 days postpartum.
- Further studies are required to observe chronic stress status during pregnancy in larger population.
- Study can also be extended in subjects from urban area.