الآيـــة

قال تعالي :

﴿ قَالُوا سُبْحَانَكَ لَا عِلْمَ لَنَا إِلَّا مَا عَلَّمْتَنَا إِنَّكَ أَنتَ الْعَلِيمُ الْحَكِيمُ ﴾ .

سورة البقرة – الاية (٣٢)
صدق الله العظيم

Dedication

TO…

My family whom I love very much

Specially

To my Sister Magda with endless love

Mona

Acknowledgement

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Abstract

This study was conducted to determine the chemical composition of fenugreek seeds and to evaluate its effect on prolactin and milk production in lactating Sudanese mothers. Moisture, ash, nitrogen (hence protein), fiber, oil, and carbohydrate contents were 4.45%, 3.44%, 23.63%, 4.68%, 6.46%, 67.34% respectively. The peroxide value was found to be 8.25%.

Herbal galactogogues are widely used today to stimulate milk production in women, in view of the traditional belief that fenugreek (trigonella foenum – grancacul) can stimulate milk production in lactating women, experiments were performed to determine the effect of oral administration of 500 mg fenugreek seeds powder (given 3 times daily) , on milk production and prolactin levels in Sudanese lactating women.

Twenty Sudanese females were given an orall dose of 500 mg (3times daily) for 3 months Blood samples were collected and body weight was measured every two weeks.

It was found that administration of 500 mg (3 time daily) for 3 months induced highly significant increase ($P<0.05$) in prolactin levels and body weight gain in all treated females compared with the control. This effect was associated with a significant increase in milk production.

الخلاصـة

أجريت هذه الدراسه لتقدير التركيب الكيميائي لبذور الحلبه (المسحونه)' فوجد ان محتوي الرطوبـه' الرمـاد' البـروتين' الالياف الخـام' الـدهون والكربوهيـدرات هـي ٤.٤٥%، ٣.٤٤%، ٢٣.٦٣%، ٤.٤٨%، ٦.٤٦%، ٦٧.٣٤% علـــــــي التوالي كما وجد ان قيمة البيبيروكسيد تساوي ٨.٢٥%.

وأجريت هذه الدراسة أيضا لتقييم تأثير التغذية ببذور الحلبة على إنتاج الحليب ومستوى هرمون البرولاكتين في الدم، لدي نساء مرضعات سودانيات، وقد كان عددهم ٢٠ سيدة وقد تم تقسيمهم إلى مجموعتين عشوائيا، إحداهما مجموعه سيطرة بدون إضافة الحلبة، في حين عوملت المجموعة الثانية بكبسولات تحتوي علي 500mg من الحلبة المسحونة

(أخذت ثلاثة مرات يوميا).

جمعت عينات الدم كل اسبوعين للتحليل. وقد كان هنالك ارتفاعا معنويا في مستوي هرمون البرولاكتين($p<0.05$) مقارنه بمجموعة السيطرة .كما وجد أن هنالك ارتفاعا معنويا في الوزن مقارنه بمجموعة السيطرة ($p<0.05$)

وقد توصلت الدراسة إلى أن التغذية ببذور الحلبة تزيد من إنتاج اللبن وقد يكون ذلك التاثير من خلال تحفيز هرمون البرولاكتين.

CHAPTER ONE

INTRODUCTION AND LITTERATEUR REVIEW

CHAPTER TWO

MATERIALS AND METHODS

CHAPTER THREE

RESULTS

CHAPTER FOUR

DISCUSSION & CONCLUSION