

Effect of auricular point sticking on lactation of puerperant

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Abstract

Objective: To explore an effective method for puerperant to lactate.

Methods: One hundred and seven cases that were about to giving a birth in our hospital were randomly divided into an observation group (52 cases) and a control group (55 cases). Based on the routine hospital care, the patients in the observation group received auricular point sticking with vaccaria seed at Endocrine (CO18), Mammary Gland, etc. after 1 hour of childbirth, which was pressed 3 times daily, for 1-2 min each time. In the control group, routine hospital care was given, which didn't include auricular point sticking. The lactation volume, starting time of lactation and serum prolactin (PRL) were observed after 5 days of treatment.

Results: Compared with the control group, lactation volume in the observation group was more superior ($P < 0.01$). Rate I of lactation volume in the observation group was 51.9% (27/52), which was obviously higher than 27.3% (15/55) in the control group ($P < 0.01$). The starting time of lactation in the observation group was obviously earlier than that in the control group ($P < 0.05$). The content of PRL was apparently improved after one or two days of childbirth (both $P < 0.05$), and significantly increased after 5 days ($P < 0.01$).

Conclusion: The auricular point sticking is a better method to promote lactation for puerperant, which could be beneficial to increasing the success rate of breastfeeding.