



Microplastics in Human Breast Milk

Karamurugan S^{1*}, Jeyashree Kandasamy C² and Govindarajan B²

¹Researcher, Department of Zoology, V.H.N.Senthikumara Nadar College (Autonomous), Virudhunagar, India.

²Dr.BGR Re-Search Services, Tuticorin, India.

*Corresponding Author E-mail Id: murugankara011@gmail.com

Introduction

Micro plastic refers to the tiny particles of plastic debris. It is less than 5mm in length. They are very small and cannot be seen by naked eyes. According to the latest study there are some micro plastics present in the human breast milk. Recently in October 2022, The Italian research team for the first time found that the milk that is fed to babies have micro plastics in it. Since babies are vulnerable, they need a protective care, support and have risks for their health. They should always be fed the hygiene food or milk which has no risks for their health. Mother feeding is considered the best feed for every child. Mother milk helps the child a lot by providing them the various positive effects.

Some of the positive effects of Mother feeding are mentioned below:

1. Health

Mother breast feeding is considered the most best feed for the child. It keeps the baby healthy and protects from diseases. Due to breast feeding many babies are being strong and healthy enough to reduce the risk of disability.

2. Stronger

When compared to other babies who are fed on powder milk or Packet milk, the breast feeded babies are stronger in all the circumstances. Some examples are: They have a good immunity and strength, there growth is good, they are strong enough to fight with diseases and are at less risk of disability.

3.Growth

The growth of the baby depends on the strength he/she have. The baby grows faster when he is breast fed. For example: usually stand neck in babies happens based on their strength as in some babies it happens at 3 months and in some it happens at 4 months.

4. Proteins

In breast feeding the required proteins are passed to the babies. As babies should have an adequate number of proteins hence this is done by breast feeding. They get immunity and strength from it. Proteins in proper quantity will help the child in growth.

5. SIDS (sudden infant death syndrome)

The babies who are breast fed have 36% of less risk of SIDS. 3-4 months is the age where the babies need the breast milk. SIDS usually peaks at the age of 2-3 months. The baby's immunities are very less at this age group. They are required more strength and immunity. Breast feed helps out in this situation.

6. Healthier body weight

The babies weight usually depends on the food they have. The babies who feed powder milk have less weight and health when compared to the one who is breast fed.

Breast feed is the best method to feed the baby. It has lot of positive effects on the babies. All the positive effects have been mentioned above...

Recently the Italian survey team found that there is micro plastics in breast milk. The breast milk was taken from around 35 women who recently gave birth to their babies. In this 75% of women were detected with micro plastics in their Breast milk. The main causes of the micro plastics in breast milk are:

1.Eating

The women's have some food in plastic. They eat many things in wrapped by plastic which while eating goes into the mouth. For example: when a person buys the food the food will be packed and will be given in a plastic cover, when we drink water from water bottles like bisleri we inhale the small plastic particles and now a days many instant foods are packed in plastic boxes. This can be the biggest reason for micro plastics.

2.Breathing

All the people around the world use the plastic and throw it in the environment. This is being a big issue now a days. Due to this the micro plastics are being spread everywhere. Asthma is being caused due to this inhale of micro plastics as plastic contains chemicals such as phthalates.

Effects of micro plastics in breast milk on babies

1. Effects health

When micro plastics gets into the baby bodies it goes deep into the lungs and effects the babies health. As the babies are very sensitive they get easily effected with these micro plastics.

2. Dangerous chemicals

As we know plastic consists of many hazardous chemicals such as phthalates which can affect the health of the baby. As babies are very soft and need of intensive care, they will not have strength to control the power of chemicals and can affect them.

Still there are many major effects on the babies. They should be taken a lot of care for their well being. These micro plastics are being the main source to exploit the environment.

Some methods to avoid micro plastics are:

1. We should avoid the use of plastic.
2. We should always purchase the products which are organic.
3. We should buy plastic free cosmetics, items like plastic bottles, plastic wrappers, etc.
4. We should avoid single usage of plastic.
5. Stop burning of plastic rather we should recycle it to make new products.

By following these steps, we can protect over self and the environment too... By stopping the use of plastic, we can even protect our environment. By usage of plastic many people old, young, children all are getting affected to it in many ways.

Conclusion

The micro plastics present in the breast milk can affect the babies health. We should avoid it to keep our babies healthy. When we don't use plastic, it has no chance to get into our body and effect the babies. Usage of plastic is being banned in many cities. **"Say no to plastic"** the very used slogan says that we should rather use paper bags. Plastics has many disadvantages. The plastic School tiffin used for children should be changed into steel tiffin's. It is the duty of every mother to feed their child. Breast feed is the best way to feed the baby as it has many positive effects on the babies health...