

INHIBITION OF LACTATION—WITH SINGLE INJECTION OF PRIMODIAN DEPOT

by

S. AGRAWAL

Introduction

A new combination of oestrogens and androgens was tried to evaluate its effectiveness for suppression of lactation during puerperium with a single injection of 3 ampoules of Primodian Depot.

The need to suppress lactation is not so common in our country, because breast feeding is universal with our patients, but in western countries breast feeding is an exception rather than the rule. With us the occasion for inhibiting lactation arises only when there is a perinatal loss or a contraindication for breast feeding. An ideal drug for suppressing lactation is still looked for. Oestrogens have provided obstetricians with a cheap and easy method of suppressing lactation for several decades, but the commonly used drugs have to be given in divided dosage for 5 to 7 days to be effective and often cause unpleasant side effects such as nausea, vomiting, headache, puffiness of face, heavy lochia, etc. Due to these side effects and irregularity in taking tablets, a single injection of androgen and oestrogen is finding increasing favour.

A single injection of 3 ampoules of Primodian Depot (Testosterone Enanthate 90 mg. and Estradiol Valerate 40 mg. in one amp.) claims to be an effective lactation suppressant. This treatment was tried in Govt. Medical College Nagpur, through the courtesy of Schering who supplied the drug.

Clinical Material and Method

A double blind study was undertaken to compare the efficacy of Primodian Depot with that of traditionally employed stillbestrol. Daily assessment was made and observations on consistency of breasts, amount and type of secretion, if any, were recorded in each case. Mother's own assessment and impressions about her breast secretion and discomfort were also recorded. Side effects like, nausea, vomiting, headache, puffiness of face were also recorded.

One hundred and sixty women whose ages ranged from 17 to 45 years and with a parity of 1-15 in whom lactation had to be suppressed were selected for trial.

In 80 women a single intramuscular injection of Primodian Depot of 3 ampoules was given and in 80 patients stillbestrol 10 mg. tablets stat and 5 mg. three times a day for 5 days were given.

Usually these patients were discharged on 4th day after Primodian Depot injection and 2nd day after finishing the stillbestrol tablets. These patients were asked to come again after one week. During this check up after one week they were asked about any milk secretion from breasts, discomfort, heavy lochia and side effects like nausea, vomiting, headache and puffiness of face, if any.

Results

At the time of discharge assessment was done and response was recorded as follows:

(a) *Good*:- Breasts soft, no secretion, no tenderness, patient satisfied.

(b) *Fair*:- Breasts soft, slight secretion but patient comfortable.

(c) *Poor*:- Breasts nodular, secretion present, patient uncomfortable, and required use of further medicines.

Side effects like nausea, vomiting, headache and puffiness of face were also noted.

The results are divided into two groups: Group 'A' patients getting Primodian Depot and Group 'B' patients getting stillbestrol.

Summary and Conclusion

A double blind trial of Primodian Depot versus stillbestrol in the inhibition of lactation in 160 patients is reported. Primodian Depot was given in a single intramuscular injection was more effective than the stillbestrol given in divided doses for 5 days.

In the Primodian Depot group no side effects were reported, while in stillbestrol group 31 out of 80 patients have the side effects, but in no case thromboembolic episodes were found as reported

TABLE I
Assessment at the Time of Discharge

	Good	Fair	Poor	Total	Presence of side effects
Primodian Depot	65	12	3	80	Nil
Stillbestrol	27	44	9	80	31

In group 'A' (Primodian Depot) 3 patients with the poor result required a second injection of 3 ampoules of Primodian Depot with good results. In group 'B' (stillbestrol) there were 9 patients with poor results. An injection of 3 ampoules of Primodian Depot was given give them relief.

in women taking oral contraceptive (Vessey and Doll, 1968). In addition, our hospitals over-crowded as they always are, are very hard pressed for beds in the postnatal wards.

Oestrogens are the most widely used agents for the purpose although combinations of oestrogens and androgens

TABLE II
Assessment After one Week

	Good	Fair	Poor	Total	Not traceable
Primodian Depot	69	5	Nil	74	6
Stillbestrol	42	30	Nil	72	8

None of these patients developed breast abscess or gastrointestinal disorder or secondary haemorrhage.

In stillbestrol group it was found that 27 patients out of 80 were not taking tablets regularly.

are finding increasing favour (Jones and Tanner, 1962., Iliya *et al*, 1966).

One of the greatest advantages of Primodian Depot injection over stillbestrol viz. its single dose therapy, is a boon to both the patients and the nursing

staff. The possibility of missing the dose is thus avoided.

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References

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