

AYURVEDIC PERSPECTIVE ON STANYA-REVIEW STUDY

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**ABSTRACT**

Stanya is regarded as a precious elixir in Ayurveda, offering comprehensive nourishment and immune support to infants. Understanding the Ayurvedic perspective on stanya provides valuable insights into the importance of breast feeding and highlights the holistic approach of Ayurveda towards the well-being of both mother and child. Further research and exploration in this area may contribute to enhancing lactation practices and optimizing the health of both mother and child. This article helps us to explain how we understand the Ayurvedic perspective of stanya.

Keywords: Stanya, Breast feeding, well-being of mother and child.

INTRODUCTION

Stanya is the essence of rasa dhathu and its administration to the child is the best of all. The factors of mother's thought, inspection and palpation of the child contact of nipple with the lips of the baby and

exalted mood as well stimulate lactation. The flow of lactation is compared as that of sukra.¹

STANYA SAMPAT:

As per Acharya Charaka: It is of natural colour, smell, taste, consistency and mixes uniformly with water. It should stabilize strength and health.² As per Acharya Susruta: When dropped in water, it should mix well with water neither sinking nor floating and should be devoid of stickiness and foam, it also looks steady, thin, cold and white as Shanka (Couch shell). It

promotes growth and energy of child.³ As per Acharya Kasyapa: It should not stall the child's energy, organs and longevity. It enhances growth and development by relieving all diseases. And it should not harm dhatri(mother or wet nurse) and sisu (child).⁴

Kasyapa also described the taste and colour of stanya influencing on the child as follows.

QUALITY OF STANYA	EFFECT ON CHILD
Madhura (sweet) rasa	Child passes excessive stools & urine
Kasaya (Astringent) rasa	Stoppage of stools and urine
Colour resembles oil	Child becomes energetic
Colour resembles ghee	Child becomes rich in finance
Colour resembles smoke	Child achieves fame
Suddha(pure) stanya	Holds ideal in all qualities

STANYA GUNAS:

As per Acharya Susruta:⁵

Madhura rasa	Sweetish(Rich in carbohydrates, lactose)
Kashaya rasa	Astringent as a second dominant taste
Guru guna	Heavy (Due to presence of fat, proteins)
Snigdha guna	Oily(Fat, oiliness)
Sthairyakaram	Imparts stability(Protein and fat)
Seetha guna	Cold nature(due to liquidity)
Chakshushya	Rich in vitamin- A and presence of certain immunological factors)
Balavardhana	Imparts strength(Calorific output)

As per Acharya Charaka:⁶

Jeevanam	Nutritive (life promoting)
Brimhanam	Bulk promoting
Satmya	Easily accustomed
Snehana	Provides oily substances

PRE-REQUISITES OF BREAST FEEDING:

Ut most hygiene is advised to the breast and in general too for which she after taking bath should apply over her body the paste of sri gandha mixed with chandana & camphor or any paste of good fragrance. She should wear clean white garments. While feeding, the mother should hold in her hand such of the magical & powerful drugs like Aindri, brahmi ,satavari and patala etc. The child should also be hungry, and the earlier feed should have been digested.⁷

TECHNIQUE OF BREAST FEEDING(Stanya pana vidhi):

Mother or Dhatri should maintain asepsis and anti-sepsis(suchi & suddhi). Mother, in her lap, should place the baby with head- up position. Mother is advised to sit facing the east and baby should not be lying down while feeding. First, right breast after squeezing a few drops of milk should be offered to the baby to examine the flow of breast milk and for proper latching.Child usually weeps when hungry.Then the child has o be fed after ruling out the different causes of weeping.But forcible feeding is

not necessary. After some time breast has to be changed.⁸

PROHIBITION OF MULTIPLE BREAST FEEDING:

The child should not be fed by the breast milks of frequently changing women as that is said to cause unsuitability resulting into several diseases.⁹

DHATRI(Wet nurse or Governess):

Dhatri, otherwise called as upamatha means a female caretaker of an infant.

Significance of Dhatri:

- Dhatri is absolutely necessary for breast fed infants, whose mother is diseased, or breast milk reduced or totally absent.

- As there is no other measure more effective than breast milk to promote growth and development.
- The health of the infant on breast feeding is dependent on that of dhatri. Hence sodhana is advised for dhatri to besides the treatment of the child. The medication to the child should be done through dhatri. As how the bodily humors of the mother reach the child through breast milk, similarly the medicinal effects also reach the baby to show the influence.

IDEAL CHARACTERS OF DHATRI:

Sariraka(Physical characters):

Yauvana	Middle aged
Bala	Strength
Aroga	Devoid of diseases
Dogdhri	Having good amount of breast milk
Yuktadirgha	Average height
Naati krisa,naati sthaulya	Neither too thin nor too obese
Devoid of Astavidha Maharoga	Congenital hormonal disorders
Stana sampath	Ideal breast milk

Manasika(psychological characters):

Avyasanam	Not having Addictions
Ajugupsam	Free from disgust
Apramattam	Alert
Alolupa	No greedy
Acapalam	Without fickleness
Samana satva	Same mental capacities
Hasathvakthra	Smiling face
Vasthala	Affectionate
Suchi&Asuchi dveshini	Hygienic, aversion to unhygienic

Samajika(Social):

Sheelavathi	Good character
Nibrutha	Humble,modest
Bramhacharini	Shouldn't indulge much sex
Desajathiya	Same community
Pumvathsa	Having male child
Jeevithavathsa	Having a living child
kusalopachara	Knows how to handle a child

Akshudrakarmini	Perform only righteous activities
Anuccharasayini	No excessive sleeping

DISCUSSION

Milk feeding is an art and requires considerable co-operation and patience in the mother. It should be a pleasant time for both the mother and infant. The child easily recognised the mother's emotions, and it may be considerably difficult to feed an infant when the mother is highly emotional and irritant. Absolute physical and mental health alone can cater to the qualitative breast milk to the child. This is the main principle of the entire description. Regarding catching hold of some drugs while feeding, it is very difficult to explain their influence, but they may exert something like shock absorbing property. The above descriptions enlighten the nutritional care of the child by alternatives of the mother, more so the preference of breast milk. The significance of ideal dhatri is to ensure highly qualitative breast milk as well as skilled & affectionate nursing.

CONCLUSION

Now a days most of the mothers don't know about the proper feeding technique of breast milk. Due to that they will facing so many issues like insufficient milk production etc.so knowledge about milk feeding procedure will definitely enhances the production of breastmilk. It enhances both mother and child health.

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