

MATRIJA STANYA DUSHTI - UNPARALLEL CONCEPT OF AYURVEDA

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ABSTRACT

Background: It is the privilege of newborn and pleasure of the mother to breast feed her baby and receive first nutrient in the form of mother's milk. Breast milk forms the stepping stone for the growth and development of child in future life. *Ayurveda* has truly emphasize the importance of breast milk for the newborn. Wide explanation and importance of breast milk is described in the *Ayurvedic* classics in terms of its origin, properties, and benefits. Apart from this explanation; unique concept is mentioned in *Ayurveda* about the vitiation of breast milk (*Stanya dushti*). *Stanya* or mother's milk if gets vitiated by *doshas*, produces various types of abnormalities in the breast milk. Due to the consumption of such vitiated milk (*dushit*

stanya), the child suffers from various pathological conditions relevant to particular *dosha* by which the milk is vitiated. Such vitiated breast milk should be identified and hold from being fed to the baby till the woman or mother recovers from *stanya dushti* (vitiating milk). **Aims and Objective:** To uncover the causes of vitiated milk, its symptoms, measures to identify it and its management as explained in *Ayurvedic* texts. **Methodology:** In order to understand the concept all offline and online literature is screened to established it with justification. **Conclusion:** Matrija stanya dushti is a unique concept of *Ayurveda* and its consequences on child are discussed in the full paper.

KEYWORDS: *Stanya, Stanya dushti, stanya dosha, stanya shodhan.*

INTRODUCTION

In foetal life, placenta is the source of nutrition for the baby. But after the birth baby is solely dependent on mother's milk for at least first six months of life as recommended by WHO, AAP and IAP. Such is the importance of breast milk that cannot be substituted by any other feed which provides best quality of nutrition to the infant.

The description regarding the breast milk is unique in *Ayurveda*. In terms of quality, benefits and significance it has similarities with modern science but the concept of *stanya dushti* explained in *Ayurveda* is exclusive. Ancient *Acharya's* has provided detailed knowledge of the breast milk vitiation (*Stanya dushti*), its etiological factors, symptoms, involvement of *doshas*, measures to identify the vitiated milk and its management to purify the milk.^[1]

Aim of the study

1. To understand the rationality behind the concept of stanyadushti (Breast milk Vitiating).

Type of study- Literary Review

Methodology

This is a study based on information from classical texts, various books, research papers, articles obtained online and offline. The whole paper is based on concept of *stanya dushti*, its impact on baby and rationality behind its description.

Important terms

Stanya definition

The metabolize part of food when reaches to breasts after parturition, is secreted in the form of breastmilk which is termed as *Stanya*.^[2]

Stanya pravritti (Formation of breast milk)

As per the classics when there is relaxation of *stanya vahee siras* after delivery; which is excreted in the form of *stanya* (breastmilk) on third or fourth day.^[3]

Stanya sampat (Normal breast milk)

The breastmilk when mixed with water forms homogenous mixture, has normal *prakriti* (feature), *varna* (colour), *gandha* (smell), *sparsha* (touch) and helps to promote growth & development of a baby is called as *stanya sampat*.^[4]

Stanya dushti (Vitiated Breast milk)

It is the vitiation of breast milk in the form of *kshaya*, *vridhhi*, or *dushti*. *Dushti* can be again classified into *doshaj*, *grahaj*, *abhighataj*, and *garbhaj*.

OBSERVATIONS

Etiological factors of *stanyadushti* are mentioned in table 1.

Acharya	Etiological factors
Charaka Cha chi 30/232-236	Ajirna, Asatmya, Viruddha Ashan, Lavan-Amla-Katu-Praklinna dravya sevan, Manah Sharir Santap, Ratri-jagaran, Chinta, Vegavidharan, Gramya-Anup-Audak mamsa sevan, Bhuktva-Divaswap, Atimadya sevan, Anaayasa,
Ashtanga Hridaya A.H.U.1/19	Viruddha Ahar, Vichetas, Garbhini Stanya
Ashtanga Sangraha A.S.U.2/3	
Madhav Nidan Ma.Ni. Sta.Ni.	Guru Anna, Vividh Anna, Dushta Dosh Yo.Ra. Kshiradosh P.N.432

Various types of *stanya dusthi* are depicted in table 1.

Table 1: Types of doshaj *stanyadushti* as per ayurvedic classics.

Based on doshas	As per <i>charak</i> ^[5]	As per <i>harita</i> ^[6]
<i>Vataj</i>	<i>Vairasya</i> (Altered taste)	<i>Alpa</i>
	<i>Phensanghat</i> (Altered frothy)	
	<i>Ruksham</i> (Altered dryness leading to constipation)	
<i>Pittaj</i>	<i>Vaivarnyam</i> (Altered colour)	<i>Ushna</i>
	<i>Vaigandhyam</i> (Altered smell)	<i>Amla</i>
<i>Kaphaj</i>	<i>Atisneham</i> (Altered oleation)	<i>Ghana</i>
	<i>Paichillya</i> (Altered consistency)	<i>Kshar</i>
	<i>Gauravam</i> (Altered denseness)	

Table 2: Shows characteristics of milk, Plain water test and features in child.^[7]

Dosha	Characteristics of milk	Plain water test	Features in child
Vataj	Kashaya (Astringent), Phenil (Frothy), Ruksha (dryness)	Floats on water surface	Constipation, decreased urine output, failure to gain weight, abdominal distention, Tastelessness
Pittaj	Katu (Bitter), amla (sour), ushna (hotness)	Produces yellow lines in water	Burning sensation, heartburn, skin manifestations
Kaphaj	Lavan(salty), Pichhil, Sandra	Sinks in water	Shwasa (Breathlessness), Kasa (Cough), Atinidra (more sleep indulgence)
Dwandwaj	Mix type of characteristics and features of two doshas		
Tridoshaj	Mix type of characteristics and features of three doshas		

Table 3: *Stanyadushti* and Its impact on baby.^[8]

Stanyadushti	Impact on baby
<i>Vairasya</i>	Emaciation, Loss of taste, Decreased growth
<i>Phensanghat</i>	Weak cry, retention of urine-faeces-flatus, rhinitis
<i>Ruksham</i>	Loss of energy
<i>Vaivarnyam</i>	Discolouration of body, excessive perspiration, thirst, diarrhoea
<i>Vaigandhyam</i>	Anaemia, jaundice
<i>Atisneham</i>	Vomiting tinismus, excessive salivation, tiredness, dyspnoea, cough, expectoration
<i>Paichillya</i>	Excessive salivation, oedema of eyes, face & dullness
<i>Gauravam</i>	Heart diseases

Table 4: *Pachaksheera Dosha* and Its impact on baby.^[9]

Stanya dushti	Features in baby
<i>Alpa</i>	Emaciation, dyspnoea, diarrhoea & aphonic
<i>Ushna</i>	Fever, emaciation, growth & development retardation, diarrhoea with fever
<i>Amla</i>	Not described
<i>Ghana</i>	Excessive flatulence, suppression of urine, faeces & flatus, dyspnoea, cough, abdominal distention
<i>Kshar</i>	Eye disorders, itching, ulcers, excessive mucoid discharge from mouth and nose.

Table 5: *Stanya dushti* based on *rasa* (taste), *varna* (colour) etc.^[10]

Stanya dushti	Features in baby
<i>Madhuram</i>	Excessive urine & faeces
<i>Kashayam</i>	Reduced urine output
<i>Taila varnam</i>	Good vigour & Strength
<i>Ghrit varnam</i>	Becomes rich
Smoke coloured	Becomes famous

Table 6: *Graharog stanya dushti*.^[10]

Stanya dushti	Features in milk
<i>Shakunee</i>	<i>Katu and tiktata</i>
<i>Shasti graha</i>	<i>Sannipatik dushti</i>
<i>Skanda graha</i>	<i>Sannipatik dushti</i>
<i>Putana</i>	<i>Madhur and Katu</i>

Abhighataj stanyadushti

Madhukosh commentator has explained that *stanya dushti* caused due to trauma has symptoms similar to *vataj stanya dushti*.

DISCUSSION

Exclusive breastfeeding for six months promotes growth and development of a baby. If this milk is vitiated it directly affects the health of the baby. With a few exceptions breastfeed has never been contraindicated during infancy. But in *Ayurved* classics vitiated breast milk has been described in detail and its impact on child has also been described.

Charak has explained eight type of *stanya dushti*. *Vairasya*, *phensanghat*, *rauکشya* are categorised under *vataj* type of *stanya dushti*. *Vairasya stanya dushti* causes emaciation, loss of taste, decreased growth in baby. Altered taste of breastmilk (*kashaya*) develops loss of taste which leads to lack of breastfeeding by child resulting into emaciation and decreased growth of baby. *Phensanghat* causes weak cry, retention of urine-faeces-flatus & rhinitis. This is out of *phenil* property of *stanya* that breast milk is excreted with difficulty and baby cannot be fed properly hence leads to weak cry. Retention of urine-faeces-flatus is a result of *ruksha* property of *stanya* and further leads to development of upper respiratory tract symptoms like headache, rhinitis etc. *Rauکشya stanya dushti* leads to loss of energy as baby breast fed with such type of breast milk cannot gain required amount of fat and protein.

Pittaj stanya dushti involves *vaivarnya* and *vaigandhya*. *Vaivarnya* type of *stanya dushti* produces discolouration of body, excessive perspiration, thirst, diarrhoea. As *pitta* is affected here; *ranjak pitta*, *bhrajak pitta* also gets affected causing decolouration of body whereas *ushna* (hot) property of *stanya* develops excessive perspiration which in turn leads to thirst and diarrhoea. *Vaigandhya* type causes anaemia & jaundice. This is due to altered functions of *pitta* especially *ranjak pitta*, *sadhaka pitta* and *pachak pitta*.

Atisneha, *Paichillya* & *Gauram* are type of *kaphaj stanya dushti*. Due to *atisneha dushti* of *stanya*; where *kledak kapha*, *bodhak kapha* are affected and symptoms like vomiting, tinismus, excessive salivation, tiredness, dyspnoea, cough, expectoration are produced. Excessive salivation, oedema of eyes, face & dullness caused due to *Paichillya* are result of *bodhaka*, *avalambak kapha dushti*. *Gauram stanya dushti* hampers functions of heart resulted out of affected *avalambak kapha*. Moreover symptoms of *kapha* vitiated *stanya* are due to increased fat and carbohydrate contents of breast milk.

CONCLUSION

Stanya dushti (vitiation of breast milk) is exclusive concept of *Ayurveda*. Till date with few exceptions there are no absolute contraindications of breast milk feeding nor there is

description on impact of vitiated milk on feeding child in contemporary science. As opposed to this concept of *stanya dushti* has been widely explained and discussed in *Ayurvedic* science. It is evident from the explanation that this is unique concept which has serious health consequences on child which should be diagnosed and treated accordingly.

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