

**ROLE OF DIFFERENT SROTODUSHTI IN STANYADUSHTI-
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Ayurveda the ancient Indian system of living is derived from Vedas. The aim of Ayurveda is not only healing of the the sick but also prevention of its occurrence and promoting health aspects-preservation of life. Ayurveda has its own principles and theories. It is widely recognized breastfeeding the best nutrition for human infants. Breast milk is the optimal food for almost all infants in the first year of life. The breastmilk provides numerous health benefits to both mother and baby. Breastfeeding should begin soon after birth. Breastfeeding is the best way to care for new child. Besides the overwhelming bonding it creates, breast milk is also the perfect food for them. Likewise in

Ayurvedic texts, formation of stanya (breast milk), causes of stanya pravriti (or milk ejection), dhatri (wetnurse), dhatri-pariksha (examination of wet-nurse), stanapan-vidhi (breast feeding), stanyasampat (merits of breasts), stanyanasha hetu (causes of cessation of milk formation), stanyaviridhi dravyas (drugs increasing quantity of milk), stanya apanayakala (weaning period), abnormalities of breast-milk and its treatment etc. are discussed in detail. Acharyas of Ayurveda explained 13 different Srotas I. e. channels which circulates nutrition all over body and maintain Dosh samya avastha. According to Ayurveda our body systems depends on one another, start from annavaha srotas, it's good and bad outcome influences seen upto shukravaha srotas. Breastmilk i. e. stanya is updhātu of Ras dhātu. It get affected by any abnormalities in ras dhātu and rasvaha srotas dushti. Manas bhav also causes stanyakshay and other stanyadushti. Similarly abnormalities in many srotas affects stanya formation and expulsion. It causes lack of growth of new born and hence it is important to study the relationship between other srotusdushti and stanyadushti. Hence we

can advise patient to avoid those hetus and improve quality of stanya, which helps in better nutrition and growth of child.

KEYWORDS: Stanya, Stanyadushti, srotas, strotodushti.

AIMS AND OBJECTIVES

- ▶ To study in detail about stanya, stanya nimriti, stanya dushti.
- ▶ To study the relationship between other srotodushti and stanya dushti.
- ▶ To study the hetus of other srotodushti which causes stanyadushti.

STANYA

रसात् स्तन्यं तथा रक्तं असृजः कण्डरा सिराः ।

मांसादस्य त्वचा षट् च मेदसः स्नायु संभवः ॥

च. चि. १७

The stanya is one of the updhatu among 8 updhatus, which is formed by Ras dhatu.

Stanya Nirmiti / formation of stanya

१. आहारस्य योनित्वात् एवं स्तन्यं अपि स्त्रियाः ।

तदेवापत्य संस्पर्शाद् दर्शनात् स्मरणादपि ।

ब्रह्णाच्च शरीरस्य शुक्रवत् संप्रवर्तते ।

स्नेहो निरंतरस्तत्र प्रसवे हेतुरुच्यते ॥

सु. नि. १०.

Acharya sushrut had explained the formation of stanya.

Following are the causes for formation and epression of breast milk-

Ahar taken by the lactating mother

Touch of the baby

Affection towards baby

All these factors promotes milk to express through breast just like shukra pravartan.

२. शेषं चोर्ध्वतरमागतं पयोधरावभिप्रतिपद्यते, तस्माद् गर्भिण्यः पीनोन्नत पयोधरा भवन्ति : ॥

सु. शा. ४.

Stanya formation starts from the pregnancy, just after the formation of placenta is complete.

The artava, not expelled during every month, but comes upward and first from the placenta, the remaining artava came in stanyavaha srotas and start formation of the stanya.

Stanya Sampat

The stanya sampat means the prakrut stanya with all qualities.

► Stanya pramana (Quantity of stanya)

Amount of stanya is two Anjali

► According to Charak

The excellent milk has normal colour, smell, taste and touch. Dissolves completely in water if milked in a water pot because of its (watery) nature. Such milk is nourishing and health giving. Thus is the excellence of breast milk. The woman's milk promotes longevity and nourishment.

Stanya Dushti

If stanya is abnormal in colour, smell, taste, touch and having other abnormal gunas, it will be impure.

This stanya can't provide nourishment and good health to child. This stanya may be called dusta. Acharya of Ayurveda explained 8 types of Stanyadushti, which broadly consider into 3 main types i. e. vataj, pittaj and Kaphaj.

Hetus of Stanyadushti are similar to the hetus of different Srotas dushti.

Similarly, the signs and symptoms found in Stanyadushti are nothing but the symptoms of srotodushti.

स्तन्यदुष्टी हेतु / Etiology of stanya dushti:

अजीर्णासात्म्यविषमविरुद्धात्यर्थभोजनात् |

लवणाम्लकटुक्षारप्रविलनां च सेवनात् ||

मनःशरीरसंतापादस्वप्नान्निशि चिन्तनात् |

प्राप्तवेगप्रतीघातादप्राप्नोदीरणेन च ||

परमान्नं गुडकृतं कृशरां दधि मन्दकम् |

अभिष्यन्दीनि मांसानि ग्राम्यान्पौदकानि च ||

भुक्त्वा भुक्त्वा दिवास्वप्नान्मद्यस्यातिनिषेवनात् |

अनायासादभीघातात् क्रोधाच्चातंककर्शनैः ||

दोषाः क्षीरवहाः प्राप्य सिराः स्तन्यं प्रदूष्य च |

कुर्युष्टविधं भूतो दोषतस्तन्निबोध मे |

च. चि. ३०/२३२-२३६

Acharya Charak had explained the causes of stanyadushti-

Ajeerna

Asatmyabhojan/virudhhabhojan/atibhojan

lavan/amla/katu/kshar padarth atisevan

man sharir santap

Ratrojagran

Atichinta

Malmutraveg vidharan/udiran

Dadhi/mandak/gudyukta anna/krushara sevan

Gramya /aanup/audak mans sevan

Bhojanottar divaswap

Mady/Mans atisevan

Abhighat/Krodh

All these hetus causes vitiation of doshas, the vitiated doshas goes in stanyavaha strotas and causes eight types of stanyadushti.

Srotas dushti & Stanyadushti

In Ayurveda 13 different srotas are explained with their functions, dushti hetu and dushti lakshnas.

These srotodushti hetu vitiates doshas in stanyavaha srotus and causes Stanyadushti.

Srotas which directly affects Stanyadushti are-

Annavaaha Srotas. Manovaha Srotas

Pranavaaha Srotas Stanyavaha srotus

Rasvaha Srotas

Raktavaha srotas

Artavavaha Srotas,

Shukravaha srotus

Srotas involved in Stanyadushti

In stanyakshay, the hetus of Rasvaha srotodushti mainly seen. Manovaha srotus affects by chinta, Krodh, avatsalya and causes stanyakshay.

- In vataj stanyadushti, Rasvaha and Annavaaha srotas dushti seen with purishvaha & pranavaha srotodushti seen in baby.

- ▶ In pittaj stanyadushti, Raktavaha srotodushti lakshna are seen and it causes rakta pitta dushti with purishvaha srotodushti in baby.
- ▶ In Kaphaj Stanyadushti, Annavaha, Rasvaha srotodushti lakshna are seen which causes Manovaha, pranavaha and Annavaha Srotas dushti in baby.
- ▶ Artavavaha Srotas is indirectly affects Stanyadushti because the formation of stanya is related with artava.
- ▶ Shukravaha Srotas also Plays important role, as Priti is one of the important Gun of shukradhatu which very necessary in stanapan. Mother should have sneha, Priti towards her child to feed him with love.

Importance of the study

In today's era, most of the women are working and having all day busy schedule. Even after delivery, they do not take proper sutika paricharya and also unable to follow proper Ahar vihar in Sutika kal, hence they suffer from breast disorder with Stanyadushti. Many women don't like breast feeding due to many reasons. Hence baby never get proper nutrition and growth of child affects. It is important to counsel Post natal women about proper diet, Vihar, and pleasure of mind. Whatever she eats and whatever she feels are the two major factor in breastfeeding. Because breastfeeding is a beautiful connection of mother's pleasure and infant's privilege.

CONCLUSION

Proper Ahar help to produce prakrut milk & Proper vihar give peace and pleasure of breastfeeding. Healthy mother create healthy progeny.