



THE CONCEPT OF STANYA DUSTI AND ITS ROLE IN THE MANAGEMENT OF EARLY INFANTILE AILMENTS -A CASE STUDY

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ABSTRACT

Breast milk is the prime source of nourishment to a newborn baby. Breast milk improves the physical as well as mental strength and immunity of the baby. In *Ayurveda* unique concept of *Stanya dusti* or milk vitiation has been described in which mother food and activities affect the quality and quantity of milk. If mother indulges in unwholesome diet and lifestyle habits, then the milk gets vitiated and leads to various diseases in her baby. It shows that only treating the symptoms of baby is not enough. So, the treatment of vitiated breast milk is equally important. In *Ayurveda* certain herbs and formulations are specifically indicated for detoxifying the breast milk and improve the quality of milk and growth of the baby along with liberation of vitiated symptoms.

Keywords-Breast milk, *Stanyadusti*, *Ayurveda*

INTRODUCTION

IMPORTANCE OF BREAST MILK: Breast milk is complete food and it provides all the nutrients a baby needs during 1st 6 months of life. It has a nearly perfect mix of vitamins, protein, fat everything your baby needs to grow. It is easily digestible due to presence of special enzyme, lipase, and high quality of whey protein. Breast milk contains a number of anti-infective substances, protective antibodies and friendly lactobacilli, which protect the baby against development of diarrhea, respiratory illness, and other infection. There is reduced risk of acute otitis media and necrotizing enterocolitis (NEC) in breastfed babies.¹Breast feeding provides immunological benefits to the baby. Breast feed babies have been shown to develop better protective response to various vaccine. Breastfed babies are smarter and have been shown to have 8 points higher intelligence quotient (IQ) and enhance visual development. High concentration of two key long chain fatty acids (Arachidonic acid and DHA) lactose and Salic acid promote brain growth. Breast feed ba-

bies are less likely to suffer from caries teeth , type 2 Diabetes mellitus (D.M) , obesity ,high blood pressure , heart attacks and certain cancer during adult life.^{1,2}According to *Ayurveda* ,importance of breast milk has been described by various Acharyas. Term *Shudhastanya* ' has been used for healthy *Stanya* (breast milk) having properties like *Shankhapramane shweta* (shell like white or light yellow), *Madhur* (Sweet in taste), *Laghu* (easily digestible), *Pathykar*, *Deepan* (appetizer), *Jeevaniya*, *Snehan*, *Bruhaniya*, *Shareeropchya*, *Balarudhikar*, *Pushtikar*, *Aarogyakar*. Breast milk can be used locally in *Raktapita* (Bleeding disorder), *Akshishool* (Eye pain), etc.³ Eight type of *Stanyadusti* described in *Charaksamhita*. The disease caused by *Stanya dusti* and its management has been described thoroughly in *Samhitas*. It is unique and practical concept mentioned in *Ayurveda* because *Stanya* form inside mother body so qualities of mother milk will be different as per *Ahar-vihar* of mother.

Table 1: Qualities of *Stanya Sampatas* As Per Various *Acharyas*^{3,4,5,6}

<i>Samhita</i>	<i>Guna</i>	<i>Rasa</i>	<i>Gandha</i>	<i>Sparsha</i>	<i>Varipariksha</i>	<i>Karya</i>	<i>Parinama</i>
<i>Sushrut</i>	<i>Shankhapramaneshwata</i> (Shell like white)	<i>Madhur</i> (Sweet)	-	<i>Sheeta</i> (Cold)	<i>Ekrupata</i>	<i>Laghupathyakar</i> <i>Deepan</i>	<i>Shareeropchay</i>
<i>Charak</i>	<i>Prakrutibootvarna</i> , <i>Gandha</i> , <i>Rasa</i> , <i>Sparsh</i>	-	-	-	<i>Ekrupata</i>	<i>Jeevan</i> , <i>Bruhan</i> , <i>Snehan</i> , Use in <i>Raktapitta</i> , <i>Akshishool</i>	<i>Pushtekar</i> <i>Arogyakar</i>
<i>Ashtang Sangraha</i>	-	-	-	-	<i>Ekrupata</i>	In <i>Raktapitta</i> for <i>Nasya Akshiroga</i> for <i>Achchotan</i> and <i>Tarpan</i>	<i>Arogyakar</i> <i>Balyajanan</i>
<i>Ashtanghrudhaya</i>	-	-	-	-	-	-	-
<i>KashyapaSamhita</i>	-	-	-	-	-	-	<i>Avaihata</i> , <i>Bala</i> , <i>Aayushya</i> , <i>Ni-</i> <i>rogi</i> , <i>Sharirvrudhi</i>

Table 2: Types of *Stanya Dusti* As Per Various *Acharyas*^{3,4,5,7}

<i>Samhita</i>	<i>Dosha</i>	<i>Types</i>		
<i>Charak</i>	<i>Vataj</i> (3)	<i>Virasa</i>	<i>Phensanghata</i>	<i>Rukshat</i>
<i>Chikitsa</i>	<i>Pittaj</i> (2)	<i>Vivarnata</i>	<i>Daugandhy</i>	
(30/238-244)	<i>Kaphaj</i> (3)	<i>Atisnigdha</i>	<i>Pichchila</i>	<i>Guruta</i>
<i>Harita</i>	<i>Vataj</i> (1)	<i>Alpashirata</i>		
	<i>Pittaj</i> (2)	<i>Ushnashirata</i>	<i>Amlashirata</i>	

(54/1-2)	Kaphaj(2)	Ghanashirata	Ksharshirata	
Astang-hridaya	Vataj	-----	----	-----
	Pittaj	-----	----	-----
	Kaphaj	-----	----	-----
	Sannipataj	-----	----	-----

Table 3: Diseases Caused by Various Stanyadusti As Charak Samhita³

Dosha	Type of Stanyadusti	Diseases caused by Dusti
Vataj	Virasta	Durbalata (weakness), Vrudhi (Growth)
	Phensenghata	Swarakshinata (Low pitch of voice), Mala-Mutra-Vaayu-Avarodh (Obstruction in urine and stool), Shirashul (Headache), Peenas (Cold).
	Rukshata	Balahani (Weakness)
Pittaj	Vaivarnya	Swedaadhikya (Sweeting), Trushna (Thirst), Dravamalapravrutti (Loose stool), Shareerasparshushna (Hot to touch).
	Durgandh	Pandu (Anemia), kamala (Jaundice)
Kaphaj	Snigdha	Chhardi (Vomiting), Lalasrav (Salivation), Kasa (Cough), Swasa (Breathless), Tamakswasa (Asthma)
	Pichhil	Lalasarav (Salivation), Mukha, Netrapradeshishotha (Peri -orbital swelling)
	Guru	Hrudhrog (Heart disease)

Table 4: Diseases Caused By Various Stanyadusti As Other Samhitas^{-5,7,8}

Samhita	Stanyadusti	Disease
Harita	Ghanashira	Utpullika
Ashtang-sangrha(U.T2/17)	Tridhoshadusta	Ksheeralasaka
Kashyap (Ks.sutra.19)	Katu,Tikta Rasa	ShakuniGraha
	SannipataDosha	Skandha ,Shashtigraha
	Swadu,katu Rasa	PutanaGraha

Table 5: As per kashyapstanya rasa/varna predominance and its effect⁻⁵

Sr.no	StanyaRasa/Varna predominance	Its manifestation /effect
1	Swadhu Rasa	Bahuvimutrata(Excessive urine and stool)
2	Kashay Rasa	Mutravingraha(Constipation)
3	Tailavarna	Balvan (brave)
4	Ghritavarna	Mahadhani (prosperous)
5	Dhumvarna	Yashashwi (famous)

Stanyadusti Chikitsa-

Table 6: Stanyadoshachikitsa⁻³

Sr no.	Procedure	Chikitsa
1	Vamana (purification through oral route)	Vachadikwath
		Nimbadikwath
2	Virechana (purification through anal route)	Triphaladi yoga
		Hiradachurna

Table 7: Visheshchikitsa as per Dosha for Dhatri/mother-³

1	Vataj	Dashamoolkwath
2	Pittaj	Amruta, Sariva, Chandan, kwath
3	Kaphaj	Vacha, Sarshap, Pimpalikwath

Table 8: Specific Stanyashodhak yoga-³

Sr no	Type of Dusti	Specific Kalp
1	Virassthanyachikitsa	Panchakoladilepa
2	Fensanghatchikitsa	KirattiktadiKwath, Yavagodhumadilepa
3	Rukshasthanyachikitsa	Panchamoollepa
4	Vivarnasthanyachikitsa	Drakshadilepa
5	Durgandisthanyachikitsa	Abhayadilapa, Sarivadilapa, Pattradilepa
6	Snighasthanyachikitsa	Saindhav, Devdar, Mustha, Patha Kalka
7	Pichhilsthanyachikitsa	TakraaristaPrayog
8	Gurusthanyachikitsa	Guduchi, Nimba, Pattol, TriphalaKwath

Case Report

A- 3-month female infant came to our O.P.D. having complaint of frequent regurgitation of feed 5-6 per day with sour smell and watery motion 9-10 times per day after late neonatal age. Baby has other symptoms like irritability, excessive thirst. In her feeding history she was on exclusive breast milk and not satisfying with her mother's milk and demanded hourly even after sufficient lactation and dripping of mother milk during feeding. She was achieving minimum normal weight gain for age. Her motor milestones were normal for age. She was the first baby of her parents (non- consanguineous) having history of primary infertility since 12 years and her mother was conceived on her third IVF (in vitro fertilization) procedure and she was on hormonal medication along with regular supplements throughout pregnancy. The baby was full-term

LSCS delivery with birth weight 3.5 kg and cry at birth. She has not diagnosed as any metabolic disorder or milk intolerance by renowned pediatricians.

They were prescribed various types of lacto-bacillus supplements along with zinc supplements and carminative syrups along with antiemetic syrups for 2 months, but she has gotten no complete relief from above treatment only her motion frequency reduced by 9-10 to 6-7 times per day.

They came for Ayurvedic treatment. After taking the history of baby and mother *Stanyadusti* has been considered first and as per mother's symptoms like burning eyes, anorexia, less sleep during night *Pittajstanyadusti* has been diagnosed. Few herbs of *Stanyashodhangana* has been prescribed to her mother along with some medication to baby. These are as follows- (**Table No.9**)

Medication to mother	Medication to baby
<i>Guduchighanvati</i> 1 tab(250mg) twice in a day after meal for 10days	<i>Shati (Kapoorkachri)churna</i> + <i>Jaharmohrapisti</i> + <i>Prawalpisti</i> each 30 mg three times before milk with honey for 10 days
<i>Shatavarighanvati</i> 1 tab (250 mg) thrice in a day with 1 cup milk for 10 days	Continue lactobacillus as prescribed twice in a day for total 7 days

On first follow-up after 10 days the frequency of motion reduced to 3-4 times /day with improve consistency (pasty) and no possetting in baby along with improvement in sleep, feeding satisfaction, and de-

crease in irritability. The improvement was very encouraging, and the mother was also feeling better and her sleep hours improved along with feeling of burning eyes symptom relieved. Same treatment has been

advised to continue for next 10 days in baby and mother. On second follow-up motion was normal in consistency, yellow in color and 2-3/day. There was rarely posseting in last week with improvement in sleep pattern and baby was playful. Then advised to stop the medication of baby and continue the medicines in mother for next 10 days then advised to discontinue.

Case Report 2

A 3.5 months old male baby (wt=5.5kg) came to our OPD having perinatal history of full term LSCS with birth weight 3.2 kg first birth order of mother having pregnancy induced hypertension. His parents were having non consanguineous marriage and having no known systemic disorder. The complaint of baby as per his informant (mother) –Irregular bowel pattern motion (frequency once/5-7 days hard in consistency), excessive crying in lying down (supine position) throughout day and decrease crying after giving car-

minatives and at upright position in mother lap or prone position showing infantile colic.

The baby was initially on breast milk +formula milk 2 ounces 3 times /day up to 1 month after that he was exclusively on breast milk. His mother was complaining that her lactation is reduced now, and baby's feed demand increased at every hour. Mother was in stress so less sleeping hours during day and night. She was complaining anorexia, constipation and body ache since last 20 days and she have started chilly and spices in her food since last 20-25 days. The baby was on Lactase enzyme drop (0.5ml 2times/day) with carminative drops (1.5 ml three times/day) with frequent use of glycerin suppository after every 3 days when the baby was uneasy and straining at motion and reduced feeding.

Considering *Vatajstanyadusti* with association of *Pitta* his mother was advised to diet modification to reduce spicy food and increase ghee in her diet along with following medication. (Table 10)

Mothers medication	Baby's medication
<i>Dashmoolarista</i> 20ml+ <i>Jeerakadyarista</i> 20 ml +equal water before food two times in a day for 7 days	Carmicide drop 1.5 ml thrice in a day as advised for next 7 days
<i>Guduchighanvati</i> 1-1 tablet twice in a day for 7 days	

On first follow up the baby was having bowel motion 2 times in a week (after 3 days) without use of suppository, with reduced irritability and colic episodes and mother's appetite increased and constipation was also reduced along with improvement in sleep and body ache. Her lactation was improved than before. Same medication advised for next 15 days for baby as well as mother and after that on second follow-up the bowel frequency of baby was at one day gap with soft in consistency spontaneously along with rarely colic episodes with improved sleep and normal feed demand. His mother was also having improvement in her appetite and bowel habit was normal and body ache much reduced. She was looking fresh and energetic with improvement in lactation. Mother was advised to continue *Dashmoolarista* and *Jeerakadyarista* for next 1 month.

DISCUSSION

In both cases after addition of breast milk purifying herbs, better result came in both babies along with minimum medication to baby than previous allopathic medication. The Ayurvedic medication prescribed to mother in the case 1st was *Guduchi¹⁰ghanvati* and *Shatavari¹⁰ghan vati* both are *Tikta rasa* herbs having properties like *Stanyashodhan*, *Stanyajanana*, *Vatapitahar*, *Balya*, *Deepan*, *Pachana* and *Rasayana*. The baby was prescribed *Jaharmohra pisti⁹* (having *Chardiatisarahar*, *Sheetavirya* and *Balya* for *Annava-hashrotas* properties), *Prawalpisti⁹* (having *Chhardihar*, *Deepan*, *Pachankaphapittahar*, *Sheetavirya* properties) and *Shati/Kapoor kachri¹⁰* (having *Vatanulomak*, *Chhardihar*, *Deepan* properties) *Churna*. In 2nd case the mother was prescribed *Dashmoolarista⁹* and *Jeerakadyarista⁹* along with *Guduchi¹⁰ Ghanvati*. Here both *Aristas* possess prop-

erties like *Deepanapachan* and *Balya* on gastrointestinal system. Both are indicated in *Sutikarog*. *Dashmoolarista* is indicated in *Dhatukshayavastha* and *Jeerakarista* having *Stanyajanana* and *Dahashamak* properties. The medication given to baby was Carmicide drops having an herbal content dill water useful for flatulence and colic pain.

In both cases very encouraging results obtained after consideration of *Stanyadusti* and adding *Stanyasodhan* and *Stanyajanandravya* to mother. We can say for any *Vyadhi* in *Kheerapavastha* of baby medication of mother should be taken into consideration especially *Stanyadusti* concept. This is very practical and unique concept explained by our *Acharyas* and mentioned that only *Dhatricikitsa* is sufficient in many *Ksheerapshishuvyadhis*.

CONCLUSION

Breast milk is like an elixir for the baby and it is very important for proper growth and development of baby. It prevents infection and reduce mortality rate in newborn and infants. Hence it is very essential to maintain the quality and consistency of breast milk with various Ayurvedic recipes mentioned in our texts. Any kind of the vitiation in breast milk can affect the health of child. Hence infants on exclusive breast milk or *Kheerapshishu* should be carefully examined and treated along with consideration of *Stanyadusti* as described by *Acharyas* along with proper treatment.

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