

Benefits of Stanya During Infancy- A Critical Review

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Abstract:

Breast milk is the complete diet for a new born. According to Ayurveda breast milk is the essence of Rasadhatu which is formed from the digested food in the mother's body. Breast feeding is one of the most effective ways to ensure child health and survival. However nearly 2 out of 3 infants are not exclusively breastfed for the recommended 6 months a rate that has not improved in decade. Breast milk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses. Breast milk provides all the energy and nutrients that the infant needs during the second half of the first year and during the second year of life. The pre-sent article is aimed to extract the importance of breast feeding according to modern and Ayurveda. Ayurveda has described many characteristics of Stanya along with dusti and its management.

Key Words: Stanya, Piyusha, Mrudukshira, Stanyaparikshan, Wariparikshana.

Introduction:

Breast milk is the complete diet for a new born. It provides the primary source of nutrition for newborn and it is ideal form of feeding for the neonate. Breast milk is produced by mammary glands located in the breast of a human female to feed a young child. Breast milk is the primary source of nutrition for newborn before they are able to eat and digest other foods, older infants and toddlers may continue to be breastfed. During the first few weeks of life babies may nurse every two to three hours, and the duration of a feeding is usually ten to fifteen minutes on each breast. Breastfeeding may also improve cognitive development and decrease the risk of respiratory tract infections diarrhoea and obesity in adulthood.⁽¹⁾

Breast milk is the nectar to the child which gives many benefits to both the mother and the child with respect to child the breast milk is an ideal composition for easy digestion. It is readily available, usually sterile and is given to the baby directly at body temperature. It is more convenient and requires no preparation. Breast milk gives protection against infection and deficiency states.

While the content of breast milk changes as per gestational age and over the course of baby's development, there are essentially 3 types of breast milk these are colostrums, foremilk and hindmilk.⁽²⁾

◆ Colostrum :

It is the yellowish breast milk that is produced in the first few days after baby's birth and before normal lactation begins. Colostrum is especially rich in nutrients and antibodies, and is the perfect food for baby. Colostrum in Human milk is thick

yellow fluid provides 58-70 kcal/100 ml. High in protein, electrolyte, sodium, Phosphorus, chloride and vitamin Allow in fat and carbohydrates Lactobacillus bifid us factor contain antibodies immune system cell.

Benefits of colostrum: Perfect food for infants in initial days. It has Laxative effect due to presence of lactulose to clear infant's intestine of initial stools prevents jaundice. It contains leukocyte which prevents infection. Contains IgA which also provides immunity

- ◆ **Fore milk:** Is the milk which is drawn during a feeding. It is generally thin and lower in fat content, satisfying the baby's thirst and liquid needs.
- ◆ **Hindmilk:** is the milk which follows foremilk during a feeding. It is richer in fat content and is high in calories. The high fat and calorie content of this milk is important for your baby's health and continuing growth. Make sure to let your baby drain one breast before moving on the other, to ensure that she receives all the benefits of both foremilk and hindmilk.⁽²⁾
- ◆ **Qualities and composition as per modern science:** Breast milk contains Lactose, carbohydrates, Protein, Fat, Riboflavin, Niacin, Minerals like Sodium, Calcium, phosphorus, iron and zinc. Vitamins like B6, Pantothenic acid Biotin Folate Vitamin B12, Vitamin C, D, E, K.⁽²⁾

Ayurvedic View: According to Ayurveda breast milk is the essence of Rasadhatu which is formed from the digested food in the mother's body. Sweet essence part of this rasa circulating through entire body by the action of Vyana Vayu when gets collected in breast, is termed as "Stanya" or in other words stanya is formed from rasa. It is also Upadhatu of

rasa. As stanya is formed from Prasad Bhaga of aahar rasa, it contains best of all nutrients needed for the child. Ayurveda classics have described benefits of exclusive the breast milk very much and proposed the exclusive breast feeding up to six months and its continuation up to one year or more.^(3, 4)

Characteristics Of Prakrut Stanya:

A. According to Kashyap Samhita:

Pure Stanya helps to improve child's Bala, Sharir and ayu. The milk is said to be pure when it provides unobstructed, growth of strength, different body parts, longevity as well as good health to the child. It is always free from diseases and it does not cause any harm to child or mother.

Kashyapa have mentioned the effect on the child of the milk having different colours. Baby becomes very strong when he consumes breast milk with the colour of oil, very rich with ghrith like colour of stanya, renowned when he takes smoke coloured breast milk and all the qualities in one when he gets feeding with pure matrustanya.^(5, 6)

B. According to Charak Samhita:

Charaka has described the guna of pure stanya in sharer sthana as- The stanya which has prakritvarna (colour), gandha (odour), rasa (Taste), sparsha (touch) and prakruti and which completely mixes with water is considered as pure. Such milk is nutritious and health giving.⁽⁷⁾

C. According to Sushrut Samhita:

According to Sushruta the breast milk which when put in

water becomes one with it, is pale, sweet and free from abnormal colour should be known as normal. Sushruta says that the pure milk is cold, clean or free of impurities. It is whitish yellow or just like the colour of conch shell. When put in water, it mixes evenly, neither produces froth nor streaks, neither floats nor settles down. This type of milk produces good health growth and development of body as well as give strength to the child.⁽⁸⁾

D. According to Ashtang Sangraha:

According to Ashtang Sangraha and ashtang hridayastanya should not be vitiated by any dosha. It should dissolve completely in water pot. It must provide good health.⁽⁹⁾

E. Other:

Madhav Nidana, Yoga ratnakara, Bhawa prakasha have followed Sushruta. Sushruta says that if lactating woman is frequently changed, then the child suffers from various diseases. Therefore there should be single wet-nurse for a baby.

Bhavaprakasha says that milk is considered pure which mixes evenly with water, which is not discoloured not having threads inside, white in colour, thin and cold.

According to Madhav Nidana stanya that mixes evenly with water, not vitiated, which has yellow colour, free from discoloration, pleasant sweet to taste is said to be pure.⁽¹⁰⁾

Harita has termed pure breast milk as "Mrudukshira". He states that mrudukshira adds satwa and beauty.

Ayurveda has described many characteristics of Stanya. According to all samhitas, the special features of stanya are as follows-

Table No.1: Qualities of milk and its modern correlation⁽¹⁰⁾

Ayurvedic terms	Modern correlation
Jeevanyiya	Contains vitamins
Bruhaniya	Roborant
Satmya	Easily acceptable
Sneha and snighdha	Rich in fats
Sthairyakara	Increases stability
Sheetal	Cool in nature
Chakushshya	Good for eyes
Balavardhak	Produces energy
Laghu	Easy to digest
Deepan	Digestive stimulant
Pathya	Valid food
Pachana	Improves digestion
Rochana	Appetizer

Table No.2: Qualities of milk according to Acharya^(10,11,12)

Name of Acharya	Quality of Milk
Kashyap	Rich in sneha, smoke colored
Charak	Milk is nutritious and health giving Dissolves with completely water
Sushrut	Like color of conch shell, neither floats nor settles dissolves with water completely
Ashtang Sangraha	Dissolves with water, provides good health.
Bhavprakash	Mixes evenly with water, free of thread, thin and cold.
Madhav nidana	Mixes with water, free from discoloration yellow in color, pleasant sweet in taste
Harita	Adds satva and beauty.

Table No. 3: Collective characteristics of prakrut stanya

Shankhavabhasam	colour like conch shell
Madhur rasa	Sweet to taste
Atantuman	without threads in it
Tanu	thin
Sheetal	cold
Afenil	without froth
Duhyamanamudakam	mixes evenly with water
Balavardhak	gives strength
Arogyakar	Gives health

Stanyadusti Concept:

Charak has mentioned the character Tridosha and Stanyas of vatapradhan, pitta pradhan and kaphapradhanstanya in Sharirsthana of Charaksamhita. Madhav Nidan has stated the symptoms of stanyadushti in neonates. This makes an easy diagnosis of stanyadushti.

Vatapradhan Stanya :

“श्यावारुणवर्णमकषायानुरसमविशदमनालक्ष्यगंधमरुक्षंद्रवफेनिलमलघ्वत्
प्लीकरामकर्शनमवातविकारणामकर्तृवातोपसृष्टक्षीरं अभिज्ञेयं”
(च.शा. ८/५५)

Milk vitiated by vayu is blackish brown or pinkish in colour. It has kashaya-anurasa. It is vishada (nonslimy), has indiscernible smell, is ruksha (dry) drava (liquid), frothy and laghu. It does not give satisfaction to the child, produces emaciation and various disorders of vata.

Some other characteristics of vatadushtastanya are- it floats on water. It has tikta-anurasa. It produces flatulence, oliguria and constipation.

“वातदुष्टं शिशुः स्तन्यपिबतवातगदतुरः।
क्षामस्वरः कृशांगस्यादबध्वितमूत्रमारुतः।” (मा. नि. ६/५१)

When a child takes vata dushta stanya, he shows weak cry, is scraggy and suffers from suppression or retention of urine and faeces.

Pitta Pradhan Stanya:

“कृष्णनीलपीतताम्रावभासमतीक्ताम्लकटूककानुरसम
कुणपरुधिरगन्धिभृशोष्णमपित्तविकारणामकर्तृचपित्तो
पसृष्टक्षीरभिज्ञेयं” (च.शा. ८/५५)

Milk vitiated with pitta, is black, blue, yellow or coppery in colour. It possesses tikta, amla and katu anu rasa. It smells like blood or dead body. Such Stanya is very hot and produces disorders of pitta.

Some other characteristics of pitta dushta stanya are- produces yellow streaks in water and vidaha to the child.

Symptoms seen in child are-

“स्विन्नोभिन्नमलोबालः कामालापित्तरोगवान।”
तृष्णालुरुष्णसर्वांगपित्तदुष्टपयः पिबन।” (मा. नि. ६/५२)

According to Madhav Nidana, when a child consumes pitta dushta stanya, suffers from excessive perspiration, diarrhoea, kamala and other disorders of pitta. He feels excessive thirst and body parts become hot. The milk settles down in the water.

Kapha Pradhan Stanya:

“अत्यर्थशुक्लमतीमाधुर्योपपन्नं लवणानुरसमघृततैलवसामज्जाग
न्धिपिच्छीलमतंतुमतउदकपात्रे वसीदच्छेशमविकारणाम
कर्तृश्लेष्मोपसृष्टक्षीरं अभिज्ञेयं” (च. शा. ८/५५)

The milk vitiated with kapha is excessively white and sweet, has lavana anurasa, smells like ghrita, oil, fat or marrow. It is pichchhil, has tantu (thread like structure). It settles down in water and produces various disorders of kapha. Other characters are- it is Ghana and causes over sleeping. Symptoms in the child are as follows-

“श्लेष्मदुष्टं पिबन् क्षीरं लालूः श्लेष्मरोगवान्।

निद्रसर्दितो जडः शुनो रक्ताक्षच्छर्द्दः शिशुः।” (भा.नि. ६८/३)

The child who consumes shleshma dushta stanya suffers from excessive salivation, various disorders of kapha, always feels sleepy, is numb or idiot, has swelling of face and eyes and have vomiting. The child may suffer from diseases like balashosha and phakka.

Dvandvaj Stanyadushti:

“संसृष्टलिंगमसंसर्गात्” (A.H.Ut 2/4)

When milk vitiated with two doshas simultaneously, physical characters of both doshas appear and child also manifests the symptoms of both doshas.

Sannipataj stanyadushti-

“त्रिलिंगमसन्नपातिकम्।” (A.H.Ut 2/4)

Milk vitiated with all doshas together exhibits physical characters as well as symptomatology of all doshas.

Stanya Parikshana based on dosha dushti, helps to cure the symptoms seen in child. Though vitiation of milk occurs in the body of the mother, abnormalities caused by this are produced in the child. Because the doshas reach the child from breast milk and produce certain vyadhis. Hence stanya parikashana plays a major role in the management of stanya dushti.

Table No. 4: Concept of Stanya Dushti According to Samhita

Name Of Samhita	Doshas	Types
Charak	VATAJ	Virasa Phensanghata Rukshat
	PITAJ	Vivarnata Daurgandhya -
	KAPHAJ	Atisnigdha Pichchila Guruta
Ashtang-Hridaya	VATAJ	- - -
	PITAJ	- - -
	KAPHAJ	- - -
	SANNIPATAJ	- - -
Harita	VATAJ	Alpashirata - -
	PITAJ	Ushnashirata Amlashirata -
	KAPHAJ	Ghanshirata Ksharshirata -

Table No. 5: Stanyadushti diseases described by charak

Dosha	Type	Disease
Vataj	Virasta Phensenghata	Durbalata (weakness), Vrudhi-rodh (growth retardation) Swarkshinta, mala, mutra vayu avarodh, Shirshool, Peenas.
Pitaj	Rukshata Vaivarnya Durgandha	Balhani Swadadhikya, Trishna. Pandu, Kamla
Kaphaj	Snghdha Pichhil Guru	Charrdi, Lalastrav, Ksa, Shwas, Tamakshwa Lalastrav, Mukha, Netrapradeshishoth Hrudroga

Table No. 6: Stanyadushti disease according to other acharyas

Samhita	Types	Diseases
Ashtang Sangrah	Tridoshadushta	Ksheerlasaka
Harita	Ghanshira	Utphullika
Kashyap	Katu, Tikta Rasa Sannipata Dosha Swadu, Katu rasa	Shakunigraha Skandh, Shashtigraha Putana graha.

Discussion:

Different samhitas including Brihatrayee have mentioned the specific characteristic Parikshana for breast milk examination. Stanyaguna, Stanya Sampata, Prakrut Stana, Stanyadushti and its chikitsa, Dhatri has also been discussed as well.

Stanyadusti (breast milk vitiation) is a unique concept mentioned only in ayurvedic text. As breast milk is the exclusive feed for the neonate, it should be examined for its purity before feeding. Otherwise vitiated breast milk may cause certain diseases like Utphullika, Kshiralasak and produces symptoms like Adhmana, Lalastrava, Vidaha.

In Ayurveda different Samhitas have put different ways for breast milk examination. Madhav Nidana has considered the signs and symptoms seen in the child produced after breast feeding to examine the Stanya dusti. While Charaka, Sushruta and Vagbhata have been considered the characters of stanya itself to check its purity. Kashyapa without mentioning any physical characters of stanya says that pure milk is that which provides easy and good growth as well as good health to the child and it does not cause any pain or trouble to the child.

There are various single herbs as well as formulations mentioned in ayurvedic texts to normalize the dusta stanya by giving those herbs to mother or Dhatri. So our acharyas not only gave emphasis to the stanyajanan aushadh but also stanyasodhan gana to provide quantitatively as well as qualitatively best milk to newborn for better growth and development.

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