Role of Stanyadushti as an etiological factor in malnourished children

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ABSTRACT:

Stanyadushti described by all Acharyas in our Samhitas is an unique topic related with feeding mothers & children. When breastmilk gets vitiated due to vitiated doshas in mother then it causes disturbance of metabolism in children (infants) receiving same. It can be said that Stanyadushti plays a key role as an etiological factor in malnutrition especially in young infants.

KEYWORD: stanyadushti, malnutrition, etiological factors
INTRODUCTION:

Breastmilk is thought to be the best form of nutrition for neonates & infants. This dynamic fluid provides a diverse variety of bioactive substances to the developing infants during critical periods of brain, immune system & gut development. Acharya Vagbhat mentioned it as best thing for the baby’s growth & development.

But when this breastmilk gets vitiated due to vitiated doshas in mother, then it leads to diseases. The biochemical & metabolic changes in mother are transferred through milk to the child. The diet (ahara) & activities(vihara) of the mother which are responsible for aggravation of doshas in her body in turn results in diseases caused by the same dosha in the infant also. Depending upon the dosha affecting breastmilk, various symptoms of malnutrition are seen in babies.

Malnutrition ins a pathological state resulting from a relative or absolute deficiency or excess of one or more essential nutrients. This is either due to an inadequate diet or problems absorbing nutrients from food.

For young infants aging 6 months to one & half year, breastmilk is the prime source of food & nutrients. When this breastmilk is vitiated by doshas the nutrients are not properly absorbed by the baby leading to malnutrition.

Material & methods

References from our Brihattrayi help to enlighten this concept of stanyadushti as a hetu for malnutrition.

Etopathogenesis of milk vitiation

Intake of unsuitable and incompatible items during indigestion (ajirna), irregular and excessive intake of food, regular intake of salty, sour, pungent alkaline and decomposed food items, mental and physical stress, night awakening, excessive mental work, suppression of natural urges & forcibly initiation of natural urges, day sleep, excessive indulgence in wine, lack of physical exercise, injury, anger, lean & thin caused by illnesses, dosha reaching the milk-carrying vessels and result in vitiation of breastmilk.

Disorders / symptoms produced by Vatadoshavitiated milk-

Due to use of ruksha etc. properties containing dietetics & mode of life causes vitiation of vata and taste of milk gets altered

Vitiated vata

Vairasyata in milkphena-samghataRoukshya

(Abnormal taste, tasteless BM) (frothy) (non unctuousness)
Normal sweet taste of reaches to the breast vitiation of vata is altered churns the milk child either refuse to suck this formation of froth desiccates the fatty milk or gets ematitation substances of milk

Altered growth &Development Breast milk is ejected milk becomes ruksha with difficulty (i.e. lacking Sneha or nutrients in milk)

Malnutrition. Breast milk is lacking its normal consistency (probably loss of strength (can be due to altered composition said as loss of immunity of nutrients) to combat with diseases)

Causes weak cry. Child may suffer from Retention & suppression of loss of vigor & vitality. Feces, urine & flatus.

Altered growth Malnutrition.

Malnutrition.

Vitiated pitta

Vaivarnya Dourgandhya
(Discoloration) (Abnormal smell)
Vitiated pitta in breast produces blue, yellow/black hue in milk.

Pitta vitiated milk produces foul smell in the milk.

Child fed on this milk suffers from excessive perspiration, from Pandu (Anemia) & Kamala thirst and diarrhoea (Jaundice) probably due to altered Agni.

This results in loss of nutrients from body.

Altered growth

Malnutrition.

Vitiated kapha

Atisnigdha Picchila (slimy) Guru (Heavy) (Abnormal, excessive unctuousness)

Kaphadoshaby Vitiated kapha makes breast milk excessive pichchila (slippery) into breast & makes breast milk guri, i.e., heavy for

Milk is highly unctuous Breast milk becomes viscous digestion & produces heaviness in the body

Child getting this milk Not easily digested

develops vomiting’s Produces Hridroga
tenesmus, excessive salivation Excessive salivation, dullness, (cardiac disorders) (features of indigestion) edema of eyes & face Pratishyay, Ksheeralasak like kaphajvikara

All this strotasaare constantly Malnutrition Altered absorption
smeared or covered Malnutrition &
absorption

Affected Dhatu poshana Malnutrition

Child suffers from excessive
Sleep, dyspnea, cough,
excessive salivation, giddiness

Altered absorption of nutrients

Malnutrition.

Thus, this breast milk which is a complete food for a baby upto first 6 months of life, plays an important role in maintaining health of the baby. Breast milk, whenever gets vitiated it creates disturbance of equilibrium in the baby who consumes it & produces symptoms, group of symptoms or a disease depending up on the anshansha Kalpana of dosha in breast milk.

Samprapti of dushtastanyajanyavikaras. Most of the times it is seen that these doshas alter with the metabolism & growth & development of baby.

Study of these different types of stanyadushti helps in ruling out the exact cause of failure to grow or thrive in infants. It also helps in management of malnutrition caused by dushtstanya according to dosha, prabhav & guna (hetuvaparichikitsa) shodhana of dhatri is the best treatment suggested by the samhitas. Practically it is seen that lactating mothers are reluctant for shodhana like Vamana or virechana.

In this situation stanyashodhakdravyas are helpful in managing the condition. According to sampraptijanyadosha & guna, stanyashodhakdravyas can be used to treat the malnutrition caused by stanyadushti.

Considering this we can conclude that stanyadushti plays an important role in etiology of malnutrition in infants. Study
of these *stanyadushtikar* factors helps in both prevention & management of malnutrition in infants. In the management of *dushtstnyajanyavikaras* both mothers & baby are treated, method of which is elaborated in following chart.

**Treatment of dhatri**

<table>
<thead>
<tr>
<th>Stanyajanan</th>
<th>Stanyashodhana</th>
<th>Doshchikitsa</th>
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This treatment is given

Drugs used for according to different *shamanShodhan* improvement amount *lakshanasi.e. Vaivarnya* & quality (*Gunas*) of *vaigandhya* etc. [*Which Lakshankirst vaman*]

breast milk. is mentioned in detail [*Stanyashodhan*] is given.

by Achrya Charaka

**Aahar Virechan**

[Modification In diet.]

**Avashishtadoshnashan Aahar**

For Vatta - *Shashtikshali*

For Pitta - *Priyangu*

For Kapha - *Yavakordush*

**CONCLUSION**

There are many diseases like *Phakka, parigarbhi* which *dushtstanyais* mentioned as one of the causative factor for the disease. Also, these diseases simulate with malnutrition. But in these diseases there are some special conditions where *stanyadushti* acts as etiological factor like *garbhajaphakka.

Apart from these special diseases in day to day life we see children with symptoms of malnutrition specially undernutrition. These symptoms may or may not be the part of actual disease but the etiological/causative factor behind these symptom is surely *stanyadushti* which has been neglected for years.

So, this article helps in understanding the exact role of individual type of *stanyadushtias* an etiological factor of malnutrition. Once the exact causative factor is detected. It
becomes easy to prevent & treat the condition like malnutrition in infants and young children. Along with malnourished infants their mothers can be treated for stanyadushti and ongoing sampapapti can be prevented and the condition can be controlled much earlier. There is future scope in the field of research to find out specific factors affecting metabolism of breast milk in stanyadushti.

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Cite this article:

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