NEED OF TREATMENT OF STANYA DUSHTI IN CHILDRENS’
SYMPTOMS: A CASE STUDY.

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ABSTRACT

Background: Breast feeding is advocated from very first day of life. Though breast milk is a source of valuable ingredients for baby, it can also be a source of many diseases, if it is vitiated. Many diseases and drugs can get transferred to infant via milk. Different signs and symptoms are seen in stanya and baby according to dosha responsible for stanya dushti. Case Study: A 24 years old female patients visited OPD of Prasutitantra and Strirog department with following complaints of Stanashula (Pain in breasts), Stanagaurav (heavyness in breasts), Kshudhamandya (Anorexia), Hrullas (Nausea). The child of that lady, age 4 months, was having symptoms viz. La-lasrav (excessive salivation), Chhardi (Repeated vomiting), Nidralu (Sleepiness), Nasasrav (running nose), Kasa (cough), Stanyadvesh (Not feeding well), Adhman (Abdominal distension). Tab. Agnitundi vati, Tab. Lasunadi vati and Stanyadushtihar Kwatha were prescribed for 15 days. Discussion: Most of the contents of treatment were of tikta, katu, kashaya rasa, katu vipaka; ushna veerya and laghu ruksha guna. All these properties are opposite to properties of kapha dosha. These drugs might have brought vitiated kapha to normal state. The digestive power was improved with aamapachan by agnitundi vati and aamapachak vati. Conclusion: Stanya dushti should be considered as etiological factor in many symptoms and signs of babies.

Keywords: Stanya dushti, symptoms in children, Ayurvedic management.

1. INTRODUCTION

Infants are solely dependent on breast milk for growth and development. Breast milk contains all necessary ingredients for growth of baby. That is why breast feeding is advocated from very first day of life. Breast milk consists of lactose sugar, proteins, fats, vitamins, which are not only useful for growth but also to fight against many deficiency syndromes / diseases in children. The milk gives immunity to infants against many diseases due to immunoglobulin and antibodies present in it. Though breast milk is a source of valuable ingredients for baby, it can also be a source of many diseases, if it is vitiated. Many diseases and drugs can get transferred to infant via milk. If mother didn't take precautions during eating and behavioral habits, doshas get vitiated. These Doshas enter the Ksheeravaha rasayanis (the milk ducts) and vitiate the breast milk and this milk cause different diseases in children/ infant who feeds on such vitiated breast milk.

According to Ayurveda, child life is distributed in 3 stages. Ksheerap (feeding on breast milk), ksheerannad (feeding on breast milk and other food) and annad (feeding on food). Their health is preserved by adusta (normal) breast milk (ksheera) and anna; while diseases are caused due to dushta ksheera and

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Different signs and symptoms are seen in stanyas and babies according to dosha responsible for stanya dushti. Ignoring these signs and symptoms of stanya dushti can cause many diseases in babies including ksheeralasak which is cause due to vitiatio of tridoshas. Stanya dushti due to kapha dosha is seen often. Breast milk when vitiato due to kapha dosha is ghanas and picchhil in nature (semisolid and sticky). It sets down to bottom when added in water. The milk vitiato by kapha dosha causes excessive salivation, sleepiness, edema at face and eyes, vomiting and heaviness in body in children. Many diseases of kapha dominance are seen in babies.

When there is stanya dushti due to kapha dosha, vaman is advised to both baby and mother. Saindhav, Madanphala, Yash-timadhu kalka is to be applied to mother's breasts and lips of baby which will make baby vomit easily (vaman). Tikshna vaman is advised in mother with Vacha, Sarshap, Pippali etc. Followed by samsarjan kram. After samsarjan kram, shaman treatment is advised with various formulations by different acharyas. In today's era of modern medicine symptoms in babies are treated by giving medicines to them and etiological factors like stanya dushti are ignored. That is why symptoms appear repeatedly hampering proper growth and development in babies. Ayurveda in contrast had given prime importance to the treatment of mother in such cases. We came across such cases during OPD and treated accordingly. Present case study is representative of such cases and is being shared to exchange and put forth ancient wisdom of our science which can be a corner stone in treating diseases or symptoms seen in children.

**2. CASE REPORT**

A 24 years old female patients visited OPD of Prasutitantra and Strirog department with following complaints of Stanashula (Pain in breasts), Stanagaurav (heavyness in breasts), Kshudhamandya (Anorexia), Harrulas (Nausea). The child of that lady, age 4 months, was having symptoms viz. Lalasrav (excessive salivation), Chhardi (Repeated vomiting), Nidralu (Sleepiness), Nasasrav (running nose), Kasa (cough), Stanyadvesh (Not feeding well), Adhman (Abdominal distension). Child was FTND with 2.8 kg weight at birth. No congenital anomalies were found at birth. Child and mother were healthy for up to 3 months. Symptoms started gradually in baby. Treatment was taken at family physician and pediatrician. Symptoms were relieved but appeared again and again after stopping the treatment. Hence patient visited to our hospital OPD. After detailed history we came to know that mother was having food like excess milk products, curd, sweets, and eating many times in daily routine. Mother was having habit of sleeping at day time after food.

Mother's breast milk (stanya) was checked and found following qualities: Milk was ghanas than normal and slightly picchhil (sticky). When stanya was added to water the milk settled down to bottom. All symptoms and signs seen in mother, child and breast milk were pointing towards the diagnosis of kaphaja stanya dushti. Tab. Agnitundi vati 500 mg twice a day after meal (adhabhakta), Tab. Lasunadi vati 500 mg twice a day after meal (adhabhakta) and Stanyadushthihar Kwatha7-14 (stated by Vagbhata) 50 ml twice a day after meal (adhabhakta) were prescribed for 15 days. Mother was asked to take light meal containing jwari roti, mug dal, vegetables. She was also advised to take lukewarm water for drinking, to avoid milk and milk products, curd, stale food, sweets, meat in meal and to avoid sleeping during day.
3. DISCUSSION

Assessment of therapy was done with symptoms and signs before treatment, on 7th day during treatment and on 15th on completion of treatment. At the end of day 7, symptoms showed mild relief and overall condition of mother and child was improved. At the end of treatment symptoms of mother, child and stanyay dushti were completely vanished and signs of suddha stanya were observed.

Rasa dhatu is the first body element formed after digestion of food. Stanya is formed from ahara rasa in stanavahi shira when ahara rasa enters in it. Stanya is labeled as upadhatu of rasa dhatu by Sharangadharma. So, if digestive power at stomach (jatharagni) and rasavaha strotas (rasa dhatvagni) is normal, proper Rasa dhatu and its byproducts (Upadhatu-Stanya, Raja and mala-Kapha) are formed. Suddha stanya (normal & healthy breast milk) is that, which mix completely with water when added to water, sweet in taste, white in colour and whose colour is not altered also which is clean without any dirt is suddha stanya. According to Sushruta colour of stanyay is like shankha. Stanya gets vitiated due to improper food taken by mother or wet mother and can cause many diseases in children. So, it is important to make sure that the breast milk is pure. According to Madhav nidan, mother's breast milk gets vitiated due to different types of doshas which are vitiated by guru ahar (hard to digest) and this milk is responsible for different diseases in babies. The factors responsible for vitiation of milk according to Charaka are mentioned in Table No. 1.

As there was kapha vitiation and mild decrease in digestive power (agnimandya), medicines which increase digestive power and reduce vitiated kapha were used. Mother was given Tab. Agnivardhan vati, Tab. Lasunadi vati for agnivardhan (increase in digestive power) and aampachak. A decoction of herbal formulation described by Acharya Vagbhata i.e., Stanyadushtihar Kwatha containing Bilva, Amla, nimantha, Shyonak, Patala, Kashmari, Vacha, Musta, and Ativisha (Latin names are mentioned in Table No. 2) was given to mother along with tablets. Kapha dosha has guru, sheeta, mruudu, snigdha, madhur, shir, picchhil guna (properties). Ahara (food) and vihara (lifestyle) of above-mentioned gunas increase kapha dosha while ahara (food) and vihara (lifestyle) of opposite guna decrease kapha dosha. Contents, properties and actions of above treatment is summarized in Table No. 2

According to Acharya Charaka, desh (region), matra (dose), kala (season), and bleshaja of opposite guna are capable of cure of treatable diseases. Drugs and food of kashaya, katu and tikta rasa decrease vitiated kapha dosha while those of madhura, amla, lava rasa increase kapha dosha. Most of the contents of treatment were of tikta, katu, kashaya rasa, katu vipaka; ushna veerya and laghu ruksha guna. All these properties are opposite to properties of kapha dosha as discussed above. These drugs might have brought vitiated kapha to normal state. The digestive power was improved with aampachan by agnivardhan vati and aampachak vati. So, the food taken by mother was digested properly and normal body elements including stanya might have formed. The guru, picchhil ghana guna of stanya is removed with laghu and ruksha guna of drugs.

Babies / children symptoms and diseases mostly are acquired from mother, either by transmission through touch or feeding in early stage of life. The view of modern medicine about treating child is child centered. This may miss etiological factors from mother and symptoms appear repeatedly. Ayurveda’s approach is about treating root cause. Another view is prevention. If dietary and behavioral habits of mother are proper vitiation of breast milk is avoided and proper breast milk is formed. Thus, suddha stanya helps in proper growth and development of baby. Proper examination and determination of specific dosha for specific treatment is necessary. Expertise comes with experience. Sometimes if milk is more vitiated, body purification of mother and baby with pan-
chakarma might be needed before treatment with different formulations described for stanya shodhana. Many medicines in this treatment are natural, easily available and without any adverse effects.

4. CONCLUSION

- Stanya dushti should be considered as etiological factor in many symptoms and signs of babies.
- Medicines used are natural, easily available, compatible and don't cause any adverse effects in babies.
- Proper dietary and behavioral habits should be maintained by mother to avoid stanya dushti during breast feeding.
- More data with more patients is required to collect and analysed with reference to modern medicine with multiple formulations to decide specific treatment protocol.
- Study should be done to know the mode of action of drugs in stanya dushti.

REFERENCES


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Table 1: Hetu (Causes) for Stanya dushti in mother

<table>
<thead>
<tr>
<th>Aharja hetu (Food)</th>
<th>Viharaj hetu (Lifestyle)</th>
<th>Manas hetu (Mental)</th>
<th>Other causes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food causing ajirna Asatmya ahara Vishamahar Taking excess food Lavan, amla, katu rasa ahara Stale food Excessive is of jag-gerry, curd Kapha dosha vardhak ahara Meat of domestic and aquatic animals Madya (liquors)</td>
<td>Unsound sleep at night Ratri jagarana Vega dharana (Holding up natural urges) Diwaswapa (Sleeping at day time after eating) Excessive exercise</td>
<td>If mother is suffering from Mental illness Excessive worry Anger</td>
<td>If mother is suffering from physical illness Trauma Chronic diseases, Loss of weight</td>
</tr>
</tbody>
</table>

Table 2: Medicines used in treatment

<table>
<thead>
<tr>
<th>Drug</th>
<th>Latin name</th>
<th>Rasa</th>
<th>Vipak</th>
<th>Veerya</th>
<th>Guna</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bilva</td>
<td>Aegel marmelos Linn.</td>
<td>Katu, Tikta, Kashaya, Madhura</td>
<td>Katu</td>
<td>Ushna</td>
<td>Guru, Ruksha</td>
<td>Deepan, pachan, sangrahi, va-takaphaghna, krumighna</td>
</tr>
<tr>
<td>Agnimanta</td>
<td>Premna integrifoli Linn.</td>
<td>Tikta, Katu, Kashaya, Madhura</td>
<td>Katu</td>
<td>Ushna</td>
<td>Laghu, Ruksha</td>
<td>Shothahar, kaphavatahara, vedanasthapan, pandughna</td>
</tr>
<tr>
<td>Shyonak</td>
<td>Oroxylum indicum Vent.</td>
<td>Tikta, Kashaya</td>
<td>Katu</td>
<td>Ushna</td>
<td>Laghu, Ruksha</td>
<td>Deepan, grahi, vata-kaphakasahar</td>
</tr>
<tr>
<td>Patala</td>
<td>Stereospermum suaveolens DC.</td>
<td>Tikta, Kashaya</td>
<td>Katu madh ur</td>
<td>Anushna</td>
<td>Laghu, Ruksha</td>
<td>Tridoshahar, aruchi, chhardi, trushna, hikka, shwas-shothahar</td>
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<tr>
<td>Kashmari</td>
<td>Gemelia arborea Linn.</td>
<td>Tikta, Kashaya, Madhura</td>
<td>Katu</td>
<td>Ushna</td>
<td>Guru, Snigdha</td>
<td>Deepan, pachana, medhya, bhedan, vata-pittahar, trushnahar, mutrasangrahi</td>
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<td>Musta</td>
<td>Cyperus rotundus</td>
<td>Tikta, Katu, Kashaya</td>
<td>Katu</td>
<td>Sheeta</td>
<td>Laghu, Ruksha</td>
<td>Deepan, pachana, kapha-pitta-rakta viharhar, jwar-trushna-aruchihar, krumighna</td>
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<tr>
<td>Vacha</td>
<td>Acorus calamus Linn.</td>
<td>Katu, Tikta</td>
<td>Katu</td>
<td>Ushna</td>
<td>Laghu, Ruksha</td>
<td>Medhya, unnad-apasmarhar, kapha-vatahara, hrudy, krumighna</td>
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<td>Ativisha</td>
<td>Aconitum heterophyllum Wall.</td>
<td>Katu, Tikta</td>
<td>Katu</td>
<td>Ushna</td>
<td>Laghu, Ruksha</td>
<td>Deepan, pachana, kapha-pittahar, chhardi-atisar-aamvisha-kasa har</td>
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<tr>
<td>Agnitundi vati</td>
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<tr>
<td>Aampachak vati</td>
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