

AN AYURVEDIC REVIEW OF BREAST MILK

¹*Dr. Roshan V. Dhumale and ²Dr. Vijaykumar U. Gawai¹M.D. (Scholar), Department of Kaumarbhritya, Government Ayurved College, Nanded.²Professor & H.O.D. Department of Kaumarbhritya, Government Ayurved College, Nanded.

*Corresponding Author: Dr. Roshan V. Dhumale

M.D. (Scholar), Department of Kaumarbhritya, Government Ayurved College, Nanded.

Article Received on 14/08/2017

Article Revised on 03/09/2017

Article Accepted on 24/09/2017

ABSTRACT

Ayurveda gives due importance on good nutrition at every stage of life, in order to preserve health of an individual. Breast milk is optimal food for almost all infants In the first year of life. Ayurvedic text describes the *Ksheerap* stage of child, in this the children up to one year of age have their main diet as milk. Ayurvedic and modern texts both describes breast milk in detail. Ayurvedic scholars have praised breast milk and mentioned many benefits of it. As per modern aspect, the 1st breast milk called as COLOSTRUM should be fed to baby as it contains the antibodies which protects baby from many diseases. On other hand Ayurveda describes the 1st milk secrete after 3-4 days of delivery is called as *PIYUSH* or *MORAT*, which is *guru* and *kaphakarak* in nature and that's why it is contraindicated for baby. In ayurvedic texts, *stanya nirmiti* (formation of breast milk), causes of *stanya pravritti* (breast milk ejection), *stanyasampat* (merits of breast milk), *stanyakarya* (functions of breast milk), *stanya mahattva* (importance of breast milk), *stanya vikruti* (disorders of breast milk), *stanyavidhi dravyas* (drugs increasing quantity of milk) etc. are discussed in detail.

KEYWORDS: Breast milk, *Stanya nirmiti*, *Stanya pravritti*, *Stanyasampat*, *Stanyakarya*, *Stanya mahattva*, *Stanya vikruti*, *Stanyavidhi dravyas*.

INTRODUCTION

Good nutrition is essential for the rapid growth and development that occurs during baby's first year of life. Breast milk is an ideal for a normal neonate. It is best gift that a mother can give to her baby. Ayurvedic scholars have praised breastfeeding and mentioned many advantages of breast milk in ancient scriptures. Exclusive breast milk to the baby is indicated till 6 month of age. In absence of breast milk baby can be fed with goat or cow's milk. This animal milk should be processed with some drugs and sugar, so that the animal milk becomes light and easy for digestion.

AYURVEDIC REVIEW

1. Definition of *Stanya* (Breast milk)

"*Maturev pibet stanyam tatparam deh vrudhhyate |*"
- *Ashtanghruday. U. 1/15*

Stanya is formed from *rasa* or *Prasad* part of *aahar rasa* and is said to be the *updhatu* of *rasadhātu*. As per *Acharya Sushruta*, when food gets digested, the *aahar rasa* is formed. That *madhur* and *Prasad* part of *aahar rasa* flows into whole body and this flowing part is called as *Stanya*. According to *Acharya Charaka* as well as *Kashyapa*, when the pregnant lady eats the *shadarasyukta aahar*, it is then divided into 3 parts. The 1st part is utilized for nourishment of her own body, 2nd part is used for formation of breast milk and 3rd part is

for development and nourishment of foetus. Normal *Stanyapramana* is 2 *anjali*.

2. *Stanya Nirmiti* (Formation of breast milk)-

"*Rasa prasado madhurah (pakwahara) -nimittajah |*
Krutsna-snehat stanaau praptah
stanyamivyabhidheeyate ||"
- *Sushrut. Ni. 10/18*

From digested food i.e. *pakwa aahar*, the *madhur* and *Prasad* part of *rasa* flows into the whole body by *Vyan vayu* and through arteries that *Prasad* part is reaches into breast and breast milk gets secreted.

3. *Stanya sampat* (Characteristic's of normal breast milk)-

"*Stanya-sampatu prakruti-varna gandha-rasa-sparsham,*
udakpatre cha |
Duhyamanmudakam vyeti prakruti-bhutatwat, tatpushti-
karamarogyakaram cheti ||"
- *Charak. Sha. 8/54*

The breast milk which has *varna*, *gandha*, *rasa*, *rupa*, and *sparsha* in *prakrut* condition and which mix in water completely, such milk is beneficial to baby.

4. Properties of *Stanya*-

"*Tatwanekaushadhi rasa prasadam, pranadam guru |*

Madhuram pischhilam sheetam snigdham shlakshnam sara mrudu ||

Sarv prana-bhrutam tasmāt satmya ksheermihochhate |

- *Sushrut.Su. 45/48*

Depending upon the effect on child and physical characters of pure breast milk, the *Acharya Charaka*, *Sushruta* and *Vagbhata* have described the *stanya* as *madhur rasatmaka* (sweet), *kashay anurasatmaka*, *sheet*, *laghu*, *pathyakar*, *jeevaniya*, *bruhaniya* (anabolic), *deepaniya* (digestive), *satmya* (favourable/wholesome).

5. *Stanya pravritti-*

“Siranam hrudayasthanam vivrutatwat prasutitah | Trutiyeahi chaturthe va streenam stanyam pravartane ||”

- *Ashtangsangrah. U.1-11*

According to *Acharya Sushruta* and *Vagbhata*, after delivery on 3rd or 4th day *hridayasthit sira's* or *dhamnies* open up or dilates and milk secretes through it. Lactiferous ducts and sinuses are present in breast. According to *Acharya Kashyapa*, the love and affection about a child is one of the cause responsible for *stanyapravartan*. According to *Acharya Sushruta*, the touch, the site, missing to a child and affection causes ejection of milk.

6. *Stanyakarya (Function's of breast milk)-*

“Naryastu madhuram stanyam kashayanurasam hitam | Nasyaashchotanayoh pathhayam jivanam laghu deepanam ||”

- *Sushrut. Su. 45/57*

Breast milk is naturally clean and sterile, protects the baby from many infections and diseases. It increases the immunity of a child against a variety of bacteria and protect the infant from many diseases. Breast milk is always available at right temperature, suitable for a child. It serves as good store of IgA and Lactoferrin. *Stanya* is *vatahar*, *pittahar* and *raktadoshahar*, *abhighatjanya* and gives instant relief in eye disorders. It is *laghu*, *sheet*, *deepaniya*, *satmya*, *snigdha* and used for *nasya* in *raktapitta* and *aaschotan* in *netraroga*.

7. *Stanya mahattva (Importance of breast milk)*

In *Brihatrayi* and *Laghutrayi* of *Ayurveda*, many *Acharya's* have described the importance of *stanya*. *Stanya* is said to be a complete food for babies and is *Satmya* for all. Nursing helps to create a strong emotional bond between a mother and her newborn. Breast milk is a complete nutrition for an infant and it also provides digestive enzymes, minerals, vitamins and other necessary ingredients, which are required for growth of child. The amino acid tryptophan present in milk helps the baby to acquire a sound sleep during night time.

8. *Stanya vikruti (Disorders of breast milk)-*

There are 2 types of *stanya vikruti* as follows- *stanyakshaya* and *stanyavridhhi*.

In *stanyakshaya*, the breast doesn't secretes adequate breast milk as breast becomes shrink. As a result of this baby becomes weak, lethargic and thin.

In *stanyavridhhi*, the breast becomes full with the milk, as a result swelling occurs and breast secretes much milk continuously.

9. *Stanyavidhhi Chikitsa (Treatment)*

“Athasyah ksheera-jananaartham somanasyamutpaddya, yav-godhumshalishashtika-

Mamnsrasa-sura-sauveeraka, pinyak lashun-matsya-kasheruk-shrungataka-bisa-

Vidarikand-madhuk-shatavari nalikaalabu-kal-shak-prabhrutini vidadhhyat ||”

- *Sushrut. Sha. 10/31*

Acharyas describes various treatment formulations in case of *stanyakshaya* as cereals, meat, cow's milk, curd, sugar. Happiness, absence of anger, sorrow, fear and avoidance of excessive walking. Use of *stanyajanana dravyas* (drugs capable of increasing quantity of milk) as decoction of roots of *Shashthika*, *Shali*, *Ekshuvalika* (*Saccharum officinarum*), *Kusha* (*Desmostachya bipinnata*), *Darbha* (*Imperata cylindrical*), *Kasha* (*Saccharum spontaneum*), *Pestled tila* (*Sesamum indicum*), *Lashuna* (*Allium sativum*), *Sringataka* (*Trapa natans*), *Vidarikanda* (*Pueraria tuberosa*), *Madhuka*, *Shatavari* (*Asparagus racemosus*) pestled with milk.

CONCLUSION

Breast milk serves both as a source of nutrition and immunological support for the developing infant. *Ayurvedic* text's describe in detail about disorders of breast milk and there effect on the child, importance and formation of breast milk, substitute milk, general treatment of *stanyakshaya*. In conclusion, significant and long-term health benefits are associated with breastfeeding for the individual mother, baby and society.

REFERENCES

1. GHAI- ESSENTIAL PAEDIATRICS - OP Ghai, Vinod Pal, Arvind Bagga. 8th edition 2013, CBS Publishers & Distributors Pvt. Ltd.
2. Manual of Paediatric Practice - Santosh Kumar. 4th edition 2014, Paras Medical Publisher.
3. Kaumarbjritya - Dr. Ayodhya Prasad Achal, chaukhamba Vidhyabhuwan Chauk, Varanasi, Published in 2002.
4. Kaumarbhritya - Vd. Nirmala Rajwade, Published by Vilas Andhare, The Maharashtra University book prouction Board, Nagpur.
5. Kashyap Samhita - Nepal Rajguruna, Pandit Hemraj Sharma. 2006,Chaukhamba Sanskrit Sansthan, Varanasi.

6. Charak Samhita (Poorvardha) - Bramhananda Tripathi. 2009, Chaukhamba Surbharati Prakashan, Delhi.
7. Sushrut Samhita (Vol.-1) – Ambikadatta Shastri. 2007, Chaukhamba Sanskrit Sansthan, Varanasi.
8. Ashtanghriday - Bramhananda Tripathi. 2009, Chaukhamba Sanskrit Pratishthan, Delhi.
9. Ashtangsangraha – Prof. Jyotir Mitra. 2016, Chaukhamba Sanskrit Series, Varanasi.