

ROLE OF STANYA SHODHAK MAHAKASHAYA WSR TO CHILD'S DEVELOPMENT

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ABSTRACT

Mahakashaya is one of the concept that is explained by *Acharya Charak* in *sutrasthana adhyaya* 4 named as *shad virechan shatashriti* *adhyaya*. In this *adhyaya* five hundred herbs are explained. These drugs are grouped into 50 groups 10 herbs in each. These 50 groups are termed as *mahakashayas*. As decoctions can be prepared of these herbs so they are termed as *mahakashayas*. Some decoctions are named according to their action in the body when they are administered. These decoctions make the body clean & healthy and strengthen the tissues. They are useful for both internal and external cleansing. Herbs useful for cleansing are termed to be *vamnopag & virechanopag*. In *Ayurveda* though breast milk is vital for children and infants but it may

be vitiated with *Dosha* (regulatory functional factors of the body) due to the faulty lifestyle of the *Dhatri* (wet-nurse or mother) which may lead to various type of morbidities in child according to predominance of *Dosha*. Ancient Ayurveda scholars have also mentioned effect of breast milk according to taste and texture along with management of morbidities caused by

these predominance's of *Dosha*. Ayurveda have stressed very much on this aspect and have given a detailed account of abnormalities of breast milk and their consequences. Knowledge of this fact is of key significance for the proper growth and development of a child. therefore, it is more relevant to create awareness about purification of *doshas* & child gets *shodhit stanya* for its proper development & betterment of health.

KEYWORDS: *Mahakashaya*, Decoctions, *stanya shodhak*, *Stanya*, *Dhatri*, Morbidity, Breast milk.

INTRODUCTION

Breast milk is thought to be the best form of nutrition key for neonates and infants. The properties of human milk facilitate the transition of life from in utero to ex utero. Human milk is a unique, species-specific, complex nutritive fluid with immunologic and growth-promoting properties. This unique fluid actually evolves to meet the changing needs of the baby during growth and maturation. Ensuring exclusive breastfeeding for 6 months has a potential to reduce under-5 mortality rate by 13%, by far the most effective intervention that is known to reduce newborn and child deaths.^[1]

Drug review^[2]

Patha mahausadha suradaru musta murva guduchi vatsakaphala kiratatikta kakaturohini sariva iti dasemani stanyasodhaani bhavanti.

Let us review the quality and action of these drugs in this table to make it more clear -

S.NO	Drug	Botanical name	Part used	Action
1.	<i>Patha</i>	<i>Cissampelos pareira</i>	Roots	Anti diarrhoeal, stabilizer, bitter tonic, absorbent etc.
2.	<i>Mahausadha</i>	<i>Zingiber officinale</i>	Rhizome	Digestive, carminative, anti flatulent, anti inflammatory, anti flatulent etc.
3.	<i>Suradaru</i>	<i>Cedrus deodara</i>	Stem	Anti inflammatory, analgesic, appetizer, stimulant etc.
4.	<i>Musta</i>	<i>Cyperus rotundus</i>	Rhizome	Digestive, antispasmodic, anti flatulent, absorbent, anti diarrhoeal etc.
5.	<i>Murva</i>	<i>Clematis triloba</i>	Stem	Anti pyretic, anti histaminic, digestive, appetizer etc.
6.	<i>Guduchi</i>	<i>Tinospora cordifolia</i>	Stem	Rejuvenative, blood purifier, anti pyretic, anti inflammatory etc.
7.	<i>Vatsaka</i>	<i>Holarrhena antidysenterica</i>	Seeds	Anti diarrhoeal, antipyretic, bitter tonic, anti biotic etc.
8.	<i>Kiratatikta</i>	<i>Swertia chirata</i>	Whole	Antipyretic, anti inflammatory,

			<i>plant</i>	<i>bitter tonic, liver stimulant, appetizer etc.</i>
9.	<i>Katurohini</i>	<i>Picrorhiza kurroa</i>	<i>Roots</i>	<i>Laxative, anti biotic, liver stimulant, appetizer, blood purifier etc.</i>
10.	<i>Sariva</i>	<i>Indian Sarsaparilla - Hemidesmus indicus</i>	<i>Roots</i>	<i>Blood purifier, coolant, cholegogue, antacid etc.</i>

Stanya when affected with any dosha –

S.no	Stanya	Dosha affected	Treatment
1.	<i>Stanya</i>	<i>Vaat</i>	<i>Dashmool</i>
2.	<i>Stanya</i>	<i>Pitta</i>	<i>tikta rasa and sheeta veerya viz. Shatavari, chandan, guduchi</i>
3.	<i>Stanya</i>	<i>Kapha</i>	<i>methika, sunthi, shatapushpa.</i>

Etiopathogenesis

Charaka and other scholars like Sushruta, Vagbhata and Madhava etc. have described the following etiological factors, responsible for vitiation of breast milk.^[3-5]

Nutritional factor

1. Consumption of non-congenital, unusual or unfavorable and incompatible foods.
2. Over eating.
3. Use of salty, sour, hot, alkaline and humid or putrefied articles.
4. Use of Pramanna.
5. A dish made of rice, milk and sugar boiled together.
6. Use of dishes made of jaggery, oil, curd, abhishyandi articles,
7. Meat of wild and aquatic animals living in marshy places.

Physical factors

Physical disorders, awakening in the night, suppression of natural urges and attempt to excrete feces etc. in the absence of their urge. Absence of exercise, trauma and emaciation.

Psychological factors

Over anxiety, anger etc. the doshas get vitiated, due to above factors and move through Kshira-vaha-siras, vitiated the milk and produce 8 types of milk disorders.

S.no	Milk disorder	Vitiated dosha	Effect on child
1.	<i>Vairasya</i>	<i>Vata</i>	Delayed growth
2.	<i>Phenil sanghat</i>	<i>Vata</i>	Retention or suppression of urine, faces, flatus, pinasa, head disorders.
3.	<i>Ruksha</i>	<i>Vata</i>	Suffers from loss of energy.
4.	<i>Vaivarnya</i>	<i>Pitta</i>	Discoloration of body, excessive sweating, no desire of suckling.

5.	<i>Daurgandhya</i>	<i>Pitta</i>	Anemia & jaundice
6.	<i>Atisnigdha</i>	<i>Kapha</i>	Vomitting, tenesmus. excessive salivation & sleep
7.	<i>Picchila</i>	<i>Kapha</i>	Excessive expectoration
8.	<i>Guru</i>	<i>Kapha</i>	Cardiac disorders & other disorders of milk.

By observing the clinical manifestations appearing in children due to consumption of vitiated milk, following interpretations may be given.

1. *Vataj stanya dushti*, indicate that there is deficiency of nutrients in milk, therefore, the child may suffer from emaciation etc. disorders produced due to malnourishment.
2. *Pittaja Stanya Dushti* may occur due to having blood or pus coming due to inflammation or abscess from breast. Thus, the child may suffer from fever etc. disorders.
3. *Kaphaj stanya dushti* indicates that this type of vitiated milk have relatively higher fat contents, which may cause mal-absorption of nutrients which may cause oedema, retardation of growth and development, especially hypoproteinemia.

Treatment of Milk disorders

Vitiation of milk is the disorder of *Dhatri* but child is the sufferer due to intake of milk. Therefore, while treating the *Dhatri*, the child should also be treated for disorders appeared. Medicines to the children are provided mainly through applying these over tastes of mother's breast. *Charaka* has also mentioned a group of drugs which specifically indicated for purification of breast milk (any type), which is known as *Stanya Shodhana Mahakashaya* and should be used as decoction. The *Dhatri* should be included for emesis, after giving her *Snehana*, she should be advised for *Samsarjana-karma*. After performing *Snehana* again, *Virechana* should be given, by giving due consideration to vitiates *Dosha, Kala and Bala*. *Samsarjana karma* is re-applied, after proper purgation.^[6]

The process described by *Sushruta* is slightly different from *Charaka*. He described that on slightly different from *Charaka* decoction of *Nimba* and *Magdhika, Mudga* is offered on next day. This whole process is repeated for 3, 4 or 6 days, followed by administration of *Triphala ghrita*.^[7]

Vagbhata has advised purification according to vitiation of *dosha*.^[8-9]

Kashyapa has adopted the principle described by previous scholars that the milk is purified by use of decoction, emesis, purgation, congenial diet and *ghrita*-medicated with the drugs of *Jeevaniya* group.^[10]

CONCLUSION

Ayurveda, the most ancient and authentic classic of Indian traditional medicine, emphasizes that breast milk also gets vitiated due to deeds of the lactating mother and lots of text is available regarding the causes, types and effects of vitiated breast milk on infant. Evidence from *Ayurveda* reveals that although breast milk is the complete food for infants and is vital also, still it may get vitiated when the lactating mother uses unwholesome diet and inappropriate lifestyle. *Kashyapa* says that the health and disease of the child depends upon the *Dhatri* (mother). Feeding of vitiated breast milk leads to various sufferings in children and which ultimately alter their growth and development. Therefore, the breast milk should be purified and after that only fed to the infants. Therefore, if breast milk is fed judiciously, it can help in proper nutrition and growth and development of a child.

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