



“An ayurvedic review of *baal madatyaya* with special reference to infant alcohol exposure.”

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ABSTRACT-

Breast feeding is the safest & fine technique for nurturing and optimizing toddler increase & fitness. The risks of ingesting alcohol while breast feeding however is not properly defined. Alcohol ate up through a lactating mother enters the breast milk & shows unfavorable results like deficit in motor improvement, decreased lactation performance & disrupted sleep-wake behavioral patterning in babies. *KashyapSamhita* is the simplest Ayurvedic text recognized & quoted the condition referred to as '*BalaMadatyaya*'. the prevailing article explores the similarities between the circumstance of *BalaMadatyaya*, explained in *Ayurveda* & toddler alcohol publicity through breast feeding /acute alcohol intoxication in toddlers. *murchha* (loss of recognition),

Prajagara (insomnia/sleep disturbances), *chhardi* (vomiting, aversion to wet nurse/breastmilk), *arati* (restlessness), *bhrama* (giddiness/disorientation), *vitrasa* (fear), *udvega* (tension), *trishna* (excessive thirsty) are the signs and symptoms of *baala madatyaya* that are just like toddler alcohol publicity via breast milk.

KEYWORDS-

Infant alcohol exposure, breast milk, Breast feeding, *Baal Madatyaya*,

INTRODUCTION-

Breast feeding is the safest & pleasant technique for nurturing & optimizing toddler boom & health^[1]. significant studies has been carried out into the outcomes of alcohol on the growing embryo & fetal alcohol syndrome has end up recognized as the foremost prevented non genetic motive of intellectual impairment. Not with standing

the famous folklore notion that ingesting alcohol whilst breast feeding will promote lactation & relax the infant & mother, the available studies presents evidence to the opposite. moms of breast feeding toddlers who drink pretty heavily ends in intoxication or toddlers were meals alcohol. even though the amount of alcohol ingested in breast milk is minute fraction of that fed on via the mom. previous have a look at revealed that such publicity might also subtly have an effect on the toddler's behavior in brief term^[2].

Samhita is the only textbook identified or quoted the circumstance known as *Bala Madatyaya* (acute alcohol intoxication/little one alcohol publicity through breast milk) in infants^[3]. the signs and symptoms of *Bala Madatyaya* are explained in *kashayap Samhita sutra sthan, vedhanaadhyaya*.. Except the symptoms & signs of *Bala Madatyaya* the etiology, pathology, remedy isn't explained in *kashyap Samhita*. This article explores the similarities between the condition of *balamadatayaya* & toddler alcohol publicity through breast feeding or alcohol intoxication in toddlers^[1].

EFFECTS OF ALCOHOL ON BREAST FEEDING MOTHER & CHILD-

Fetal alcohol publicity happens when a lady beverages even as pregnant. No quantity of alcohol is safe for pregnant women to drink. In statistics from prenatal clinics and postnatal research propose that 20-30% of ladies do drink at some time in the course of being pregnant. Alcohol can disrupt fetal development at any degree at some point of a pregnancy which include at the earliest tiers & before a

woman knows she is pregnant. Alcohol consumed by using a mother passes without difficulty in to breast milk of concentrations just like those determined in her blood move. A nursing little one is without a doubt exposed to most effective a fragment of the alcohol in their first weeks of existence at most effective 1/2 the rate of adults. Several unfavorable consequences have proved of alcohol on sucking toddlers like impaired motor improvement. Changes in sleep patterns, decrease in milk consumption and chance of hypoglycemia were found. Proof shows that the presence of alcohol in breast milk has an usual effect of reducing infant intake via 23%. No alcohol in breast milk is most secure for nursing babies^[4]. Alcohol consumed by way of a lactating mom enters her breast milk inside 30-60 minutes after ingestion and relying on the amount consumed may have adverse results at the toddler. It develops deficiency in motor development, decreased lactation and overall performance. Five disrupted sleep-wake behavioral patterning of the toddler were stated in previous works in human babies. 20% in the quantity of breast milk ate up had been seen in the course of the three-four hours of following acute maternal consumption of alcohol. This decline in consumption is because of reduced breast milk manufacturing. In place of rejection of mothers milks a decrease range of feeds or a reduction within the breast feeding time⁶. Extraordinarily sensitive to ethanol even in very weight can be dangerous to the infant huge quantity ends in drowsiness, diaphoresis, deep sleep, weakness, lower in linear boom and extraordinary weight advantage. Maternal ingestion of 1g/kg day

by day ends in lower in milk ejection reflex [22]. Alcohol use in the course of breast feeding has detrimental outcomes at the little one with moderate to high intakes alcohol stages had been better in breast milk than in blood.

One case record of excessive alcohol intake through breast feeding mom on her 4 months antique child said expanded weight gain, slowing in rate of boom, balloon formed face in infant. Research suggests that binge consuming because of this ingesting four or greater beverages /occasion & ordinary heavy ingesting positioned a fetus on the best threat for excessive trouble.

Alcohol increases cortisol stages in the blood and may supply upward push to a medical pattern that intently resembles Cushing syndrome [21]. The infant was identified as 'pseudo Cushing syndrome'. The developing brain is extremely sensitive to ethanol even in very small portions or the small quantities ingested all through lactation are accrued in the little one because it's far metabolized or excreted extra slowly than in adults. babies fed on approximately 20% much less breast milk throughout the primary hour after publicity to alcohol in the mom's milk after which compensated for this diminished consumption throughout the 8-12 hours by means of growing the number of breast feedings that befell on this time [20].

1 Alcohol consumption in lactating women resulted in large decrease in oxytocin degrees and boom in prolactin degrees, measure of sedation dysphoria and drunkenness. Alcohol consumption ends in enormous boom in cortisol tiers. recommending alcohol as an resource for

lactation may be counterproductive [7] infants fed on notably much less milk in the course of the 4 hours right away after exposure to alcohol in moms milk as compared with the manage conditions .ethanol ingested via breast milk has a slight but great detrimental impact on motor improvement however no longer intellectual development in breast fed infants. [9,10] excess ranges of alcohol in breast milk ends in drowsiness, deep sleep, weak spot and reduced linear boom and psychomotor put off in the infant. Beer intake through nursing ladies alters the conduct in their infants at some stage in breast feeding inside the quick term. The consumption of a single dose of alcoholic beer by way of nursing mothers flavored their milk and decreased the amount of milk ate up by their infants. [11] Alternate in the flavor of mother's milk may also bring about varied behavioral modifications within the nursing. Exposure to alcohol through expressed breast milk ended in definite changes in infants sleep wake patterning. Alcohol has been shown to disrupt the hormone control of lactation by means of decreasing milk ejection reflex via the inhibition of oxytocin and decrease in milk consumption through infant which leads to decline in frame weight, growth and different essential improvement indices. [1]

RISK FACTORS-

Further to how often& in what level of pregnancy lady beverages, different elements can also play a role in how fetal alcohol exposure influences children [18].

Those factors encompass-

- Bad fitness, Insufficient nutrition, Dwelling in lifestyle in which binge

or heavier ingesting is not unusual & prevalent^[19].

- Little cognizance of FASD, not receiving good enough prenatal care.
- Social isolation.

SIGNS AND SYMPTOMS OF BAALA MADATYAYA-

Whole chapter of *vedanaadhayay* of *kashyapSamhita* deals with the description of signs of different illnesses in babies. As babies are not able to speak or convey their suffering, this failure is specially centered on diagnosing a circumstance based totally at

Table No-1

Similarity between the Condition of *BaalaMadatyaya* and Infant Alcohol Exposure through Breast Feeding-

Sr. No	Sign & symptom of <i>BaalaMadatyaya</i>	Signs & Symptoms of Infant Alcohol Exposure Through Breast Feeding-
1	<i>Murcha</i>	Risk of hypoglycemia ^[4] Drowsiness/deep sleep/weakness/sedation ^[11] Stupor or coma ^[14]
2	<i>Prajaagar</i>	Changes in sleep patterns ^[4] Disrupted sleep-wake behavioral patterning ^[5] Reduction in length of time sleeping & shortening in the amount of time spent in active sleep.
3	<i>Chhardi</i>	Aversion towards the breast milk may be because of alcohol flavor?? Vomiting due to irritation by alcohol in stomach??
4	<i>Dhatridvesha</i>	‘Nursing strike’ due to altered taste of milk. Disruption in infants sucking behavior and changes in infant’s behavior. Behavioral changes in infants and decrease in milk intake by infants. Alteration in infant’s behavior may be in response to the alcohol flavoring of the milk.
5	<i>Arati</i>	Restlessness
6	<i>Bhrama</i>	Central nervous system depression, slowed thinking, distractibility, poor motor control, ataxia, incoordination, loss of self-control etc., acute

the toddlers conduct or demonstrable medical signs. *Baalamadatyaya* is called as “Alcohol intoxication”^[12,13].

Moorchcha (loss of cognizance), *Prajaagara* (insomnia/sleep disturbances), *Chhardi* (vomiting/ Aversion to moist nurse/breastmilk), *Arati* (restlessness), *Bhrama* (giddiness/disorientation), *Vitraasa* (fear), *Udvega* (tension), *Trishna* (immoderate thirsty) are the sign and symptoms of *Bala Madatyaya* as explained in the *vedanaadhyaya* of *kashyap Samhita*^[11].

		alcohol intoxication features may be due to the presence of alcohol in infant's blood stream. ^[14]
7	<i>Vitraasa and Udvega</i>	Agitation
8	<i>Trishna</i>	May be due to diaphoresis.

The critical functions of alcohol intoxication include incoordination, impairment in attention or memory, stupor or coma, nystagmus, temper and behavior changes^[15]. Ayurveda has usually given significance to the care of female at some point of every segment of her existence in admired of *Rajaswalaparicharya* (menstrual care), *Garbhiniparicharya* (antenatal care) and *sutikaparicharya* (postnatal care). *Sutikaparicharya* allows the women to regain her misplaced energy and helps her body to revert returned to pre-pregnant state. The principle goal of *sutikaparicharya* enables the ladies to regain her lost vitality and helps her frame to revert lower back to pre-pregnant nation. The principle targets of *sutikaparicharya* is *garbhasayashuddhi* (uterine cleaning), *dhatuparipurnata* (regain most excellent tissue health /to meet most desirable nutrition), *stanyavridhhi* (*galactagogue*) and *punarnaveekarana* (healing of fitness/fitness). *Madyapan* (alcohol consumption) isn't always suggested by using any *Ayurvedic* textual content in *sutika parichaya*^[16,17]. The situation of *baalamadatyaya* explained in *kashyapSamhita* can be because of the mother struggling with 'madatyaya (alcoholism)' by way of which infant got exposure to alcohol through breast feeding or unintended poisoning of alcohol in little one.

CONCLUSION-

The signs and signs and symptoms of *baalamadatyaya* are much like the condition of infant alcohol exposure through breast milk. The situation of *baalamadatyaya* defined in *kashyapSamhita* suggests either acute alcohol intoxication in toddler thru breast feeding or accidental exposure to alcohol.

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