

**Role of *Stanyadushti* as an etiological factor in malnourished children****Kate Kirti Shrikantrao**

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Corresponding Author: 9960394413; Email ID kate.kirti@gamil.com**ABSTRACT:**

Stanyadushti described by all Acharyas in our Samhitas is a 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 is a pathological state resulting from a relative or absolute deficiency or excess of one or more essential nutrients³. 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 *Brihatrayihel* to enlighten this concept of *stanyadushti* as a *hetu* for malnutrition.

Etiopathogenesis 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 *Vatadosh* vitiated 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

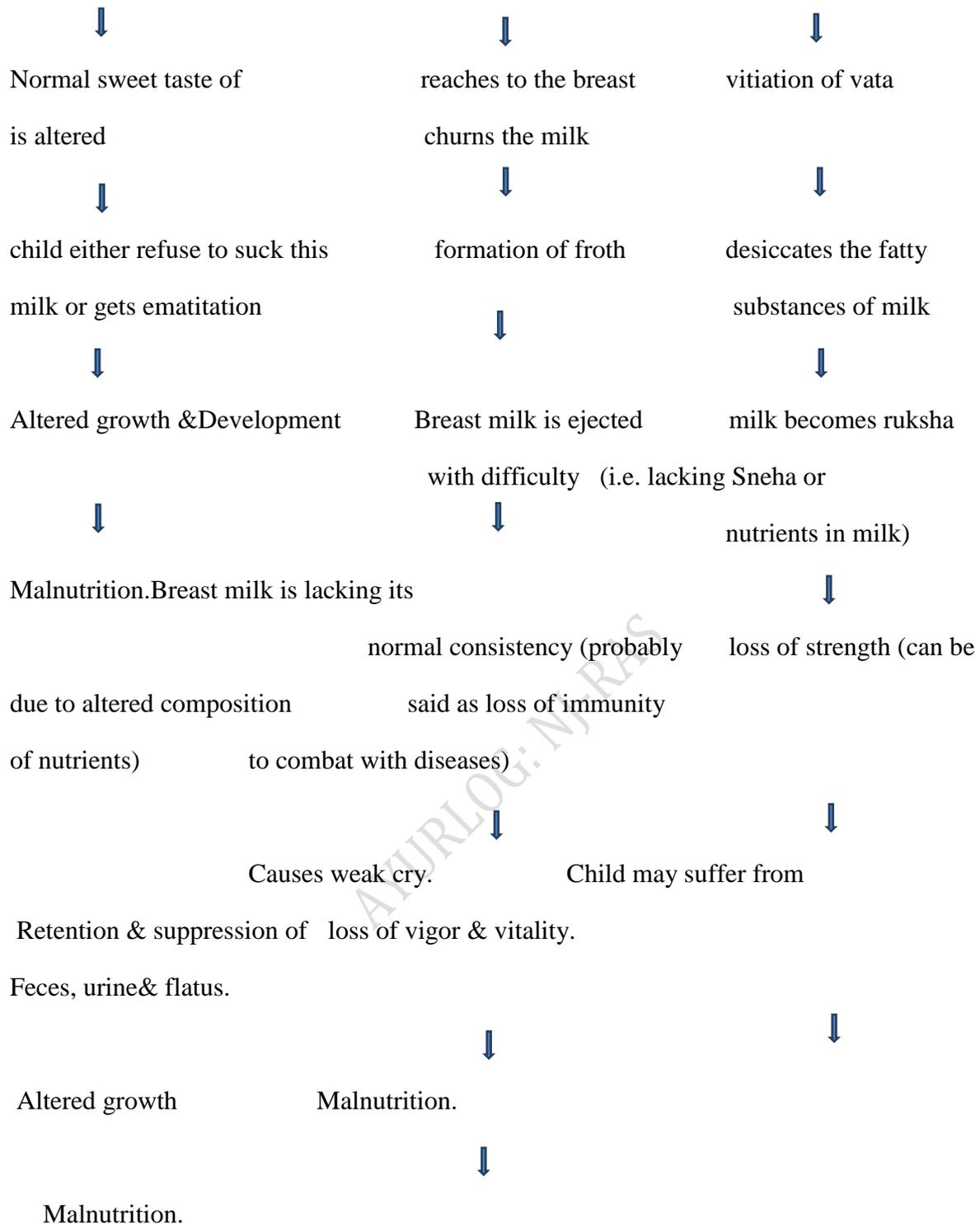


Vairasyata in milk phenasamghata Roukshya

(Abnormal taste, tasteless BM)

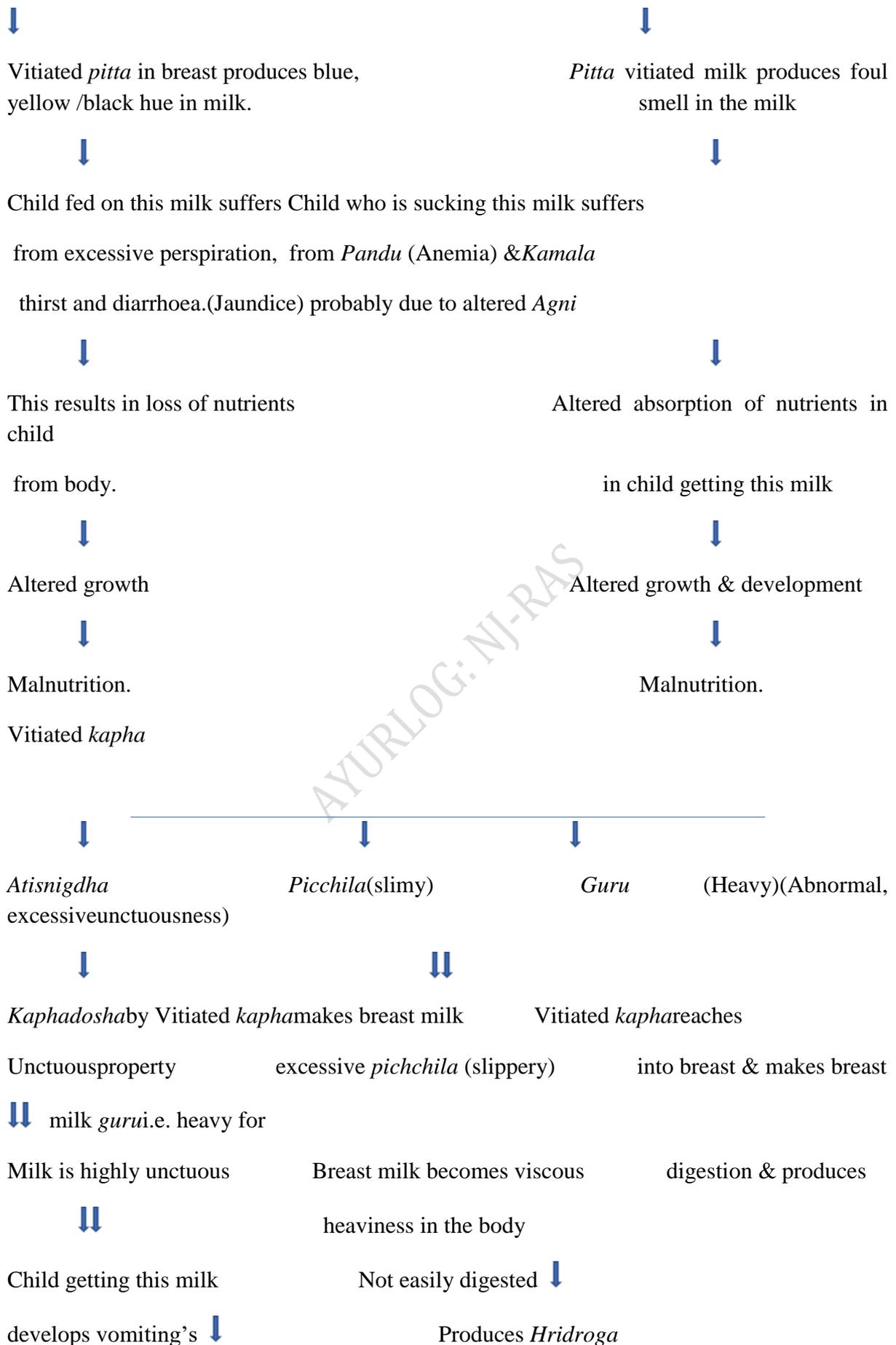
(frothy)

(non unctuousness)



Vitiated *pitta*





tenesmus, excessive salivation Excessive salivation, dullness, (cardiac disorders)
 (features of indigestion) edema of eyes & face *Pratishyay, Ksheeralasak*



like *kaphajvikara*

All this *strotasa* are constantly

Malnutrition ↓

smearred or covered
absorption

Altered nutrition &



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 *dushtastanya* according to *dosha, prabhav & guna* (*hetuviparitchikitsa*) *shodhana* of *dhatris* is the best treatment suggested by the *samhitas*. Practically it is seen that lactating mothers are reluctant for *shodhana* like *Vamana* or *virechana*.

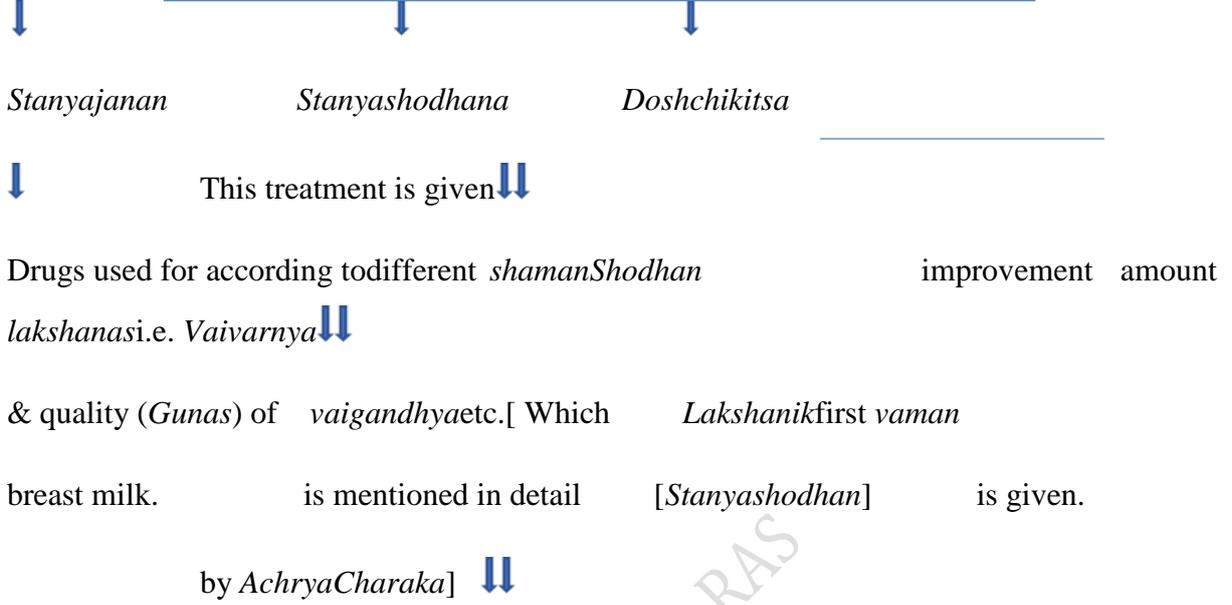
In this situation *stanyashodhakdravyas* are helpful in managing the condition. According to *sampraptijanyadosha & guna*, *stanyashodhakdravya* can be used to treat the malnutrition caused by *stanyadushti*.

Considering this we can conclude that *stanyadushti* plays an important role in etiology of malnutrition in infants. Study

of these *sanyadushtika* factors helps in both prevention & management of malnutrition in infants. In the management

of *dushtastnyajanyavikaras* both mothers & baby are treated, method of which is elaborated in following chart.

Treatment of *dhatri*



Aahar Virechan

[Modification In diet.]

Avashishtadosh nashan Aahar

For *Vatta - Shashtikshali*

For *Pitta - Priyangu*

For *Kapha Yavakordush*

CONCLUSION

There are many diseases like *Phakka*, *parigarbhika* which *dushtastnyai* is 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 *sanyadushti* 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 *sanyadushti* which has been neglected for years.

So, this article helps in understanding the exact role of individual type of *sanyadushti* as 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 smaprapti 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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