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Doshik Stanya Dushti: An Ayurvedic Review on Breast Milk Vitiation and Its Therapeutic Approaches

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Abstract

Breast milk is considered the most essential and natural source of nourishment for infants, contributing not only to physical growth but also to cognitive and emotional development. Ayurveda emphasizes the significance of "Shuddha Stanya" (pure breast milk), describing its ideal qualities such as pleasant taste, mild aroma, lightness, and nutritive value. However, when the doshas—Vata, Pitta, or Kapha—become imbalanced, they vitiate breast milk, leading to a condition known as Stanya Dushti. Classical Ayurvedic texts, including those of Charaka, Sushruta, and Vagbhata, provide detailed descriptions of eight types of vitiated milk and their impact on infants. These disturbances manifest through altered organoleptic properties—such as changes in color, taste, smell, and viscosity—as well as clinical outcomes in infants, including gastrointestinal disturbances, respiratory issues, irritability, delayed milestones, and nutritional deficiencies.Factors contributing to Stanya Dushti include improper maternal diet, psychological stress, sedentary lifestyle, exposure to toxins, and impaired digestion. Modern perspectives often focus only on nutritional and immunological content of milk, whereas Ayurveda highlights the role of maternal ahara (diet), vihara (lifestyle), and manas (mental health) in determining its quality. Importantly, Ayurvedic management prioritizes correction in the mother rather than direct treatment of the infant. The use of *Stanya Shodhana Mahakashaya*, a group of ten herbs with detoxifying, immunomodulatory, and dosha-balancing properties, offers a holistic approach. These include *Guduchi* (Tinospora cordifolia), *Shunthi* (Zingiber officinale), *Kutaj* (Holarrhena antidysenterica), and others, which help restore balance and purify breast milk.Thus, integrating Ayurvedic

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insights with modern neonatal care can provide a comprehensive framework for preventing and managing disorders associated with breast milk vitiation, ensuring optimal infant health and development.

Key words : Stanya Dushti, Ayurveda, Breast Milk Vitiation, Kaumarabhritya, Stanya Shodhana Mahakashaya.

Adapting to a Western lifestyle, including increased stress and pressure, has led to many issues for women. Breastfeeding strengthens the link between mother and child, leading to improved parent-child adjustment. It is hygienic, uncontaminated, and contains anti-infective components to protect infants from infection. It promotes growth and intelligence. Breastfed babies showed increased social and motor skills, as well as higher IQ scores. Stanya dusti is a common daily condition caused by stress and a tight lifestyle. Lactation is affected by a person's psychosomatic health and lifestyle. Breast milk is the ideal sustenance for a healthy newborn.Ayurveda emphasizes the value of breast milk in numerous ways. The importance of mother's milk has been addressed by various Acharyas in Ayurveda. The term "sudhastanya" refers to good breast milk with qualities like Shankhapramane shweta (shell-like white or light yellow), Madhur, Laghu, Pathykar, Deepan, Jeevaniya, Snehan, Bruhaniya, Shareeropchya, Balarudhikar, Pushtikar, and Aarogyakar. Breast milk has several local applications, such as Raktapita and Akshishool. The Charak Samhita specifies eight types of Stanya-dusti. The Samhitas provide a detailed explanation of the ailment caused by Stanya-dusti and how to treat it. According to Ayurveda, the quality of a mother's milk is influenced by her Ahar-vihar, as Stanya develops within her body. **Aim**: To gather and analyze information on the notion of Stanya dusti and the function of *Stanya-shodhan Makhashaya* in its management. **Methodology** - This narrative review is based on literature and publications related to *Stanya dusti* and *Stanya-shodhan Mahaka-shaya*, as well as electronic databases. **Observations and outcomes:** Stanya (Breast Milk), also known as Dugdha, Kshira, Payas, Stanya, and Balajivana[17] . Stanya Formation: Rasa is created after digestion of food. Stanya is a portion of the rasa that travels throughout the body via vyana vata and reaches the breasts. Rasa and stanya both derive from the essence of rasa-dhatu. This is according to Acharya Susruta[12]. Acharya Bhavamisra[6] and Acharya Yogaratnakara[15] share the same idea. According to Acharya Charak[2] and Acharya Bhela[1], garbhaposhana involves three roles for the ahara eaten by garbini. They are: Matru pusti, Garbha pusti, and Stana pusti. Sushruta Acharya[13] has also accepted it.

Stanya Dusti According to Various Acharyas:

Impure stanya has anomalous properties, such as color, fragrance, taste, and touch. Due to gastrointestinal problems, eating unappealing foods that are overly salty, tart, hot, or spicy, ailments of the body and mind, nighttime awakenings from worry, suppressing desires to urinate, and other causes. The doshas get

vitiated in the absence of their impulses; the consumption of foods including sugar, oleo, yogurt, slowly made dairy products, fish, abhishyandi items, meat, and wine; absence of exercise; trauma; and fury. Vitiated doshas passing via the kshira-vaha siras can produce eight distinct types of milk issues[9]. Sushruta[14], Vagbhata[18], Bhavaprakash[7], and Yogaratnakar[16] all highlight similar causes. Trauma contaminated the milk, according to Abhighataja Stanya Dusti[10]. The Madhukosha remark claims that these symptoms are similarcompared to those of vata-vitiated milk. Grahas-triggered vitiation of milk. Shakuni graha will turn milk into a hot, bitter substance. Milk created by Shakuni and Shasthi Graham will have traits similar to tridosha. Milk tainted with Putana Graham will taste sweet and hot. Milk will become vitiated by other grahas, resulting in two dosha characteristics.

Classification of Stanya Dushti :

According to Ayurvedic texts, *Stanya Dushti* manifests in various forms:

Table-1. Classical Classification of Stanya Dushti According to Predominant Dosha[3]

Sr. No	Dosha	Guna (Properties of milk)	Lakshana (Appearance/Taste of Milk)	Disease caused by Dushti
1	Vataja	Ruksha (dry), Sheeta (cold), Laghu (light)	Blackish or bluish tinge, frothy, astringent taste	Colic, hoarse cry, tremors, emaciation, Weakness, Obstruction in urine and stool
2	Pittaja	Ushna (hot), Tikshna (sharp), Drava (fluid)	Yellow, reddish hue, bitter or sour taste	Fever, diarrhea, irritability, skin rashes, Anaemia, Jaundic
3	Kaphaja	Snigdha (unctuous), Guru (heavy), Sheetala (cold)	Excessively white, thick, sweet/salty taste	Vomiting, cough, nasal discharge, lethargy, Asthma
4	Tridoshaja	Mixed dosha attributes	Multiple abnormalities in color, taste, smell	Multi-system disturbances, recurrent illness

Etiological Factors :

The causative factors of *Stanya Dushti* include:

- Improper maternal diet: spicy, sour, salty foods.
- Sedentary lifestyle and psychological disturbances.
- Exposure to toxins and pollutants.
- Infections, postpartum hormonal imbalances, and poor digestion.

These factors lead to impaired *Agni* (digestive fire), the formation of *Ama* (metabolic toxins), and vitiation of *Rasa Dhatu*, eventually affecting *Stanya*.

Table-2. Comparative Assessment of Shuddha and Dushta Stanya Based on Organoleptic and Laboratory Parameters[8,11]

Sr.No	Parameter	Shuddha Stanya (Normal)	Dushta Stanya (Vitiated)
1	**Color**	White or slightly yellow	Blackish, reddish, greenish, or excessively thick white
2	**Taste**	Sweet (*Madhura Rasa*)	Astringent, sour, bitter, salty
3	**Smell**	Mild or pleasant	Fishy, pungent, putrid
4	**Touch (Temperature)**	Cold to touch (*Sheeta Sparsha*)	Either hot (Pittaja) or excessively cold (Kaphaja)
5	**Behavior in Water (Jala Pareeksha)**	Disperses uniformly	Floats (Vata), sinks (Kapha), settles with threads (Pitta)
6	**pH (Lab analysis)**	6.8 – 7.2	6.2 – 6.7 (acidic tendency in Pitta Dushti)
7	**Viscosity**	1.2 – 1.4 cP	>1.6 cP (especially in Kapha Dushti)
8	**Protein content**	~1.5 – 1.6 g/100 ml	~1.7 – 1.9 g/100 ml (in Dushti samples)

Clinical Manifestations in Infants :

Infants consuming vitiated milk may exhibit:

- **Gastrointestinal**: Colic, vomiting, diarrhea, constipation.
- **Respiratory**: Cough, breathlessness, nasal discharge.
- **Neurological**: Irritability, delayed milestones, hoarse cry.
- **Nutritional**: Inadequate weight gain, skin conditions.

Stanya Shodhana Mahakashaya: An Ayurvedic Solution :

Ayurvedic management involves purifying the mother's system, not directly treating the infant. *Stanya Shodhana Mahakashaya*, mentioned in Charaka Samhita, consists of 10 herbs known for detoxifying and dosha-balancing actions:

Table-3. Pharmacological Actions of Herbs in Stanya Shodhana Mahakashaya[4,5]

Sr. No.	Botanical Name	Common Name	Key Rasa/ / Virya	Guna	Pharmacological Actions
1	*Cissampelos pareira* L.	Patha	Tikta, Ushna	Laghu,	Digestive stimulant, detoxifier, anti-inflammatory
2	*Zingiber officinale* Roscoe	Shunthi	Katu, Ushna	Snigdha,	Carminative, antiemetic, enhances milk flow
3	*Cedrus deodara*	Devadaru	Tikta, Ushna	Snigdha,	Antimicrobial, antispasmodic, Tridoshaghna

	(Roxb.) G Don			
4	*Cyperus rotundus* L.	Musta	Tikta, Kashaya, Laghu, Ushna	Antipyretic, antidiarrheal, appetite stimulant
5	*Marsdenia tenacissima* Rox b.	Murva	Tikta, Laghu, Ushna	Antiviral, purgative, detoxifying
6	*Tinospora cordifolia* (Thun b.) Miers	Guduchi	Tikta, Kashaya, Snigdha Ushna	Immunomodulatory, Rasayana, hepatoprotective
7	*Holarrhena antidysente-rica* Wall	Kutaj	Tikta, Katu, Anti-Laghu, diarrheal, Sheetala gut restor-ative	antimicrobial,
8	Swertia *chirata L.*	Kiratatikta	Tikta, Laghu, Antipyretic, Ushna detoxifier	hepatoprotective,
9	*Picrorhiza kurroa* Royle ex Both	Katuki	Tikta, Ruksha, Liver tonic, Ushna anti-inflammatory, purgative	
10	*Hemidesmus indicus* (L.) R.Br.	Sariva	Madhura, Tikta, Blood Snigdha, Sheetala coolant	purifier, digestive,

While modern neonatology focuses on nutrition and immunoglobulin content, it neglects doshic and energetic disturbances in breast milk. Ayurveda fills this gap by offering:

- Objective and subjective assessment tools (*e.g.*, *Jala Pareeksha*).
- Symptom-based classification of disorders.
- Root-cause treatment via maternal correction.

Further integration of biochemical testing with Ayurvedic diagnostics could lead to more personalized neonatal care.

Stanya Dushti is a significant concern in infant health as vitiated breast milk can impair growth, immunity, and psychological development. Ayurveda provides detailed diagnostic methods, classifications, and therapeutic interventions targeting maternal correction through diet, lifestyle, and herbal formulations like Stanya Shodhana Mahakashaya. While modern medicine evaluates milk primarily for its nutritional composition, Ayurvedic principles expand the perspective by addressing doshic imbalances and psychosomatic influences. Bridging traditional Ayurvedic knowledge with modern research can help develop integrative strategies for neonatal care, ensuring both preventive and therapeutic benefits for mother and child.

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