

**A LITERATURE REVIEW ON CONCEPT OF STHANYADUSHTI**

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**ABSTRACT**

Ayurveda is the comprehensive ancient science of the universe. The key objectives are health preservation and the treatment of ailments as they occur. Kaumarbhritya is one of the eight subgroups of Ayurveda that have been delineated. The writings of Acharya Charaka, Acharya Sushruta, and Acharya Vagbhata encompass all the Angas of Ayurveda, which constitute the core knowledge of the field. Collectively, these three Granthas are known as Briht Trayee. Each of these Acharyas articulated their perspectives on Kaumarbhritya in accordance with their own areas of competence. Breast milk forms a fundamental basis for a child's subsequent growth and development. According to Ayurveda, breast milk is essential for a newborn. The origins, properties, and benefits of breast milk, as well as its importance, are well elucidated in the Ayurvedic classics. Furthermore, Ayurveda has a unique concept regarding the vitiation of breast milk

(Stanya dushti). When doshas taint stanya, or maternal milk, it leads to various irregularities in the breast milk. Once contaminated breast milk is identified, it should not be administered to the kid until the mother has recuperated from stanya dushti. The objective of this research is to elucidate the reasons of adulterated milk in the contemporary context, its symptoms, methods for its identification, and management as delineated in Ayurvedic literature. To

comprehend the topic, all offline and internet literature is examined to substantiate it with justification.

**KEYWORDS:** Ayurveda, Kaumarbhritya, Briht Trayee, Stanyadushti, stanya dosha, stanya shodhan.

## INTRODUCTION

The placenta supplies the fetus with nutrition during the fetal period. The WHO, AAP, and IAP recommend that a baby rely only on maternal milk for the initial six months of life. Breast milk is indispensable, as no other food source can provide a newborn with optimal nourishment.

The Ayurvedic characterization of breast milk is distinctive; it aligns with contemporary scientific understanding regarding quality, advantages, and importance, yet it uniquely elucidates the notion of stanya dushti. Ancient Acharyas have provided comprehensive insights into the etiology, symptoms, dosha involvement, methods for identifying vitiated milk, and strategies for purifying it.<sup>[1]</sup>

## AIMS AND OBJECTIVES

To study the concept of sthanyadushti according to ayurveda and current scenario.

## MATERIAL AND METHODS

The study's principal materials were old Ayurvedic texts such as the Charaka Samhita and Sushruta Samhita, together with modern textbooks utilizing digital media, the Ayush Research Portal, PubMed, Google Scholar, and other relevant online resources.

## STANYA

After delivery, the digested portion of food travels to the breasts and is secreted as breastmilk, or "Stanya."<sup>[2]</sup>

## Pravritti (Formation of breast milk)

As per the classics when there is relaxation of stanya vahee siras after delivery; which is excreted in the form of stanya (breastmilk) on third or fourth day.<sup>[3]</sup>

### Stanya sampat (Normal breast milk)

Breastmilk, when combined with water, creates a homogeneous combination, possessing normal prakriti (characteristics), varna (color), gandha (odor), and sparsha (texture), and facilitates the growth and development of an infant, is referred to as stanya sampat.<sup>[4]</sup>

### Stanya dushti (Vitiated Breast milk)

It is the vitiation of breast milk in the form of kshaya, vriddhi, or dushti. Dushti can be again classified into doshaj, grahaj, abhighataj, and garbhaj.

### Types of doshaj stanyadushti

Based on doshas	As per <i>charak</i> <sup>[5]</sup>	As per <i>harita</i> <sup>[6]</sup>
<i>Vataj</i>	<i>Vairasya</i> (Altered taste)	<i>Alpa</i>
	<i>Phensanghat</i> (Altered frothy)	
	<i>Ruksham</i> (Altered dryness leading to constipation)	
<i>Pittaj</i>	<i>Vaivarnyam</i> (Altered colour)	<i>Ushna</i>
	<i>Vaigandhyam</i> (Altered smell)	<i>Amla</i>
<i>Kaphaj</i>	<i>Atisneham</i> (Altered oleation)	<i>Ghana</i>
	<i>Paichillya</i> (Altered consistency)	<i>Kshar</i>
	<i>Gauravam</i> (Altered denseness)	

### Stanya dushti based on rasa

<i>Stanya dushti</i>	Features in baby
<i>Madhuram</i>	Excessive urine & faeces
<i>Kashayam</i>	Reduced urine output
<i>Taila varnam</i>	Good vigour & Strength
<i>Ghrit varnam</i>	Becomes rich
Smoke coloured	Becomes famous

### Graharog stanya dushti

<i>Stanya dushti</i>	Features in milk
<i>Shakunee</i>	<i>Katu and tiktata</i>
<i>Shasti graha</i>	<i>Sannipatik dushti</i>
<i>Skanda graha</i>	<i>Sannipatik dushti</i>
<i>Putana</i>	<i>Madhur and Katu</i>

### Abhighataj stanyadushti

Madhukosh commentator has explained that stanya dushti caused due to trauma has symptoms similar to vataj stanya dushti.

## ACCORDING TO MODERN SCIENCE

### Abnormal Nipple Discharge<sup>[7]</sup>

**Ectasia-** As an individual approaches menopause, the mammary ducts beneath the nipple become dilated. The typical process of milk gland dilatation is referred to as ectasia. Ectasia is a benign breast disorder. In certain instances, it may result in a blockage of the ducts. Subsequently, fluid may accumulate and seep into the adjacent tissue. This results in infection, persistent inflammation, or a pus-filled infection known as an abscess. An infection known as periductal mastitis may result in the formation of scar tissue. This retracts the nipple. This infection may also result in breast soreness and viscous, adhesive nipple discharge.

**Intraductal Papilloma-** An intraductal papilloma is a diminutive, wart-like neoplasm that protrudes into the breast ducts next to the nipple. This results in a sanguineous or viscous discharge. Any little contusion or abrasion near the nipple may potentially induce bleeding from the papilloma. If the discharge becomes bothersome, the duct may be surgically excised. This can frequently be accomplished without altering the appearance of the breast. Single papillomas predominantly impact individuals approaching menopause. However, numerous intraductal papillomas are more prevalent among younger individuals.

### Other Types of Nipple Discharge

- Nipple discharge may be concerning. Discharge that occurs solely upon manipulation of the nipple and breast may not warrant worry. The likelihood of malignancy when nipple discharge is the sole symptom is relatively low.
- A lump accompanied by discharge will be of major concern to your healthcare physician. However, it is important to note that individuals who are nursing may experience a lump beneath the areola and discharge. This may result from lactational mastitis, characterized by a pus-filled infection (abscess).
- Galactorrhea is a milky secretion from both nipples in individuals who are not lactating. This is frequently attributed to an elevation in the hormone prolactin, which facilitates milk production. This syndrome may arise from the consumption of sedatives or marijuana. Alternatively, it may result from elevated levels of estrogen. Individuals with this condition frequently experience irregular menstrual cycles. Or their menstruation has ceased. Galactorrhea may, in certain instances, result from a tumor of the pituitary gland. Your healthcare practitioner may require blood tests and an MRI if deemed necessary.

- Nipple discharge resulting from a noncancerous breast ailment may be managed by maintaining nipple hygiene, among other interventions. Nipple discharge resulting from infection may necessitate hospitalization.

## DISCUSSION

Consequently, contemporary science does not characterize the irregularities of breast milk, and no tests or investigations exist to evaluate such abnormalities. Upon testing, fresh milk exhibits *Stanya Dushti* characterized by *Dosha* dominance, which allows for recommendations for modifications in *Ahara* (diet) and *Vihara* (lifestyle) for the mother to avert ailments resulting from specific *Dosha Prakopa* (aggravation).<sup>[8]</sup> In a scenario where breast milk is expressed and stored, either in a freezer or at room temperature, *Stanya Dushti* may be observed, as the milk exhibits varying odors, flavors, and colors. When dispersed in water, it displays characteristics of *Dushti*, which is deemed to disrupt the homogeneity of *Doshas* and is therefore not recommended for consumption.<sup>[9]</sup> *Ashuddha Stanya* is not prohibited in *Ayurveda*; nonetheless, treatment may be recommended for the mother to balance the *Dosha*. Physiologically, *Dosha* fluctuation in the body happens due to elements such as *Kala* (time), *Ritu* (season), and *Prakriti* (body constitution).<sup>[10]</sup> Dominance of *doshas* is observable in breast milk, and ongoing consumption of such *Dushta Stanya* may lead to future ailments due to the principle of *Khavaigunya* (susceptibility). Consequently, the mother receives treatment to mitigate any potential risk factors.<sup>[11]</sup>

Exclusive breastfeeding for six months enhances a baby's growth and development. If this milk is contaminated, it directly impacts the baby's health. With few exceptions, breastfeeding has never been prohibited during infancy. However, *Ayurvedic* texts provide a detailed account of vitiated breast milk and its effects on the infant.

*Charak* has delineated eight types of *stanya dushti*. *Vairasya*, *phensanghat*, and *raukshya* are classified as *vataj* types of *stanya dushti*. *Vairasya stanya dushti* results in emaciation, loss of appetite, and stunted growth in infants. The altered taste of breastmilk (*kashaya*) causes a loss of taste, leading to a reduction in breastfeeding by the child, which results in emaciation and stunted growth of the infant. *Phensanghat* induces feeble vocalization, urinary, fecal, and flatulent retention, and rhinitis. The phenyl characteristic of *Stanya* results in the difficult excretion of breast milk, preventing normal feeding and consequently leading to a faint scream in the infant. The retention of urine, feces, and flatus is attributable to the *ruksha*

feature of stanya, which subsequently results in the manifestation of upper respiratory tract symptoms such as headache and rhinitis. Raukshya stanya dushti results in energy depletion, since infants breastfed with this type of milk are unable to acquire the necessary levels of fat and protein.<sup>[12]</sup>

Pittaj stanya dushti encompasses vaivarnya and vaigandhya. The Vaivarnya variety of stanya dushti results in bodily discoloration, profuse sweating, thirst, and diarrhea. The alteration of pitta, specifically ranjak pitta and bhrajak pitta, results in bodily decoloration, while the hot feature of stanya induces excessive perspiration, subsequently producing thirst and diarrhea. Vaigandhya type induces anemia and jaundice. This results from modified functions of pitta, particularly ranjak pitta, sadhaka pitta, and pachak pitta.<sup>[13]</sup>

Atisneha, Paichillya, and Gauram are classifications of kaphaj stanya dushti. Due to atisneha dushti of stanya, where kledak kapha and bodhak kapha are compromised, symptoms such as vomiting, tenesmus, excessive salivation, fatigue, dyspnoea, cough, and expectoration manifest. Excessive salivation, edema of the eyes and face, and dullness resulting from Paichillya are consequences of the derangement of bodhaka and avalambak kapha. The impairment of breast milk adversely affects heart functioning due to the involvement of the avalambak kapha. Furthermore, the symptoms of kapha vitiated stanya arise from elevated fat and carbohydrate levels in breast milk.

## CONCLUSION

Stanya dushti (deterioration of breast milk) is a unique notion in Ayurveda. To date, with rare exceptions, there are no absolute contraindications to breastfeeding, nor is there any contemporary scientific explanation of the effects of vitiated milk on feeding a kid. In contrast, the idea of stanya dushti has been extensively elucidated and examined within Ayurvedic science. The explanation clearly indicates that this is a unique notion with significant health implications for children, necessitating appropriate diagnosis and treatment.

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