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### **Stanyapan- A Nector to Newborn(NavjatShishu)**

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#### **ABSTRACT**

Stanyapan means breastfeeding is nectar for newborn infants as well as for mothers. Breast milk provides nourishment to infant that is essential for optimal nutrition, cognitive performance and neurological development and immunity. Human breast milk serves as a source of nutrition which is uncontaminated by environmental pathogen. Multiple immunological factors produced by the mother's immune system are transported to infant through breast milk and are associated with a protective role against infection in children. It reduces the incidence of infantile diarrhoea, sudden Infant Death Syndrome (SIDS), allergic/hypersensitivity diseases, and development of Type 1 (insulin dependent) and Type 2 (non-insulin dependent) diabetes mellitus relative to the use of infant formula. In Ayurveda, 'Kasyapa' defines pure breast milk as that which the baby thrives well and both the mother and baby remain happy, healthy, and free from any ailment. Breast milk promotes growth and development and acts as a tonic for all the tissues. In Ayurveda text, many herbs are described for improving breast milk under the name "Stanyajanana".

**KEYWORDS:** Breast feeding, Nectar, Immunity, Development, Mother milk.

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## **INTRODUCTION**

Infants who are exclusively breast fed for the first 6 months of life and continue to be breast-fed until 2 years of age and beyond develop fewer infection and have less severe illnesses than those who are not get. Breastfeeding may also play a role in decreasing post-partum depression, bleeding, and improving weight control. Furthermore, women who have a history of breastfeeding experience a reduced risk of osteoporosis and reduced incidence of breast and ovarian cancers. Besides these health advantages, mothers and their babies are brought into closer contact through nursing itself. “Breast milk is a complex living nutritional fluid that contains antibodies, enzymes, and hormones, all of which have health benefits<sup>1,2</sup>.”

Ayurveda gives due importance on good nutrition at every stage of life, in order to preserve health of an individual. Breast milk is optimal food for almost all infants in the first year of life. Ayurvedic text describes the Ksheerap stage of child, in this the children up to one year of age have their main diet as milk. Ayurvedic and modern texts both describes breast milk in detail. In ayurvedic texts, styanirmiti (formation of breast milk), causes of styanpravritti (breast milk ejection), stanyasampat (merits of breast milk), stanyakarya (functions of breast milk), stanyamahattva (importance of breast milk), stanyavikruti (disorders of breast milk), stanyavidhhdhavyas (drugs increasing quantity of milk) etc. are discussed in detail. In Ayurveda, ‘Kasyapa’ defines pure breast milk as that which the baby thrives well and both the mother and baby remain happy, healthy, and free from any ailment, breast milk promotes growth and development and acts as a tonic for all the tissues.

The synonyms of lactation insufficiency are as follows: lactational inadequacy, breast milk insufficiency, lactation failure, mother’s milk insufficiency (MMI), perceived insufficient milk (PIM), insufficient breast milk, partial lactation failure, neonatal insufficient milk syndrome (Nims), hypogalactia or lactation inadequacy, breast-feeding failure, and suboptimal infant breastfeeding (SIB)<sup>3</sup>. Lactation failure is defined as the need to start top feeds for the baby within 3 months of delivery because of inadequate breast milk supply. Total lactation failure was defined as either a total absence of milk flow or secretion of just a few drops of breast milk following suckling for at least 7 days. Partial lactation failure was defined as either inadequate milk output or the need for supplemental feedings to sustain growth. Lactation insufficiency or failure is relatively common among women. The most common cause of lactation failure is insufficient milk or no milk (80%). The age, parity, education, socioeconomic status, religion, family structure, and urban versus rural status of mother all had a bearing on the occurrence of lactation failure. Studies indicate a significantly higher incidence of insufficient milk supply in women who undergo caesarean section

as compared with women who undergo vaginal delivery<sup>4,5</sup>. Many women are suffering from these problems. It's a hazard for newborn infants and mothers.

### ***Defination of Stanya(Breast milk)***

A classical reference of stanya definition is as follows:

"मातुरेवपिबेत्स्तन्यम् तत्परम्वेहवृद्धये"॥ (अ. ह. उ. 1/15)

Stanya is formed from rasa or Prasad part of aahar rasa and is said to be the updhātu of rasadhātu. As per AcharyaSushruta, when food gets digested, the aahar rasa is formed. That madhur and Prasad part of aahar rasa flows into whole body and this flowing part is called as Stanya. According to AcharyaCharaka as well as Kashyapa, when the pregnant lady eats the shadarasyuktaaahar, it is then divided into 3 parts<sup>7,8</sup>. The 1 st part is utilized for nourishment of her own body, 2nd part is used for formation of breast milk and 3rd part is for development and nourishment of foetus. Normal Stanyapramana is 2 anjali<sup>9,10</sup>.

### ***StanyaNirmiti(Formation of breast milk)***

"रसाप्रसादोमधुरः (पक्वाहारनिमित्तज) | क्रुस्त्नस्नेहात्स्तनौप्राप्तः स्तन्यमेवअभिधीयते"<sup>11</sup>॥सुश्रुत. नि.

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From digested food i.e. pakwaaahar, the madhur and Prasad part of rasa flows into the whole body by Vyanvayu and through arteries that Prasad part is reaches into breast and breast milk gets secreted.

In *Ayurveda* text, many herbs are described for improving breast milk under the name "*Stanyajanana*".

### ***Stanyakarya(Functions of breast milk)***

"नार्यास्तुमधुस्स्तन्यम् कषायनुरसम्हितम्।नस्याश्चोतनयोः पथ्यम्जीवनम्लघुदीपनम्"<sup>13</sup>॥सू. सु. 45/57

### ***Probable mode of action of StanyajananaMahakashaya:***

As per Ayurveda text, human milk' properties are madhura, kashya, guru, snigdha, and sheeta. It is jeevaniya, brunhaniya, satmya for infant, and good for eyes also.

**On the basis of Rasa:**all herb of this group has madhura rasa. Due to rule of 'samanyavradhikaranama',StanayajananaMahakashayahasthe gross galactogogues action in females complaining of deficient milk secretion.

Table 1: StanyajananaGanaAushadhi Rasa-viryadi features<sup>12</sup>.

Sr. No.	Name	Latin name	Rasa	Virya	Vipaka	Guna	Effect on Tridosha
1	Veerana	<i>Vetiveriazizanioides</i>	MadhuraTikta	Sheeta	katu	LaghuRuks ha	Pacifies Vata&Pitta
2	Shali	<i>hygroryzaaristata</i> -a variety of rice	Madhura Kashaya	Sheeura ta	Madh	Laghu Snigdha sheeta	Reduce vitiated Pitta
3	Shashatika	<i>Oryzasativa</i> -a variety of rice	Madhura Kashaya	Sheeta	Madhur a	Guru Snigdha sheeta	Reduce vitiatedtridos ha
4	Ikshuvali ka	<i>Mucuna prurience?/Asteracanthalongif iolia</i>	Madhura	Sheeta	Madhur a	Guru Snigdha sheeta	Reduce vitiated pita&vata
5	Darbha	<i>Desmostachyabipinnata</i>	MadhuraKasha ya	Sheeta	Madhur a	Laghu Snigdha	Reduce vitiated pita&vata
6	Kusha	<i>Saccharumpontaneum</i>	MadhuraKasha ya	Sheeta	Madhur a	Laghu Snigdha	Reduce vitiated pita&vata
7	Kasha	<i>Saccharumarundinaceum</i>	MadhuraKasha ya	Sheeta	Madhur a	Laghu Snigdha	Reduce vitiated pita&vata
8	Gundra	<i>Typhaelephentina</i>	Madhura	Sheeta	Madhur a	Laghu Snigdha	Reduce vitiated pita&vata
9	Itkata	<i>Commiphora caudate</i>	Madhura	Sheeta	Madhur a	Laghu Snigdha	Reduce vitiated pita&vata
10	Katrana	<i>Cymbopogonschoenanthus</i>	Madhura	Sheeta	Madhur a	Laghu Snigdha	Reduce vitiated pita&vata

**On the basis of Virya:**So far Virya is concerned, the analysis of all contains of StanayajananaMahakashaya would reveal that out of 10 ingredients 10 are having SheetaVirya. sheeta**Virya**is said to be related with JaalMahabhoota which owing to its cool acts. On the basis of

this SheetaVirya present in all ingredient of StanayajananaMahakashaya, it may be more beneficial in increase milk secretion during lactation.

**On the basis of Vipaka:** Regarding Vipaka, out of 10 drugs, 9 drugs have MadhuraVipaka and only 1 drug have KatuVipaka. The **MadhuraVipaka** has got a soothing effect on the body tissues and helps in the production of fresh and healthy tissues. On the basis of this logical reasoning it may be said that in different galactogogues action of breast tissue degenerated are regenerated by the MadhuraVipaka of StanayajananaMahakashaya.

**On the basis of Guna:** When an analysis of Guna of individual ingredients is carried out, it would be known that 5 Guna are present in different ingredients viz. Laghu, Guru, Snigdha, Ruksha, Sheeta, Out of these GunaSnigdha is present in the maximum number of ingredients i.e. 9 while the Laghuguna is present in 8 drugs. It is a well-known fact, according to ayurveda, that SnigdhaGunaare related to reduce vitiated pita &vata and increase kaphavardhak. Sleshmavardhakdravya are use in stanayakshaya as per Sushrutasamhita. So, all ingredients of StanayajananaMahakashaya are having sleshmavardhak action which is useful in milk secretion during lactation.

## **DISCUSSION**

Ayurvedic text describes in detail about disorders of breast milk and there effect on the child, importance and formation of breast milk, substitute milk, general treatment of stanyakshaya. StanayajananaMahakashaya, a group of ten herbs are having property to provide stability to the mother in Sutikaawstha, digestive Rasa dhatu and provide proper digestive milk nutrients to the baby for their proper growth and development. These are effective Ayurvedic herbs for postnatal care by improving breast milk production in lactating mothers. It also improves strength of mother. Breast milk serves both as a source of nutrition and immunological support for the developing infant.

## **CONCLUSION**

Significant and long-term health benefits are associated with breastfeeding for the individual mother, baby and society.

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