



“To Study The Doshik Sthnaya Dushti With Special Reference Balrog.”

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Abstract:

In Ayurveda, according to the branch 'Kaumarabhritya' includes the diseases in the neonates and infants. The diseases of newborn are caused by faulty nutrition, vitiated breast milk (dushta stanya or dosha) - Breast milk is the prime source of nourishment and immunity of the baby. In *Ayurveda* unique concept of *Stanya dusti* or milk vitiation has been described in which mother's food and activities affect quality & quantity of milk, so treating symptoms of baby is not enough, infact treatment of vitiated breast milk is equally important.

So this article is focusing on Doshik sthnaya dushti by Ayurveda with special reference to Balrog.

Keywords: Doshik Satnya dushti.

Introduction:

In Ayurveda, Stanya is useful to nourish the human babies. This concept elaborates according to various nayas. The new born babies are totally depending on breast milk for their physical and psychological development. For that they need good quality of stanya. Ayurveda mention quality, quantity and secretion time of stanya. As sampat stanya mention in Ayurveda, there are some defects are also mention. These defects are called as satnya dushti. ¹

Ayurved mention stanya dusti as major problem for bany,moter and family.² So it is important to study the details regarding the Doshik sthanya dushti.

AIMS AND OBJECTIVES

1. To study the Doshik Satnya dushti in Ayurveda WSR to Balrog.

MATERIALS AND METHODS:

Methodology:

Samanya lakshan of Stanya Dushti Stanya- Ativridhi, Alpata,Nasha,Kshaya, Change in swarup-gandha-varna-praman, not suitabale for baby, Defects or diseases occur in babies, mother is also not feeling well, etc³

The Literature Review. ⁴

Sn	Sthnaya	Vata	Pitta	Kapha	Shudha sthanya
1	Aakruti	Ati tanu Ruksha	Gadha pichhila	Tantuyukta	Swachha Tanu tanturahit
2	Varna	Shava arun tamra	Nila pit Krushna	Adhik shweta	Shankhavat
3	Gandha	Avakta	Shavgandhi	Ghrut tailas vasa Majjasam	-----
4	Rasa	Kashay	Amla katu	Lavan	Kashay
5	Sparsha	Anushnit	Ushna	Ati Shita	Shita
6	Jal Pariksha	Floating	Yellow lines	Stays at bottom	Completely mix

7	Chikitsa⁵	<i>Devdarvyadi Kashya</i> <i>Pushyanuga churna</i> <i>Kakolaydi Kasdhya</i> <i>Dashmoola Ghrita</i>	<i>Guduchi satva</i> <i>Shatavari</i> <i>rasayan</i> <i>Triphala ghrit</i> <i>Padmkadi</i> <i>Kashya</i> <i>Sarivadi him</i>	<i>Ashwgandadhi</i> <i>Kashya</i> <i>Mustadi Kashya</i> <i>Dashmollarishta</i> <i>Jeerkarishtha</i> <i>Balcharturbhdra</i> <i>Churna</i>	--
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DISCUSSION:

1. **Vata dushtasthanya janya Roga:** Ksham swara, Krushanga
2. **Pitta dushtasthanya janya Roga:** Trushna, Kamala, Atisar
3. **Kapha dushtasthanya janya Roga:** Nidranivit, Jad, Shunvakra aksha, Chhardi
4. **Tridosha dushta sthanya janya Roga:** Kshirasak.

Chikitsa Siddhant: Balak Vaman, Dhatri – Mrudu vaman

Sushrut has explained the Abhighataj Shtnaya Dushti.

Acharya Vagbhata & Acharya Madhav explained the Dwandwaj Shtnaya Dushti.

Harit explained 5 types of Shanya dushti.

Acharya Charak explained 8 types of Shanya dushti.

Chikitsa: In Ayurveda, Acharya Charaka mentioned *Stanya-shodhan Mahakashaya*, which includes 10 herbs as- *Patha*, *Shunthi*, *Devdaru*, *Nagarmotha*, *Murva*, *Guduchi*, *Vatsak*, *Kirattikta*, *Kutaki* and *Sariva*. Drugs in this *Kashaya* helps to remove *Doshas* and improves milk quality. Mainly its contents possess *Tikta*, *Katu Rasa* which has *Deepana Pachan* properties thus help in proper function of *Agni* & facilitate proper *Ahara Pachan Kriya*. Proper *Utpatti* of *Rasadi Dhatu* facilitates adequate *Utpatti* of *Updhatu Stanya*.

Tridoshaj Sthanya dushti chikitsa|:⁶

Decoction of *Musta*, *Patha*, *Ativisha*, *Kushtha*, *Katurohini* to Mother & child.

Decoction of *Kirattikta*, *Guduchi*, *Indrayava* |& *Anatmool* is also useful.

Conclusion:

1. Ayurved has more effective treatment for Doshik Stanya Dusti
2. *Stanya Shodhanagana Kashya* is beneficial in improving the quality of breast milk as its name suggests..

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