

## STANYA DUSHTI:- A CONCEPT OF AYURVEDA

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### ABSTRACT

Stanya is mention as upadhatu in Ayurvedic text. Ras is a main dhatu for nourishment of body. 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. It effect on the growth of babies as well as heath of mother. It causes further developmental defects as mal nourished babies, physiopsychological defects, defect of their systems. To avoid this study is necessary. The life of human becomes more stressful now days. Mothers are working under pressure. Food has adulterated. Physical activates decreased. Rate of normal delivery become decreased. All these factors are responsible. Now this is necessary to overcome on these problems and save our next progeny. The concept of healthy society considered by Ayurveda in ancient days and overcome these problem they treat stanya and stanyadushti.

**KEYWORDS:** Stanya, Stanyadushti, Sampat Stanya, Upadhatu, Dhatu.

### INTRODUCTION

A woman undergoes various physical and physiological changes during her gestational period i.e. from conception to delivery. Awareness and management of these changes are necessary for a woman and her baby.

Ayurveda has described so many concepts for improvement of health of woman and her baby. It will lead to develop healthy society.

All we know about development of breast in female from menarche. But the actual development is occurring during the pregnancy. Here I am not going to describe the anatomical and physiological development of breast.

In *ayurved stanya sampat* is descried in all *brahat tries*. It means the quality, quantity and exact time of secretion of breast milk. Diet and habits of mother is also useful for formation of breast milk. It has important role for development of her baby. If there were some problem with mother it directly effect on breast milk and indirectly on baby.

*Ayurved* mention *stanya dusti* as major problem for bany,moter and family.

### Aims and Objective of case study

Evaluate efficacy of Ayurvedic concept of *stanyadushti* in present year.

**Type of study:** - Literary review.

### Causative factors for *stanya dushti*

- 1) According to *Sushrutacharya*:- *Krodha, Shoka, Vasalyabhav*, etc.
- 2) According to *Charkacharya*:- *Ajima, Asatamya, Virudhashan, Lavan-Katu-Amala-Ksharyukta, Chinta, Vegovidharan, Gramya-Audhak Masnsa, divaswap, Krodha, Vyadhi*, etc .
- 3) According to *Astang sanghrahkar*:- *Ahitkar Ahar, Vihar, Dushit Annapan Sevan, Ahitakari Samay Bhojan*, etc.

### Types of *Stanya dushti*

- 1) Vataj Stanyadushti
- 2) Pittaj Stanyadushti
- 3) Kaphaj Stanyadushti
- 4) Sanipattaj Stanyadushti
- 5) Stanya kshya
- 6) Stanya Vridhi
- 7) Stanya Nash
- 8) Kshina Stanya

**According to Kashyap**

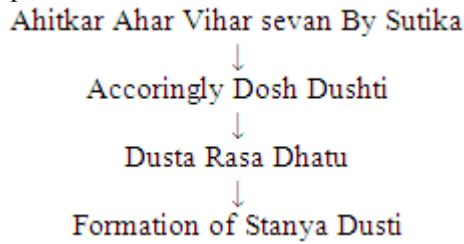
- 1) Ghana Kshir
- 2) Ushana Kshir
- 3) Amala Kshir
- 4) Alapa Kshir
- 5) Kshara Kshir

**Samanya lakshan of Stanya Dushti**

*Stanya- Ativridhi, Alpata, Nasha, Kshaya*, Change in swarup-gandha-varna-praman, not suitable for baby, Defects or diseases occur in babies, mother is also not feeling well, etc.

Parikshan by Ayurvedic Way: - *Varipariksha*

Samprapti:-

**Management**

1) According to Ayurveda  
Manasik santulan of sutika, Shariki santulan, ahar-Vihar mention as per Sutika Paricharya, Aushadhi-Shashtrakrama as per need by vaidhya, etc.

2) According to Modern  
Nutritional dietetic, Management for physical and mental health of mother. Some useful drugs like perinorm, mild sedatives, etc.

**CONCLUSION**

Ayurved has more effective treatment for Stanya Dusti rather than other sciences.  
Moder science has limitations on it.

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