

Evaluation of Shuddha(pure) Stanya(milk)and it's properties explained in Ayurveda classics with possible modern explanation

Dr Shalini*, Dr Neha Gadgil**

*MD Scholar, Kriyasharir Dept. PIA Vadodara

**Associate Professor, Kriyasharir Dept. PIA Vadodara

Submitted: 12-01-2023

Accepted: 25-01-2023

ABSTRACT

When a child is born, some of the basic lifesaving skills it is born with, are crying and sucking. Cry so it can ask for food(milk) and sucking to swallow it. Milk is sole source of living for a child from 1st day of birth upto 6 months exclusively. Cow milk (85%) is most produced milk worldwide. Breastfeeding also develops a strong bond between mother and child. Pasteurization and boiling are two most commonly used techniques to increase shelf life and making it infection free. Ayurveda unlikely modern system of medicine also indicates different milks in different health conditions as per the natural milk properties.

KEYWORDS: 1-Stanya 2-milk 3-Ayurveda

I. INTRODUCTION:

When a child is born, some of the basic lifesaving skills it is born with, are crying and sucking. Cry so it can ask for food(milk) and sucking to swallow it. Milk is sole source of living for a child from 1st day of birth upto 6 months exclusively till other foods are not added to this diet. The early milk known as colostrum contains antibodies which provides protection from many diseases. Milk also plays an important role in carrying fat soluble medicines to body tissues, source of fat-soluble vitamins eg. A, D, E and K. Also a good source of protein (cheese) and curd made of milk is source of gut flora bacteria, named Lactobacillus acidophilus (Sahaj Krimi Ch. Vi. 7). For human beings or all other animals mother's milk is milk of choice. After this goat and cow milk are preferred. Cow milk (85%) is most produced milk worldwide, after this buffalo (11%) and goat (2%) milks are produced. Ayurveda explains mainly eight type of milks and also explains their therapeutic properties.

Shuddha Stanya: It mixes immediately with water, pandu (whitish), having natural color. su ni 10

Sell and Storage: Pasteurisation is the technique used in commercial world to store milk for longer duration. Other than this boiling and keeping on low temperature are alternate methods. Some

people advocate taking raw milk but generally it is avoided due to fear of getting tuberculosis and other infections.

Type of milks – In Ayurveda there are 8 type of milks. Ayurveda gives great emphasis on how and when breastfeeding should be started. Acharya Sushruta and Vagbhata clearly state that breastfeeding must be started on fourth day after baby's birth whereas Acharya Charaka indicates that first day is best time to introduce breastfeeding. Ayurveda also states that before breastfeeding a child's mother must squeeze out some milk otherwise it can lead to certain diseases in children like vomiting, fever, respiratory diseases etc.

Health benefits to mother: It helps reducing weight of women. It promotes early shape and place acquirement of uterus. There are lesser chances of developing breast cancer, ovarian cancer, postpartum depression and type two diabetes mellitus in women breast feeding child. World Health Organization recommends exclusive breastfeeding for six months and breastfeeding in addition to other food for at least two years.

Stana, Stanya and Stanyashaya: Stana is site of Stanya also known as stanyashaya as per the definition of Ashaya² (spaces, where the dhatus are located in body.) Stanyashaya is a reservoir of stanya or breast-milk.³

Breasts are two in number and are considered as sub-parts of the body⁴.

Peshi: Peshi is made-up of mamsa. There are five hundred Peshis in human body whereas female body has twenty additional Peshis. Out of which ten are present in both Stana alone which develop during the youth.

Stanyavaha Dhamanis: There are two stanyavahadhamanis in relation to stanya.⁵

Vital Organ: Marma is the seat for jeeva⁶. Charak explained that the marmas are vital parts of body where any injury is crucial to life.⁷ Stana moola (below stana) and Stanarohita (above stana) two marmas are found in the breast.

Stanyapramana (Quantity) Amount of stanya is two Anjali.⁸

Causes of stanyapravrutti: Stanya flows out by the sight, thought or touch of the child (sucking reflex). Even the remembrance of child, pravrutti of stanya takes place⁹. After delivery on 3rd or 4th day, the dhmanis or siras situated in hridaya region get dilated and initiate milk ejection (ejection reflex). Harita explains that due to the force used during bearing down efforts by the delivering (parturient) women, her srotases get clears, leading to sudden milk ejection. However, this milk is thick due to dominance of kapha, hence should be discarded¹⁰. Bhavaprakasha¹¹ and Madhavanidana¹² and Susruta have same opinions about the stanyapravrutti.

Stanapanayana (Time to stop breastfeeding): According to Astanga-hridaya, Stanapanayanato be done at the time of eruption of teeth. Other milks (eg. goat or cow milk) and foods which are easily digestible and nourishing should must be started¹³.

Asatmay (Incompatible) milk: According to Ashtanga Hridaya milk of those animals who take incompatible food, who are hungry (due to either fasting or starvation) unconscious, having diseases, are pregnant, may produce disease in children.¹⁴

PROPER WAY OF BREAST FEEDING:

- Early start, proper position, feed on demand, engorgement, no supplements, delay artificial nipples, use nursing pads, spitting up, nipple cracking, watch for infection, eat right and get rest.

EFFECTS OF BREASTFEEDING FOR MOTHER AND BABY

Helpful for mothers in reducing weight and also in avoiding further pregnancy. Generally till a woman follows breastfeeding there are less chances of her getting pregnant. This is essential for newborn baby getting proper amount of milk otherwise the amount will be decreased which is not good. Breastfeeding also develops a strong bond between mother and child and keeps the child warm when it is in contact with mother (Kangaroo care).

PURIFICATION:

Pasteurization: Short heating and immediate cooling.

Microfiltration: No change in taste.

Cream is separated in both procedures resulting in less fat soluble vitamins.

Boiling: Study says boiling for longer duration or repeated boiling destroys micronutrients present in milk. But still famous and most convenient way as easy to use and can be done at home.

Table 1: Milk composition analysis, per 100 grams.¹⁵

Constituents	Unit	Cow	Goat	Buffalo
Water	G	87.8	88.9	81.1
Protein	G	3.2	3.1	4.5
Fat	G	3.9	3.5	8.0
Saturated fatty acids	G	2.4	2.3	4.2
Monounsaturated fatty acids	G	1.1	0.8	1.7
Polyunsaturated fatty acids	G	0.1	0.1	0.2
Carbohydrate (i.e the sugar form of lactose)	G	4.8	4.4	4.9
Cholesterol	Mg	14	10	8
Calcium	Mg	120	100	195
Energy	Kcal	66	60	110

Table 2: Milks and their properties in Ayurveda.¹⁶

Milk	Properties	Disease and DoshPrabhav(effect)
Cow	Swadu(sweet), Guru(Difficult to digest), Manda(works slowly)charak sutra Rakta-pittahar 45/50	Works as Rasayana (Rejuvenating)
Buffalo	Guru, sheeta(cold) compared to Cow milk charak Vahninashak(helpful in excessive hunger)45/55	Anidra, Atyagni
Camel	Ruksha(Dry), ushna(hot), laghu(Easy to digest), Ishatalavana(salty) charak Shosha,gulma,krimi,kushtha,arsha,vishahar45/53	Vata-kaphaAnahakrimi (worm infestation) Shopha (inflammation) udararoga (GIT problems), arsha (piles)
Horse (Mare)	Ruksha, ushna, Laghu, Amla- Lavna(sour-salty) charak	Sthairyakara (Strong built),ShakhagataVataharam
Goat	Laghu, Sheeta, Kashaya-Madhura(astringent-sweet) charak Shoshahar(cures tuberculosis) sushruta sutra 45/51	Grahi (To stop)
Sheep	Pitta-Shileshmalam Increases Pitta and Kaphacharak Useful in Vatil Kasa45/54	Causes Hikka (Hiccups) Shwasa (Respiratory problems) NaveenRakta-pitta, Akshi (eyes) shoola(pain)
Elephant	Gurucharak Chakshushya (good for eyes) sthairyakaram(making body more stable) 45/58	Sthairyakara (Strong built)
Woman	Brimhana (Nutritious) charak Used in Nasya(nasal medicine)45/57	Satmya (Well accepted by body)

II. DISCUSSION:

Milk contains same characters as Oja or PrakritKapha which by characters is difficult to digest.Only infants upto 6 months of age can digest it completely.In later age it causes intolerance and flatulence.To avoid it one must take it with Deepan,PachanDravyasegShunthi,kaaliMirch.All milks are not for everyone.In early life mothers milk should be the preffered milk but in later life as there are no enough nutrients to meet the need of an adult body we should also consider other milks as per disease and body requirements.

Milk should be boiled and and taken fresh to avoid any infection present in it.If women is suffering from any disease which can be transmitted to baby through breast milk,this milk must be discarded as well.

Sushruta preferred Goat milk over cow milk because it's easy to digest, larger number of small fat molecules than cow milk,does not contain agglutinin, so the fat molecules do not clump together. Believed to be the reason why it is easier

to digest higher in calcium and casein structure same as human,also well tolerated by baby.

III. CONCLUSION:

Milk is vital and essential in early life of a child where mothers milk is able to provide necessary support to body where demand is less but as body grows more nutritive values are required .For which Cow and buffalo milk is advised .Person with disease can be given other milk optionlike camel milk in UdaraRoga(diseases related to abdomen) ,Goat milk in rajyakshama(tuberculosis)

REFERENCES:

- [1]. Atridev. Sushruta Samhita. Commented by GhanekarShribaskarGovindaji.
- [2]. Varanasi. ChaukhambhaVidyabhavan, 1988.
- [3]. Agnivesh. Charaka Samhita. Redacted by Charaka&Dridhabala with Vidyotini Hindi commentary by Pandit Kashinath,

- [4]. Shastriyand Dr. Gorakhnath Chaturvedi. Chaukhamba Bharati Academy, Varanasi, UP. Reprint, 1998.
- [5]. Bhela - Bhela-Samhita. Text with English Translation, commentary, and critical notes by Dr. K.H. Krishna Murthy-ChaukhambhaVishvabharati. Oriental Publishers and Distributors. Varanasi. Reprint, 2003.
- [6]. Bhavamishra. Bhavaprakash. (Text, English translation, Notes, Appendices, and Index) by Prof. K.R. Srikantha Murthy ChukhambhaKrishnadas Academy, Varanasi. Edition, 2004.
- [7]. Farroqi AA, Shreeramu BS. Cultivation of Medicinal and Aromatic Crops. Universities press (India) Ltd. Hyderabad. India, 1 st Edition, 2001.
- [8]. Hariharaprasada. Tripati. Harita Samhita (With Hindi Commentary) ChaukhambhaKrishnadas Academy, Varanasi, 1 st Edition, 2005.
- [9]. A.S. U. 49/3-4 Jyotirmitra Acharya, Ashtanga Sangraha, 2nd Ed, Varanasi
- [10]. Cha. Chi. 1/4/36
- [11]. Acharya YT, Acharya NR. Sushruta Samhita of Sushruta. 7th ed., Varanasi. Chaukhambha Orientalia, 2003, 498.
- [12]. Acharya YT, Charaka Samhita of Agnivesha, 5th Ed, Varanasi, ChoukhambhaPrakashana, 2007, 376.
- [13]. Role Of BhumikushmandaChurna In StanyaKshaya, Dr.SatishJallihal, Post Graduate Department Of Prasuti Tantra &StreeRoga, N.K.J. Ayurvedic Medical College & PG Centre, Bidar., 2010, A Dissertation Submitted To The Rajeev Gandhi, Health Sciences, Karnataka, Bangalore
- [14]. Vaidya Tarachanda Sharma, AyurvediyaPadarthaVijnana, 9th Ed, Rohataka, Nath Pustaka Bhandara Publishers, 1994, 154.
- [15]. USDA National Nutrient Database for Standard Reference. Ars.usda.gov. Retrieved on November 24, 2011. Archived August 21, 2008, at the Wayback Machine.
- [16]. CharakSamhita,Vidyotini Hindi commentary Pandey KN,Chaturvedi GN, Chaukhamba Bharti Academy Varanasi Sutra SthanachapterAnna-panvidhiadhyaya verse no 228-224,page no. 551, ,Varanasi