

**SCIENTIFIC VIEW OF INFANT DISORDERS ACCORDING TO CHARAK: A
CONCEPTUAL STUDY****Dr. Usha Deshmukh^{*1} and Dr Sanjana Bhole²**¹HOD and Professor Kaumarbhritya Dept. R. A. Podar Medical College (Ayu) Woral, Mumbai.²P. G. Scholar Rasshastra Department R.A.Podar Medical College (Ayu) Woral, Mumbai.***Corresponding Author: Dr. Usha Deshmukh**

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ABSTRACT

Paediatrics is regarded as the medical science which enables an anticipated new born to grow into a healthy adult useful to the society. It is a study of the child from conception through childhood nay adolescence. Breast milk is an ideal food for a normal infant. The nutrition & growth of the baby is dependent on it. If the breast milk is vitiated with *doshas*, it results in many disorders in an infant. But just treating the symptoms in the baby is not enough, the breast milk should be treated too, so that the quality improves, thus enhancing the growth of the baby, helping him to grow into a healthy individual. Acharya Charaka described the infant disorders occurred by defective breast milk.

KEYWORDS: Breast milk, stanyadushti, Acharya Charaka.**INTRODUCTION**

An infant (derived from Latin word "infans" meaning "unable to speak "or "speechless") means the very young offspring of a human being. The term "infant" is typically applied to young children between one month to 1 year of age.^[1] Breast milk is a complete food for the infant. Breast milk is main source of infant. Breast milk feeding improves the strength and immunity of the infant. It contains anti-bacterial factors like antibodies which protect the infant from infection. It provides immune factors which provide protection against infections like pneumonia, diarrhoea, Asthma. Milk makes child more intelligent. Protects baby against obesity, hypertension, and heart disease. Initially milk is yellow fluid known as colostrum. Though less in quantity it is sufficient for new born. Breast milk has high concentration of IgA, IgM, and Lysozyme which provides immunity against bacterial & viral infection. High levels of lactobifidus factor in the breast milk provide immunity against E. coli. PABA (para amino benzoic acid) present in breast milk provides immunity against malaria. Breast milk also contains fat, lactose, DHA, omega fatty acids which boost brain growth.

Breast milk is the one of greatest gift for infant. There are several ways to make more beneficial this wonderful gift by mother' diet. According to *Ayurveda* mother's food, mental health, and activities affect the quality of breast milk.

Any kind of vitiation of breast milk may leads to infant mortality & morbidity. Infant mortality rate refers to number of death of children under one year of age per 1000 live births. Infant's mortality & morbidity is mainly due to GIT & Respiratory infections & disorders. A number of diseases can be through drugs consumed by mother and excreted through breast milk.

Allopathic medication involving antibiotics used to treat the infant do not completely treat the symptoms in a baby & them; adversely affect the immunity & growth of the baby. Hence, there is a need for better treatment options. Here the breast milk received by baby is at fault.

Ayurveda has mentioned " *Nidanparivarjan*" i.e. removing causative factors as treatment for most disorders. Even in the case of vitiated breast milk, symptomatic treatment is given to the baby & *stanyashodhan* treatment to the mother which includes *Aampachan* & basic *panchkarma* procedures like *virechan*. The use of *shunthi* (*Zingerber officinale* Rose) is well acclaimed in such cases.

AIM

To protect the infant & enhance its growth & development.

MATERIALS AND METHODS

The quality & potency of breast milk is affected due to untimely & unhealthy food habits of the mother, stress which aggravates the *doshas*.

Ancient *Ayurvedic* classics have extensively described the causative factors as well as treatment for *stanyadushti* (vitiation of breast milk) Acharya Charka described in "*Charak Samhita*" *Chikisasthan, Adhyaya 30* had 8 types of *stanyadushti* which are grouped into 3 types as per the *doshas*.

Characteristic of milk according to *dosha*

| Vataj | Pittaj | Kaphaj |
|--|------------------------------|--|
| Vairasya | Vaivaranya | Atisnigdha |
| Fensanghat | Dourgandhya | Pichchil |
| Rukshya | | Guru |
| Milk will float on water: A drop of milk is put in a glass of water & observed. The drop of milk floats over water. *milk tastes bitter, shava, & Ruksha | Milk is yellowish in colour. | Milk will sink to bottom in water: A drop of milk is put in a glass of water & observed. The drop of milk sinks to bottom in water. |

The *doshas* which get aggravated, get incorporated in the "*Rasa dhatu*" & further vitiated the "*stanya*" being the *upadhatu* of "*Rasa dhatu*".

These disorders are observed in infants coming to outpatient department of kaumarbhratya dept at M.A.Potdar hospital Worli Mumbai.

Management of Infant Disorders

According to *Charak* an infant disorders should be treated infant as well as mother. Breast milk is the source of nutrition of infant as well as the most probable etiological factor of infant disorders also. So line of treatment of infant disorders is first treated the vitiated breast milk. It is corrected by *shodhana* and *shaman*. *Shodhan* mainly involves *Vaman* (emesis) and *Virechan* (purgation). The remaining *dosha dushti* is treated by *shaman aushadhi*. The role of *shunthi* (*Zingiber officinale*) is well acclaimed the treatment of vitiated breast milk. *Shunthi* acts on the *Rasdhatu* and *stanya* is an *upadhatu* of *Rasdhatu*

1. In vataj stanyadushti -- Shunth, Draksha, yashttimadhu, sariva patha powder with ghruta.
2. Pittaj stanyadushti-- yashttimadhu, draksha, kshirvidari, powder.
3. Kaphaj stanyadushti-- Devadaru, Musta, Patha. powder.

Certain *kalpas* like *saubhagyashunthi paka*, *Arogyavardhini vati*, *Gandharva haritaki* etc are in day today practice for the treatment of mother. *Gandharva Haritaki* is a formulation of *Erand*, and *haritaki*, *Erand* helps in the *Aampachana* and *Haritaki* in excretion of accumulated *doshas*.

Infants are treated symptomatically. *Ayurvedic* management is the treating root causes so thus enhancing the quality of breast milk so it's help to improving immunity as well as growth and development of an infant.

DISCUSSION

Ensuring exclusive breast feeding for six months has a potential to reduce mortality rate by 13 percent is the most effective intervention that are known to reduce new-born & child deaths. Breast milk is like an elixir for the baby. Hence, maintaining its quality & consistency is crucial.

The study done by ancient Ayurveda physicians can be observed in day to day lives. The treatment for such disorders can be given as per the individual case of the baby according to the understanding of the physician.

The treatment of disorders raised due to *stanya dushti* need to be done as per the involvement of the concerned *dosha* i.e. *Vataj*, *Pittaj*, & *kaphaj*.

The *Vairasya*, *Fensanghat*, & *Raukshya*, *stanyadushti* are categorised into *Vataj* type as per *Acharya Charka*. Due to *Varasya* type of *dushti*, the infant refuses breast feeding because bitter taste of milk so infant becomes weak and malnourished. *Fensanghat* and *Rauksha* means less fat and protein content in the breast milk which hampers growth and development of the infant. Constipation, and dysuria, weak cry these symptoms are developed in infant.

In such cases *Vatshamana* and *Anuloman chikitsa* has to be given. Herbal drugs like *Draksha/Manuka* (*Vitis vinifera*, linn) *Mulethi* (*Glycyrrhiza glabra* linn), *Anantmool* (*Hemidesmus indica* R. B.), *Shunthi* (*Zingiber officinale* Rosc), and *Devdaru* (*Cedrus deodar* (Roxb), *Loud* are used in the form of *Kshirpak* and *Ghruta*. These *dravyas* are *madhur rasa*, *sheet veerya* which change the taste of the breast milk. These *dravyas* are *Agnideepak*, *bruhan*, *snigdha* which increase the nutrition content of the milk. The drugs of the *jivaniya ganna* of *Charak* can also be used.

The *vairarynya* and *dourgandhya stanya dushti* are categorised into *pittaj* type as per *Acharya Charak*. In this *dushti*, the infant refuses breast feeding due to the *Amla*

and *katu rasa* of the milk. Pittaj stanyadushti is due to the vitiated *drava guna* of *pitta* and *kled dhatu*. The *stanyadushti* causes skin disorders like diarrhoea, excessive sweating and thirst as well as anaemia and jaundice.

For treating the *pittaj stanyadushti*, herbal drugs like *Guduchi* (*Tinospora cordifolia* (willd) miers), *Haridra* (*curcuma longa*, linn), *vacha* (*Acorus calamus*, linn), *Triphala* (*haritaki*, *bibhitak*, *amalaki*) in the form of *kshirpaka* and *ghrut*. These drugs are *tikta rasatmak*, *madhur vayu mahabhuta* in a major proportion and does the work of *drav shoshan* and *kled shoshan*. *vipaak* which help in *pittashaman*. *Tikta rasa* contains *Akash* and The above drugs acts on the *Ras-Rakta dhatu* and cleanse it and thus help in curing the vitiated breast milk. Administering them in the form of *ghrut* also adds to the *pitta shaman* activity of the drugs.

The *atisnighdha*, *picchil* and *guru stanyadushti* are categorised into *kaphaj* type of *dosh dushti*. In *kaph* vitiated breast milk, the milk has excess amount of carbohydrate and fat content which leads to disorders like *Agnimandhya*, excessive salivation, oedema, inactivity, tiredness, lethargy, vomiting and may even causes cardiac problems.

In such situation *agnideepen* and *rukshan chikista* needs to be given. Herbal drugs like *Devdaru* (*cedrus deodar* roxb, loud) *musta* (*cyperus rotundus*, linn) *shunthi* (*zingiber officinale* roscoe) *patha* (*cissempeleus paelea*, linn), *traaymaan* (*gentian kurroa royle*), *guduchi* (*tinospora cordifolia* wild miers) *Nimb* (*azadirecta indica*, linn) *patola* (*trichosanthes dioica*, roxb), *Harada* (*Terminalia bellerica*), *Amalaki* (*embekia officinale* greartn) *Vacha* (*acorus calamus* linn) in the form of *choorna* and decoction. These dravyas are *tikta*, *katiu rastmak* and *katu vipaak ruksha* hence are *kapha ghna*, *vishaghna*, *kledghna*, *agnideepak*. etc. Hence treat the *kapha* vitiated breast milk.

The breast milk is very essential for the growth & development of the baby. Any kind of vitiation affects the health of the baby. Hence infants should be carefully treated. The 8 types of *stanyadushti* described by *Acharya charak* can be related in day to day lives even after centuries & treated according to eliminate the root cause. It is observed that correction of *stanyadushti* by treating mother results in improvement in health of infant.

CONCLUSION

The breast milk is very essential for the growth & development of the infant. Any kind of vitiation affects the health of the baby. Hence infants should be carefully treated. The 8 types of *stanyadushti* described by *Acharya charak* can be related in day to day lives even after centuries & treated according to eliminate the root cause. It is observed that correction of *stanyadushti* by

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