SCIENTIFIC VIEW OF INFANT DISORDERS ACCORDING TO CHARAK: A CONCEPTUAL STUDY

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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 charka descried the infant disorders occurred by defective breast milk.

KEYWORDS: Breast milk, stanyadushti, Acharya Charaka.

INTRODUCTION

An infant (derived from Latin word “infants” 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. 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 officinal 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.

Characteristic of milk according to dosha

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<th>Vataj</th>
<th>Pittaj</th>
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<tr>
<td>Vairasya</td>
<td>Vaivarna</td>
<td>Atisnidgha</td>
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<td>Fensanghat</td>
<td>Dourgandhya</td>
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<td>Rukshya</td>
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The doshas which get aggravated, get incorporated in the “Rasa dhatus “ & further vitiated the “stanyas “being the upadhatu of“Rasa dhatus”.

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

Management of Infant Disorders
According to charak an infant disorders should be treated infant as well as mother. Breast milk is the sours 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. Shodhana mainly involves Vaman (emesis) and Virechan (purgation).The remaining dosha dushti is treated by shaman aushadhi. The role of shunthi (zingerofficinale) is well acclaimed the treatment of vitiated breast milk.Shunthi acts on the Rasadhatus and stanyas is an upadhatu of Rasadhatus

1. In vataj stanyadushti -- Shunth, Draksha, yashhtimadhu, sariva patha powder with ghruta.
2. Pittaj stanyadushti-- yashhtimadhu, draksha, kshviradi, powder.

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

Infants are treated symptomatikaly. 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.

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

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 Charaka. Due to Varasaya 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 chiktsa has to be given. Herbal drugs like Draksha/Manuka (vitis vinifora, linn) Mulethi (Glycerrhiza glabra linn), Anantmoool (Henmedesmus indica R. B.), Shunthi (Zingeber officinale Roscac), and Devdalru (Cedrus deodor (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, brahan, 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 (willia) miers), Haridra (curcuma longa, linn), vacha (Acorus calamus, linn),Triphala (haritaki, bibhitak, amalaki) in the form of kshirpaka and ghrut. These drugs are tikta rasamak, 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 Devalaru (cedrus deodor roxb, loud) musta (cyperus rotundus, linn) shunthi (zingiber officinale roscoe) patha (cisempeulus paelea, linn), trasyamaan (gentian kurroa royle), guduchi (tinospora cordifolia wild miers) Nimb (azadirecta indica, linn) patola (trichosanthes dioica, roxb), Harada (Terminalia belerica), Amalaki (embekia officinale gheart) Vacha (acorus calamus linn) in the form of choorna and decoction. These dravyas are tikta, katu rastmak and katu vipaak ruksha hence are kaptha ghna, vishaghna, kledghna, agnideepak. etc. Hence treat the kaptha 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.

REFERENCES