



## STANYA AMRUTAM : THE ELIXIR FOR NEW BORN BABY

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**ABSTRACT** STANYA AMRUTAM: Motherhood is a great boon for woman. There is really nothing like being a mother. It is an indescribable feeling of pure love that only exists between a mother and child. Motherhood is always not easy, have many struggles even through out the antenatal and even beyond that the mother has to face. Mother is advised to have proper nutrition to maintain herself and her pregnancy. For proper growth of the foetus, it is important to follow garbhini charya and sootika charya to maintain proper lactation to the new born baby. The proper measure to be followed to maintain lactation exclusively for first six months. Stanya is a precious nutrition for new born baby. Sometimes lactating mother suffers from lactational disorders along with stanya dushti due to which baby has to face problems, they may suffer from certain diseases and get deprived of nutrition. As no artificial feeding formula can meet the demand of the baby. While coming to concept of sthanya in Ayurveda acharyas had provided elaborated description about formation of sthanya, importance of sthanya for newborn baby, sthanya pravritti hetu, sthanya pramana etc. breast milk also contributes in the development of infant gut microbiome.

**KEYWORDS :** Stanya amrutam, stanya pravritti, nirmana, composition , breast milk.

**Formation of stanya according to various acharyas in our classics :**

According to Acharya susruta the madhura prasada or sweet essence formed after digestion of ahara rasa, circulating through the whole body by vyana vayu reaches stana and is called sthanya. Rasa Prasad means essence of rasa.

Acharya kasyapa mentioned that ahara rasa in garbhini is divided into three parts , one portion is for nourishment of the mother , second portion nourishes the garbha and 3<sup>rd</sup> portion nourishes stana and stanya. Acharya vagbhata mentioned that stanya and rajas both are formed from essence of rasa.

Harita explained the formation of stanya is from the food ingested by woman travels through sira of uras or through the siras carrying milk and reaches jathara after it is mixed with pitta. It is metabolised by pacahakagni ( digestive fire) and processed by pitta ( dhatwantaragata) reaches the stanyavaha sira and expelled. This secretion having association of agni and soma is known as milk. Just as the blood due to the action of pitta gets suppurated forming white coloured pus , similarly due to association of pitta, milk is white in colour.

In modern science formation of breast milk is explained from alveolar cells of the breast which under the influence of the hormone prolactin take protein, sugars and fat from blood supply and make breast milk.

According to ayurvedic science and modern principles, proper nourishment is essential for pregnant woman to have proper breastfeeding to baby. Malnourishment , lack of proper diet, faulty diet causes deterioration of the health of the mother and effects breastfeeding. Proper rasa formation is essential as stanya is upadhatu of rasa dhatu. After ingestion of ahara the pachakapitta in the amashaya acts on it and digests it into prasada bhaga and kitta bhaga. Prasad rasa is divided into sthayi rasa (sthula/ poshya) and asthayi rasa ( sukshma/ poshaka) . Asthayi rasa are useful for formation of upadhatu stanya and artava.

According to modern concept, under the influence of hormone prolactin synthesised by anterior pituitary gland, the milk is secreted in alveolar cells of breast and it is ejected under the influence of oxytocin released by suckling action of the baby.

**STANYA PRAVRITTI:**

Acharyas explained just as the semen is ejaculated by thought, touch, coitus with woman similarly milk is ejected by touch, sight, thought and physical contact with child. The most significant factor associated with touch ,sight, thought or physical contact is unconditional love for child.

**Pramana of sthanya:** Amount of sthanya is two Anjali.

**IMPORTANCE OF STANYA:**

It provides arogya (health), avyahatabela ( strength), avyaha taanga (appropriate physical growth), vardhatesukham ( development), anapatti (immunity against diseases) and ayu (long life span).

Advantages of breastfeeding: natural form of food which facilitates complete digestion, easy to digest, free from infection/contamination, provides passive immunity as it contains antibodies, suckling promotes endogenous oxytocin which in turn promotes involution of uterus, suckling promotes proper development of jaws and teeth, natural contraception woman as resumption of fertility is delayed, emotional, physical, psychological bonding for both mother and the baby.

**Composition of breast milk:**

Immunoglobulins IgA & sIgA, IgM, IgG, lactoferrin, bifidus factor, lipases, linoleic acid, alpha linoleic acid free fatty acid, lysozyme, monoglycerides, oligosaccharides, vitamin A, vitamin D, protein, fat, carbohydrate, calcium, phosphorus, sodium etc.

Breast milk is the nectar to the newborn having immense benefits to both mother and child. Because of the presence of nutritive components it is considered as first vaccine to new born baby.

Health of the mother is thoroughly checked throughout the pregnancy and even prior to that, because of stanya formation depends on mothers ahara rasa.

In modern concept, breastfeeding is thought to be an important driver of infant gut microbiome establishment. Gut microbiome symbiosis to maintain structural integrity of mucosal barrier ( by regulating tight junction permeability), regulate the gut development, regulate host immunity and train the immune cells. Control the maturation and function of the microglia in the CNS, shape the neuronal development. sIgA from mothers breast milk lines the GI tract of new born baby and prevents harmful pathogens entering into the circulation.

Another magical thing found in some researches when baby sucks breast milk, passes certain cue like cells through saliva that sends signals to mothers body to produce more milk with specific antibody. Evening milk contains more serotonin and other elements to help the baby to sleep.

Considering the above essentials , it is important to maintain the infant gut microbial. The microbiota of human breast milk contributes to infant gut colonisation. The bacteria present in breastmilk are staphylococcus and streptococcus but many other genera are also found including anaerobic lactobacillus , bifidobacterium and bacteroids. There is difference in infant gut microbiome and human milk microbiome , this difference plays synergistic action in proper maturation of infant gut microbiome. The breast milk microbiome is

highly variable and potentially influenced by geographic location , delivery mode, feeding mode, environment, maternal diet.

Composition of breast milk though remain same but its nutritive value changes according to the need of the baby , it changes in a single day, according to the age of the baby and in ill condition of the baby.

**Colostrum:** It is secreted for first three days it is rich in proteins, vitamin A, Sodium, chloride, contains immunoglobulins especially sIgA, low in lactose and fat. It is yellowish in colour and alkaline.

**Transitional milk:** from 4<sup>th</sup> to 7 days , milk get increased in volume , rich in fat and lactose.

**Mature milk:** It starts secreting from two weeks onwards till end. It is composition of foremilk and hindmilk. It is thin and watery in nature.

Garbhini masanumasika paricharya is to be followed properly throughout the antenatal period, it helps in proper nourishment of mother, the fetus and the formation of stanya. It also soften sacral region, flanks, vaginal canal, and back causes softening of birth canal soft , vayu to move in right direction and contributes for normal vaginal delivery when all other conditions are normal. Sutikopachara in our classic is specific. It helps in punarnavikaran of mothers body, garbhashayasuddhi, dhatuparipurnata, sthanyavridhi are completely established. A state of physical, mental and physiological wellbeing is established.

Thus, by knowing the importance of sthanya, proper stanya pravritti is to be maintained, it is the duty of physician to encourage skin to skin contact, proper attachment of the baby to breast, proper position of baby during breastfeeding.

#### CONCLUSION:

Amrutam the word literally means immortality and referred as nectar. It is an elixir of life this kind of holy preparation when ingested , it wont let any living being to die and make them eternal, here the breast milk because of its nutritive value can be said as amrutam and it is the best source of nourishment to new born baby.

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