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“STANYA VIKRITI AS PER BRIHT TRAYEE: A REVIEW”

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ABSTRACT:

Ayurveda is the holistic ancient science of universe. It mainly aims towards maintenance of health and treatment of the diseases if they are occurred. Eight *Angas* (subdivisions) of *Ayurveda* has been described, *Kaumarbhritya* is one of them. *Acharya Charaka*, *Acharya Susruta* and *Acharya Vagbhata* wrote their treatises regarding all the *Angas* of *Ayurveda* which comprises the basic knowledge of *Ayurveda*. These three *Granthas* collectively called as *Briht Trayee*. All these *Acharyas* described their concepts regarding *Kaumarbhritya* as per their specialties.

The article reviews the concept of *Stanya Vikriti* explained by these *Acharyas* in *Briht Trayee*.

Key words: *Ayurveda*, *Kaumarbhritya*, *Briht Trayee*, *Stanya Vikriti*

INTRODUCTION:

The chief aim of *Ayurveda* is to maintain the health in all possible ways that a mankind does and if still, human is affected by the diseases then only the treatment comes in the way¹. So the first objective of the *Ayurveda* is to maintain the health. *Ayurveda* has been described by many ancient scientists in their classics. Three of them are very popular and collectively called as *Briht Trayee*. *Acharya Charaka*, *Acharya Susruta* and *Acharya Vagbhata* are the popular ancient *Acharyas* who described their knowledge with respect to eight divisions of *Ayurveda*, comprising *Ashtanga Ayurveda*². *Kaumarbhritya (Balrog)* is one of the divisions of *Ayurveda*, a science which deals with the nourishment and development of the child, treatment of *Kshirdosha* of *Dhatri*, diseases developed in children due to *Dushta Stanya* and *Dushta Graha*³. So it is important to consider *Stanya Vikriti* as it is one of the objectives of *Kaumarbhritya*. The article reviews the concept of *Stanya Vikriti* as per *Briht Trayee*.

AIMS AND OBJECTIVES:

- To review the concept of *Stanya Vikriti* as per *Acharya Charaka*, *Acharya Susruta* and *Acharya Vagbhata*.
- To understand the difference of opinions between all *Acharyas* regarding the concept of *Stanya Vikriti*.

MATERIALS AND METHODS:

Thorough study of all available literature regarding the concept of study: Textbooks, *Samhitas*, National and International Indexed Peer Reviewed Journals of *Ayurveda*, Pubmed, Google search etc.

LITERATURE REVIEW:

As per *Acharya Charaka*:

Hetus of *Stanya Dushti*:

Ajeerna, *Asatmya*, *Vishama*, *Viruddha Bhojana*, *Amla-Lawana- Katu- Kshara-Prakleenna* diet, *Mana-Sharira-Santapa*, *Jagarana*, *Cheentaa*, *Vega Vidharana*, *Vega Utpadana*, foods made with *Guda*, *Krishara*, *Dadhee*, *Mandaka*, *Mamsa* of *Gramya* and *Anupa* animals, *Abhishyandi* diet, followed by *Diwaswapna*, *Madya Sewana*, *Anasaya*, *Abhighat*, *Krodha*, *Atanka Karshana*, causes *Dosha* to get vitiated and they travel to *Stanyavaha Srotasa* to produce *Stanya Dushti*⁴.

Lakshanas of *Vataja Dushta Stanya*:

Stanya vitiated by *Vata* is *Shyawa*, *Aruna* in color, *Kashaya Anurasa*, *Vishada*, not having clear *Gandha*, *Ruksha*, *Drava*, *Fenila*, *Laghu*, *Atruptikara*, *Karshana*, producing *Vata Vikara*⁵.

Lakshanas of *Pittaja Dushta Stanya*:

Stanya vitiated by *Pitta* is *Krishna-Neela* colored, yellow-coppery tinted, *Tiktanu-Katu-amlarasa*, *Kunapa* (smells like decomposed), smelling like *Rudhira* (blood), *Bhrisha*, *Ushna*, producing *Pitta Vikara*⁶.

Lakshanas of *Kaphaja Dushta Stanya*:

Stanya vitiated by *Kapha* is *Shukla*, *Ati-Madhura*, *Lawana Anurasa*, smelling like *Ghrita-Taila-Vasa-Majja*, *Picchila*, *Tantu* (fibrous), plenty, *Guru*, *Ghana* and drowns in water⁷.

8 types of *Stanyadosha* :

They has been described by *Acharya Charaka*⁸.

Stanya vitiated by *Vata* is having *Vairasya*, *Fena-Sanghata* and *Raukshya*.

Stanya vitiated by *Pitta* is having *Vaivarnya* and *Durgandhi*.

Stanya vitiated by *Kapha* is having *Sneha*, *Paichilya* and *Gauravam*.

General *Chikitsa* of *Stanya Dushti*:

The women should be considered for *Chikitsa* like *Shodhana-Shamana*. Prior she must be given *Snehana-Swedana* followed by *Vamana*. For *Vamana*, one can use *Kalka* of *Vacha*, *Priyangu*, *Yashtimadhu*, *Gelphala*, *Vatsaka*, *Sarshapa*, *Kwatha* of *Nimb*, *Patola* added by *Lawana*. After *Vamana*, *Samsarjana Krama* should be adopted. After that *Virechana* is considered as per *Bala-Abala* of *Dosha* and *Kala*. *Snehana* is done before *Virechana*. For *Virechana* one can use *Trivritt* and *Haritaki* or *Haritaki* with *Triphala Kwatha* or *Haritaki* with *Madha*. *Haritaki* can also be given with *Gomutra*⁹.

After *Virechana Samsarjana Krama* should be adopted. And diet is advised as per *Shamana* of *Avashita Dosha* which may include *Shal*, *Shashtee*, *Priyangu*, *Vansha*, *Mudga*, *Masura*, *Kulatha* etc in *Yusha*¹⁰. Diet for non vegetarian is also suggested by *Acharya Charaka*.

Chikitsa of *Ksheena Stanya*:

To produce *Stanya* in *Ksheena Stanya*, *Mamsarasa* of *Gramya*, *Aanupa*, *Audaka* animals, *Anupa* and *Audaka* cereals and vegetables, *Drava*, *Madhura*, *Amla*, *Lawana Dravya*, milk, should be included in diet. Exercise and strenuous work should be avoided. Decoction of *Trina-Pancha-Mool* is exercised¹¹.

Various *Lepana* on *Stana* as per *Dosha Dushti*:

Stanya if having *Rukshata*, milk or ghee prepared with *Stanyashodhaka Aushadhi* said in *Shadvirechanshataashritiya*

Adhyaya should be taken and *Lepa* of *Laghupanchamoola* is done on *Stana*. Likewise *Acharya Charaka* explained the *Chikitsa* of other 7 *Stanya Dosha*¹².

As per *Acharya Susruta*:

Ksheena Stanya:

Hetus of *Ksheena Stanya*:

Krodha, *shoka*, *abhava* of *vatsalya*, *langhana*, *ativyayama*, *chinta*, *deegha vyadhikarshana* etc. are the Hetus which cause deficiency of milk in the lactating women¹³.

Lakshanas of *Ksheena Stanya*:

Stana Mlaanata, less or no milk production, so the child don't get milk, and becomes irritable, weak and lean and cries a lot¹⁴.

Chikitsa of *Ksheena Stanya*:

Upayog of *Dravya* which increases *Shleshma* are to be used¹⁵.

For *Ksheerjanana*, *Soumanasya Janana* (which produce affection and satisfaction) *dravya* are to be used. *Yava*, *Godhuma*, *Shali*, *Shashti*, *Mamsarasa*, *Sura*, *Rasona*, *Matsya*, *Beesa*, *Yashtimadhu*, *Shatavari* etc. should be included in diet¹⁶.

Stanya Vriddhi:

In *Stanya Vriddhi*, the *Viruddha Kriya*, less *Madhura*, *Drava Dravya* in diet, for *Samshodhana* and *Kshapana* are to be advised¹⁷.

As per *Acharya Vagbhata*:

Acharya Vagbhata explained the *Stanya Dushti* in *Balamaya Pratishedha Adhyaya* of *Uttartantra*. *Stanya* vitiated by *Vata* is *Shyawa*, *Aruna* in color, *Tikta-Kashaya Anurasa*, *Vishada*, not having clear *Gandha*, *Ruksha*, *Fenila*, *Atruptikara*,

producing *Adhmana*, *Mutra-Varchas Vibandha*¹⁸.

Stanya vitiated by *Pitta* is *Krishna-Neela* colored, coppery tinted, *Tikta-Amla-Katu Anurasa*, *Kunapa* (smells like decomposed), smelling like *Rudhira* (blood), *Bhrisha*, *Ushna*, *Apsu-peat-raajeemat* producing *Vidaha*¹⁹.

Stanya vitiated by *Kapha* is *Shukla*, *Madhura*, *Lawana Anurasa*, smelling like *Ghritha-Taila-Vasa-Majja*, *Picchila*, *Bahala*, *Tantu* (fibrous), *Guru*, drowns in water, with *Nidrabahulya*²⁰. According to *Acharya Vagbhata*, as per disease, as per *Dosha*, *Shamana* and *Shodhana* are applied in the *Chikitsa* of *Dhatri* affected by *Stanya Dosha*.

Sannipataj Stanya Dushti has also been discussed by *Acharya Vagbhata*²¹.

Chikitsa of *Stanya Dushti*:

In *Kaphaja Stanya Dushti*, *Saindhava Pippali Yukta Ghritha* is given to child. Other *Kalpas* are also forwarded by *Acharya Vagbhata*²².

DISCUSSION AND CONCLUSION:

1. *Stanya Vikriti* is described by all the *Acharyas* of *Briht Trayee* comprehensively.

2. *Stanya Vikriti* is discussed in details by all the *Acharyas* like other diseases. *Acharyas* described its *Hetu*, *Samprapti*, *Prakara*, *Lakshanas* of each types, and *Chikitsa* of every *Prakara* of *Dushti*. A slight difference is seen the descriptions of *Doshaja Stanya Dushti Lakshanas* as per *Acharya Charaka* and as per *Acharya Vagbhata*.

3. Collectively, for the *Chikitsa* of *Stanya Vikriti*, *Shamana* and *Samshodhana Chikitsa* has to be adopted along with

Lepana on the *Stana*, as per all of the *Acharyas*.

4. Both *Dhatri* and *Balaka* are to be given *Chikitsa* as per *Dosha-Bala*, *Vyadhi-Bala* and *Rugna-Bala*.

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