



A Conceptual Study on *Stanyashodhana Karma of Guduchi*

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ABSTRACT

Stanya is nearly complete sole source of nourishment for infants. In *Ayurveda*, *Stanya* has been considered as *Updhatu of Rasa Dhatu* as it is formed out of *Rasa Dhatu* and *Rasa* is main *Dhatu* for nourishment of body. *Ayurveda* has considered that *Stanya* provides health, immunity, strength, and nourishment to the baby. The quality of *Stanya* is entirely depends on the mothers health, nutrition and food. If the mother indulges in unwholesome diet and lifestyle, the *Stanya* get vitiated and called as *Dushita Stanya*. According to *Acharya Kashyapa*, consumption of *Dushita Stanya* will lead to various diseases like *Kukunaka*, *Balashosha*, *Visarpa*, etc. in child. Drugs having *Tikta Rasa*, *Deepana* and *Rasayana* properties may help in normalizing vitiated *Rasa Dhatu* which is responsible for *Stanya Dushti*. *Acharya Vagbhata* mentioned that *Stanya Shodhana* is one of the *Karma* attributed to *Tikta Rasa*. *Guduchi* is one of them.

Keywords: *Guduchi*, *Stanya*, *Stanyashodhana* *Dravya*

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INTRODUCTION

Stanya is the most important as the newborn is totally depending on it. It is necessary for their mental and physical development. In *Ayurveda* texts, qualities and abnormalities of *Stanya* is mentioned by *Acharyas*. According to *Madhava Nidana*, Breast milk is vitiated by *Doshas* and mother's consumption of various heavy foods causes a variety of ailments in the infant. The rise of *Doshas* in the body, resulting in anomalies in the breast milk, is one of the causes of various disorders in children. Hence the treatment of *Stanyadushti* should be done.

The treatment varies as per the causes and types of *Stanyadushti*. *Acharya Sushruta* mentioned *Krodha*, *Shoka*, *Vatsalyabhava* as the causes. According to *Acharya Charaka*, *Ajirna*, *Asatamya*, *Lavan-Katu-Amala-Ksharyukta Ahara*, *Virudhashan*, *Gramya-Audhak Masnsa Vegovidharan*, *Chinta*, *Divaswap*, *Krodha*, *Vyadhi*, etc are the reason for *Stanyadushti*. There are so many formulas and *Dravyas* which act as *Stanya Shodhana* and *Guduchi* is one among them. To understand the *Stanyashodhana Karma* of *Guduchi*.

MATERIALS AND METHODS

Guduchi is taken for critical analysis among the *Stanyashodhana Mahakashaya Dravyas* of *Charaka Samhita* mentioned in *Sutra Sthana* [1]. The properties of *Guduchi* were screened from *Ayurveda* texts and according to that the attempt is made to explain *Stanyashodhana Karma* of it.

RESULT [2]

Sanskrit Name: *Guduchi*

Latin name: *Tinospora cordifolia* (Willd.) Miers ex Hook. f. & Johms

Famiy: *Menispermaceae*

Rasa: *Tikta, Kashaya*

Guna: *Guru, Snigdha*

Virya: *Ushna*

Vipaka: *Madhura*

Doshakarma: *Tridosha Shamaka*

Karma: *Deepana, Grahi, Rasayana, Medhya*

Prayojyanga: Stem

Matra: Kwatha- 50- 100 ml, Churna- 1 to 3 g, Satva- 0.5 to 2 g



Fig 1: Guduchi Tree (Source : Google Images)

DISCUSSION

Unwholesome diet & lifestyle of mother will lead to *Asamyak Pachana* of *Ahara Rasa*. So *Aamotpatti* will be there and due to *Aama*, Vitiating of *Dosha* takes place. *Rasa Dhatu* will be vitiated by *Dushita Dosha* and *Srotorodha* will happen. Ultimately *Stanya* gets vitiated. *Guduchi* is having *Tikta Rasa*. *Vayu* and *Aakash Mahabhuta* are dominant in *Tikta Rasa*. *Srotosodhana* could be done by *Kledachushana* due to *Vishada* and *Ruksha Guna* of *Vayu* and *Aakash Mahabhuta*. *Saman Vayu Sandhukshanam* because of *Vayu Mahabhuta* which would improve digestion and *Aama Pachana* would be done. Hence *Samyaka Rasa Dhatu Utpatti* would be done which leads to *Suddha Stanya Utpatti*. According to research, *Guduchi* has Anti-oxidant, Anti-microbial, Anti-inflammatory and Immunomodulatory properties [3] which are useful against various infections and disease conditions.

CONCLUSION

The most prevalent variables in *Samprapti* of *Stanyadushti* are *Rasa Dhatwagnimandya* and *Aamotpatti*, which should be rectified for proper *Stanyotpatti*, as *Stanya* is *Upadhatu* of *Rasa Dhatu*. *Guduchi* is the *Dravya* which can be useful in such a condition due to its properties.

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