



International Journal of Indian Medicine

www.ijim.co.in

ISSN: 2582-7634

Volume - 5, Issue - 10

Oct 2024



IJIM

INDEXED



International Journal of Indian Medicine



International Category Code (ICC): ICC-1702

International Journal Address (IJA): IJA.ZONE/258276217634

EFFECT OF DIET MODIFICATION AS PER AYURVEDA ON PITTAJ STANYADUSHTI: A CLINICAL CASE STUDY Kulkarni M., Manore D.

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ABSTRACT:

This clinical case study investigates the impact of Ayurvedic dietary modifications on the management of **Pittaj Stanyadushti**, a condition where breast milk is vitiated due to an imbalance of **Pitta dosha** in the lactating mother. The study focuses on the case of a 31-year-old lactating woman whose 3.5-month-old baby girl exhibited symptoms such as indigestion, irritability, excessive sweating, and foul-smelling loose stools. The mother also reported sensations of warmth in her body. These symptoms, attributed to an excess of Pitta dosha, were linked to the mother's diet, which included Pitta-aggravating food items like green chilies, spices, and a lack of cooling foods. Ayurvedic examination confirmed the diagnosis of **Pittaj Stanyadushti**. An Ayurvedic intervention involving dietary changes was introduced, replacing Pitta-aggravating foods with **Pitta-balancing** items such as **ghee, shatavari kalpa**, and vegetables like **bottle gourd** and **pumpkin**. After two weeks of following the modified diet, both the mother and infant showed significant improvements. The baby's symptoms subsided, and the mother's breast milk, previously yellowish and foul-smelling, became white and odourless. Additionally, the mother's sensation of warmth decreased. This case highlights the effectiveness of personalized Ayurvedic dietary changes in managing **Pittaj Stanyadushti** and suggests that dietary interventions can play a crucial role in treating lactation-related disorders, benefiting both mother and child. Further research is recommended to validate these results on a broader scale.

KEYWORDS: Pittaj Stanyadushti, ghee, shatavari kalpa, bottle gourd, pumpkin etc.

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How to cite this article: Kulkarni M., Manore D. Effect of Diet Modification as per Ayurveda on Pittaj Stanyadushti: A Clinical Case Study. Int J Ind Med 2024;5(10):01-05 DOI: <http://doi.org/10.55552/IJIM.2024.51001>

INTRODUCTION:

As per classical texts of Ayurveda, whatever food is taken by the mother is converted into ras after its digestion. This rasa circulating through the body also reaches the stan (breast) and is called as stanya.¹ Shuddha stanya lakshan is given by acharya sushrut are Madhur ras, Kashay anuras, guru, snigdha, stairyakar, sheet, chkshushya and balvardhankar.² When the mother's diet is improper or imbalanced, it can lead to **dushit stanya** (vitiated breast milk), which can disturb the equilibrium of the doshas in breast milk. "Ksheere vaatadibhirdushte sambhavanti tadatmaka II" ³(Ch.San.Chi. 30/25) So pittavruddhikar aahar taken by mother will be aggravating conditions such as **Pittaj Stanyadushti**. This vitiated milk, when fed to the infant, can result in various health issues such as indigestion, irritability, loose stools, skin rashes, and other ailments.⁵ The infant's delicate system is highly sensitive to such imbalances, which can further hamper digestion and growth, leading to long-term health consequences. Therefore, a mother's diet, aligned with Ayurvedic principles, plays a pivotal role in ensuring both the quality of breast milk and the overall health of the infant.⁴ This case explores the role of Ayurvedic dietary modifications in treating a case of Pittaj Stanyadushti.

METHODOLOGY:

Case report- A 31-year-old lactating woman presented with complaints of her 3.5-month-old baby girl showing signs of indigestion, irritability, excessive sweating, and foul-smelling loose stools over the last 3-4 days. The mother also experienced a sense of warmth in her body. Ayurvedic examination indicated an increase in Pitta dosha, confirming a diagnosis of Pittaj Stanyadushti. Age-31 years, Gender-Female, Occupation-Software engineer
Marital history- Married for 7 years

Family history-Maternal side prameh, paternal side- No any
Surgical history-No any

Menstrual and Obstetric History:

- Menstrual history: Postpartum amenorrhea
- Number of Pregnancies: G₂P₂L₂A₀D₀
- Number of Deliveries:2
- Type of Delivery (normal or caesarean): Full term normal delivery Male child of 5 years, Female child 3.5 months
- Postpartum Complications: No any
- Duration of Breastfeeding: for first delivery 1.8 years, for second giving regularly.

Chief Complaints: -

- Indigestion, irritability, loose stools, excessive sweating in the infant, warm sensation in the body of infant.
 - Warmth in the body of mother
- Prakriti (Constitutional Analysis):**
- Mother: Predominantly Pitta dosha with Vata anubandh
 - Infant: Signs of Pitta aggravation are present, indicating Pitta dosha influence on the infant's health.

Dietary History:

Time	Diet before counselling
7:00 am	Milk + Protein powder
9.30 am	Upama /poha with green chili
12.00pm	Dry fruit and fenugreek Laddu
4.00 pm.	2 Roti sometimes pearl millet roti, Rice, Pigeon gram dal
7:00pm	Milk+ Shatavari kalpa
9.00pm	Warm water whole day

Lifestyle History of mother (Vihara):

- Daily routine (Dinacharya) includes the regular household activities
- Sleep pattern (Nidra) is incomplete, disturbed and late-night sleeping is frequent
- Physical activity (Vyayama) and general exercises are not regular and sufficient
- Emotional and mental state (Manasika Bhava)- Irritable

Examination of Breast Milk:

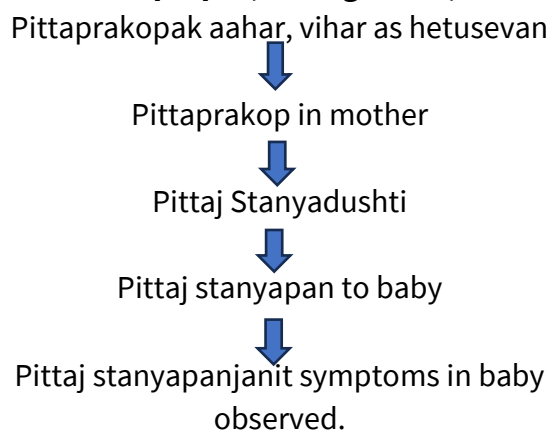
- Colour: Slightly yellow before intervention.
- Odour: Mildly stinky.

- Consistency: Does not mix uniformly in water
- Ashtavidha parikshan of mother-
 1. Nadi (Pulse) Examination: Pittaj nadi, rapid and sharp (Manduk gati)
 2. Mutra (Urine) Examination: Dark yellowish urine with the complaint of patient as increased warmth while passing it.
 3. Mala (Stool) Examination: Frequent loose stools
 4. Jihva (Tongue) Examination: slightly yellowish with a bitter taste in the mouth.
 5. Shabda (Voice) Examination: Irritability increased
 6. Sparsha (Touch) Examination: The mother reported a warm sensation in her body and increased sweating
 7. Drik (Eyes) Examination: Reddish due to incomplete sleep, irritability in eyes.
 8. Akrti (Appearance) Examination: Madhyam

6. Sparsha (Touch) Examination: Warm sensation in body and increased sweating noted
7. Drik (Eyes) Examination: Yellowish, irritability in eyes. Baby frequently rubbing eyes.
8. Akrti (Appearance) Examination: Madhyam, Irritable and restless appearance.

Clinical Examination of Breast Milk before intervention: Slight yellow colour, mild stinky, did not mix uniformly in water.⁶

Samprapti (Pathogenesis):



Each of these signs supports the diagnosis of Pittaj Stanyadushti, where both the mother's and infant's symptoms reflect an aggravated Pitta dosha, particularly through gastrointestinal and thermal disturbances.

Ashtavidha parikshan of infant-

1. Nadi (Pulse) Examination: Pittaj nadi, rapid and sharp (Manduk gati)
2. Mutra (Urine) Examination: Dark yellowish urine
3. Mala (Stool) Examination: Frequent loose stools with foul smell, solid and liquid part of stool was segregated
4. Jihva (Tongue) Examination: Slightly yellowish
5. Shabda (Voice) Examination: Irritability in voice while crying noted

Treatment Plan (Chikitsa):



1. **Ahara (Dietary Changes):** The mother is advised to follow a Pitta-pacifying diet

Time	Diet before counselling	Time	Diet suggested and followed, after counselling
7:00 am	Milk + Protein powder	7:00 am	Milk + Shatavari kalpa
9.30 am	Upama/poha with green chili	9.30 am	Sheera/lapshil that is porridge of wheat flour and milk
12.00pm	2 pearl millet roti, Pigeon gram dal, Rice, vegetables with green or red chili and spices (more green vegetables), flax seed chutney, Pickles	12.00pm	Sorghum roti, green gram dal, Rice, 4 spoons of ghee, vegetables (Long bottle gourd, round gourd, Pumpkin, Lady finger), Carrots, 3 grams of Cumin seeds and coriander seed powder with water

4.00 pm.	Dry fruit and fenugreek Laddu	4.00 pm.	Dates laddu or kheer of poppy seeds and cardamom
7:00pm	2 Roti sometimes pearl millet roti, Rice, Pigeon gram dal	7:30pm	sorghum roti, Rice, Green gram dal, 4 spoons ghee, coconut chutney
9.00pm	Milk+ Shatavari kalpa	9.00pm	Milk + Pravalukta gulkand + cadamom
	Warm water whole day		Water with fragrant Paonia (Sugandhi vala)

- Vihara (Lifestyle):** Mother advised to Cool the living environment and ensure to take proper rest and avoids stress. Encouraged proper sleep and a balanced daily routine.
- Aushadha (Medications):** Suggested to continue the ayurvedic formulation *Shatavari kalpa* for improving milk quality and Pravalukta Gulkand added after the food to give cooling effect by pacifying pitta dosha.

- Breastfeeding Guidelines:** Regular and comfortable breastfeeding with proper position considering baby’s need is advised. **Results with pictorial documentation (Before and after)-** After two weeks of dietary modifications, the following changes were observed:

Parameter	Before Dietary Modification	After Dietary Modification
Photo		
Breast Milk Colour	Slight yellow	White
Mixing with Water	Did not mixed uniformly and immediately	Mixed easily
Odour	Mild stinking	No stinking
Mother’s Sensation	Warmth in the body	Reduced warmth
Infant’s Symptoms	Indigestion, irritability, sweating, loose stools	Symptoms relieved

DISCUSSION:

The clinical case presented explores the effectiveness of Ayurvedic dietary modifications in managing **Pittaj Stanyadushti**, a condition that occurs when the breast milk becomes vitiated due to the

aggravation of Pitta dosha. According to Ayurvedic texts, the nature of breast milk is influenced by the mother's diet, and in this case, Pitta-aggravating foods such as green chilies, spices, and the lack of cooling, Pitta-pacifying foods played a major role in

vitiating the stanya (breast milk). In this case, pitta-aggravating food items such as green chili, red chili, spices, and flax seed chutney were replaced by pitta-balancing foods like green gram, cumin and coriander powder, coconut chutney, and vegetables such as round gourd and pumpkin. The addition of ghee helped reduce Pitta dosha. The use of poppy seeds kheer was advised to promote sound sleep. Ayurvedic formulations such as *Shatavari* for improving milk quality, *Pravaluyukta Gulkand* for cooling and reducing warmth in the body is added in the diet plan. Counselling to reduce the stress helped her to keep mentally stable. After two weeks of personalized dietary modifications, symptoms of Pittaj Stanyadushti in both the mother and infant get relieved. It underscores the importance of **personalised dietary guidelines** based on analysis of dosha, particularly in postpartum care, where imbalances can directly affect breast milk and, subsequently, the infant. It underscores the importance of **personalised dietary guidelines** based on doshic analysis, particularly in postpartum care, where imbalances can directly affect breast milk and, subsequently, the infant.

CONCLUSION:

This case study highlights the effectiveness of personalized Ayurvedic diet modification in managing Pittaj Stanyadushti. The holistic approach offers a promising treatment path for lactation-related disorders. This study emphasizes the critical role of maternal diet in ensuring the health of both the mother and the infant and supports the use of Ayurveda as an effective approach to lactation-related issues. Further research is recommended to

Source of Support: None declared

Conflict of interest: Nil

validate and generalize these findings in broader clinical settings.

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An Official Publication of ARCA- AYURVEDA RESEARCH & CAREER ACADEMY

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