



Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
(Constitutionally Entitled as Health-Education, Bureau)

A Clinical Significance of Stanya in Present Scenario- An Ayurvedic Review

Dr Shashank Nautiyal¹, Prof. Balkrishan Panwar²

1. Assistant Professor, Department of Kriya Sharir, Uttarakhand Ayurved University Gurukul Campus Haridwar.
2. Professor, Department of Kriya Sharir, Uttarakhand Ayurved University Gurukul Campus Haridwar.

Corresponding Author - Dr Shashank Nautiyal, Assistant Professor, Department of Kriya Sharir, Uttarakhand Ayurved University Gurukul Campus Haridwar.

Email Id: serviceheb@gmail.com

ABSTRACT

Food is one of the most essential elements for human life. The dietary needs change as people gets older and older. Infant mortality is higher in underdeveloped nations like India because of inadequate infant nutrition. Therefore, it is essential to provide them enough food. The most essential food for kids is milk since it not only offers them energy but also supports healthy growth and development throughout this period. Breast milk was regarded as the best food for neonates even during the Vedic Period. After delivery, nursing is advised while reciting Mantras, according to the Rigveda. Numerous ayurvedic writings on the subject of jatakarma emphasize the value of nursing. According to Ayurvedic literature, breast milk is one of the updhātu of rasa. For both the mother and the kid, breast milk offers a number of positive health effects. The infant should be breastfed as soon as possible after birth. The most efficient way to care for a newborn is to breastfeed. In addition to the intense relationship it promotes, breast milk is the best nourishment for them. The focus of the current review was on the idea of stanya, or breast milk, as it is known in Ayurvedic literature, and its relevance today.

KEYWORDS - Stanya, breastfeed, updhātu, Ayurveda, etc.

Access this Article Online

Website: <http://heb-nic.in/jrim>

Received on 13/05/2023

Accepted on 6/06/2023 © HEB All rights reserved

Quick Response Code:

