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THE CONCEPT OF DHATRI AND ITS CHIKITSA IN KAUMARABHRITYA

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INTRODUCTION

•**DHATRI-** धीयते पीयते धात्री (शब्दकल्पद्रुमं)
माता, स्तन्यदायिनि च (अरुणदत्त.अ.ह.उ.१/२०)

•**HISTORY**

-In Mahabharata, there is description of Dhatri, it was said that lord Krishna was fed by Yashoda(Dhatri) while Devaki was in prison.

-Samhita kala- Brihatrayees, Kashyapa samhita

IMPORTANCE OF DHATRI

•कौमारभृत्यं नाम कुमारभरणधात्रीक्षीरदोषसंशोधनार्थं दुष्टस्तन्यग्रहसमुत्थानां च व्याधीनामुपशमनार्थम् (५) S.SU.1 | ८ |

Mothers milk-best food for the baby-considered as Piyusha(Amritha)in Ayurveda.

- When mothers milk is not sufficient or if she is sick or her milk is grossly vitiated, the concept of Dhatri gains its importance- as no other milk can compete with human milk.
- Love and affection for the baby is expressed by the mother through breast feeding.

•वर्षाविरः क्षीरपस्यात् यावत् पिबति वा पयः (क.स.खि.३/७२)

Ksheerapavastha is the period where the child is exclusively fed on breast milk

- मातुरेव पिबेत्स्तन्यं तद्धृद्यलं देहवृद्धये |
स्तन्यधात्र्यावुभे कार्ये तदसम्पदि वत्सले ||A.H.U.1/15

For optimum growth and development, every baby should drink the mothers milk. In its absence, two healthy and affectionate Dhatri should be employed to breast feed the baby.

- धात्री पुत्रशरीरार्थं स्वशरीरोपशोषणम् |
स्नेहात् प्राप्नोति सुबहून् क्लेशांश्चान्यान् सुदारुणान् ||
आशास्त्रेह्कृपाधर्माद्रक्षणार्थं च मातरः |
सहन्ते सर्वदुखानि मानिनी चात्र कीर्त्यते ||(Ka.Chi.18/63)

Dhatri nourishes the child at the cost of emaciation in her. Due to deep affection, hopes, compassion, duty and protection for the child she tolerates a lot of trouble. By this, she feels proud and honoured. Hence she should remain strong physically and joyful mentally.

• **Buddhist & Jain literature described the types of dhatri to be appointed : Ksheeradhatri, majjana dhatri, mandana dhatri , kreedana dhatri , ankadhatri**

• **Treatment aspect,**

क्षीरादस्यौषधं धात्र्याः क्षीरान्नादस्य चोभयोः ।

अन्नादस्य तु बालस्य योजयेत् कुशलो भिषक् । (यो.र.बालरोगचिकित्स)

In ksheerapavastha, medicine is given to the mother. From this it is clearly understood that through the breast milk of mother, aushadha will be transferred to the child. This knowledge existed from ancient period, hence this is told as shishu chikitsa.

SAMAANA VARNAM-
Refers to same race
and caste

**YOUVANAVASTHA
MADHYAMA VAYA**

NIBHRUTAM
Trustworthy woman

ANAATURAM
Free from diseases

DESHA JAATEEYAM
Born in same region

KULE JAATAM
Born in good noble
family

JEEVAT VATSAM
Have a living kid

PUM VATSAM
Should have a male
child

PHYSICAL ATTRIBUTES

- Avyanganam
- Aviroopam
- Asta dosha rahita
- Should possess all stana sampats

HABITUAL ATTRIBUTES

- Suchi- hygienic
- Asuchi dweshi
- Kushalopacharam
- Avyasanam/Nirvyasanam

PSYCHOLOGICAL ATTRIBUTES

- **Ajugupsam**
- **Apramatta**
- **Alolupam**
- **Akshudra
pravarthini**
- **Vatsalyam**

DHATRI DOSHA

न च क्षुधितशोकार्तश्रान्तप्रदुष्टधातुगर्भिणीज्वरितातिक्षीणातिस्थूल
विदग्धभक्तविरुद्धाहारतर्पितायाः स्तन्यं पाययेत्; नाजीर्णौषधं च बालं,
दोषौषधमलानां तीव्रवेगोत्पत्तिभयात् ||Su.S.S.10/32||

The health and wellbeing of Dhatri is a matter of prime concern as every fluctuation in her health reflects upon the baby(Mental and Physical)

•समानसत्वा बालानां तस्मात् धात्री प्रशस्यते ।
उद्वेकवित्रासकरी विपरीता न शस्यते ।
न जीवन्त्यथ जीवन्ती कृच्छ्रं धात्रीविपर्यये ।
समानसत्वा बालानां पुष्टिरायुर्बलं सुखं ॥(Ka.S.Su.28/34)

विरुद्धाहारभुक्तायाः क्षुधिताया विचेतसः |
प्रदुष्टधातोर्गर्भिण्याः स्तन्यं रोगकरं शिशोः | | (A.H.U.1/19)

If Dhatri indulges in guru ahara, vishama and virudhaahara

VIRUDHA,
VISHAMA,GURU

MITHYAHARA
VIHARA

AGGRAVATES
DOSHA

VATADI DOSHA
PRAKOPA

STANYA DUSHTI

ROGAKARA

EFFECT OF AGNI OF DHATRI ON THE CHILD

- Tikshnagni is observed in dhatri with predominance of Vata and Pitta.
- Samagni is observed in dhatri with samadosha
- Vishamagni in dhatri with Vishama dosha avastha

आयुरारोग्ययोर्मूलं प्रजानां च समाग्निता
विषमः सर्वरोगाणां मूलं ह्रासः ।(क.चि.१८)

•सुखं दुखं हि बालानं धात्रीमूलमसंशयम् ।
शिशुर्व्याधीं समुत्पन्ने धात्रीनामेवशोधनं ।(का.सं.सू.१८/३)

•तेषु यथाभिहितं मृद्वच्छेदनीयमौषधं मात्रया क्षीरपस्य क्षीरसर्पिषा संयुक्तं विदध्यात्,
धात्र्याश्च केवलं, क्षीरान्नादस्यात्मनि धात्र्याश्च पूर्ववत्, अन्नादस्य कषायादीनात्मन्येव न
धात्र्याः ॥(S.Sha.10/३७॥

•K.S.Si.3

As the mountains are the source of rivers, similarly the dhatri is the source of dosha or the trouble in the child. These do not subside without cleansing of both.

DHATRI CHIKITSA SUTRA

• Specific contribution of Kashyapa as no other author has given exclusive treatment for dhatri except in ksheera dushti condition.

• कषायपानैर्वमनैर्विरिकैः पथ्यभोजनैः।
वाजीकरणसिद्धैस्व स्नेहैः क्षीरं विशुध्यते॥(Ka.S.Su.19/5)

• तस्मात् संशोधनपरा नित्यं धात्री प्रशस्यते ।(क.सू.१९)
• कृशं च नष्टपुष्पां च बृंहयेदेन सिध्यति
मेदस्विनां च धात्रीनां सिराकर्मः प्रशस्यते ।
स्नेहस्वेदोपपन्नानामूर्ध्वं चाधश्च शोधनम् ।(का.सं.सू.१८/१३)

- तीक्ष्णस्य ब्रंहणं नित्यं मन्दाग्नेर्दीपनक्रिया ।
पथ्याशनं तु सततं विषमाग्नेः सुखावहं ॥
कल्याणकं षट्पलं वा प्रयोगेनोपयुज्यते ।

•A/c to Charaka, Vamana, Virechana, Asthapana, Anuvasana vasti should be done in dhatri according to predominance of dosha.

WET NURSE

- A wet nurse is a lactating mother who breastfeeds a child that's not her own.
- Once a highly organised & well paid profession, by 1900 wet nurses had disappeared.
- By invention of infant formula feed and feeding bottles, wet nursing virtually became obsolete in the Western society.



Is it possible in the current era..??

HUMAN MILK BANKING

- **The Milk bank collects, screens, stores, processes and distribute human milk**
- **The first human milk bank was founded in 1909 in Vienna, Austria.**
- **The first milk bank in Asia was established under the name 'Sneha', founded by Armida Fernandez, was started in Dharavi, Mumbai on November 27, 1989.**
- **Most commonly, milk from multiple donors is pooled, although some banks pool milk only of individual donors.**
- **Usually this milk will undergo pasteurization. Then, it is placed in small containers(100-150ml) and is stored frozen upto 1 year depending on local guidelines**

WHO ARE THE RECIPIENTS???

- Premature infants with birth weight below 1500gms
- When mother is temporarily unable to feed her infant completely (illness like malignancy or breast injuries/ under medication)
- Smoking/Alcoholic/drug abused mother
- Before the mother's milk comes in (few days after birth)



Selection of donor mother by screening and health check



Donor mother expresses breast milk



Milk is stored in home freezer or refrigerator



Milk is transported to milk bank, stored in bank freezer



Milk is filtered and pooled



Milk is pasteurized (usually holder 62.5 degree C for 30 minutes)

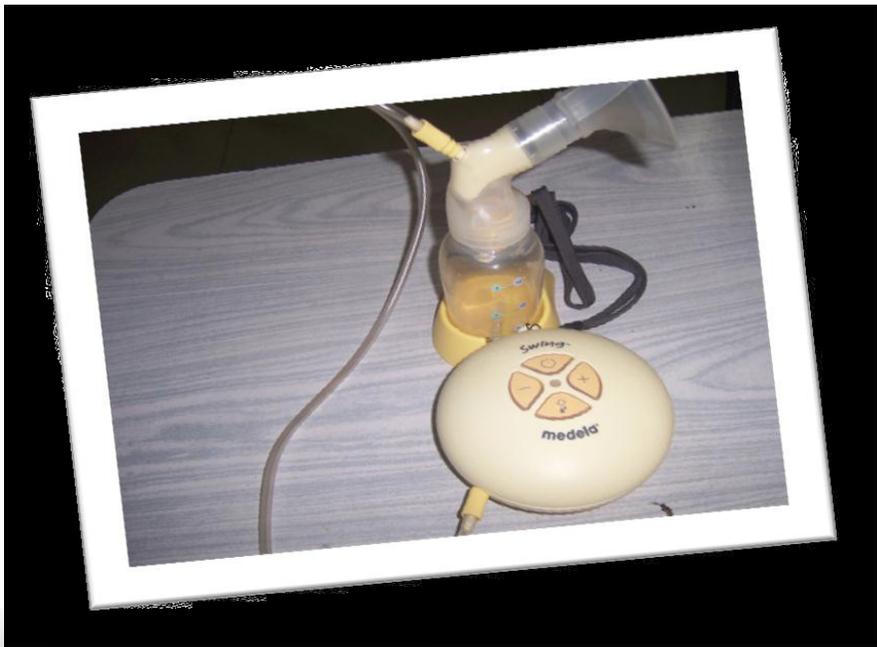


Milk is cultured(at random)



Milk is delivered to recipient





LIMITATIONS OF HUMAN MILK BANKING

Absence of LOVE, AFFECTION SECURITY and Psychological bonding.

Absence of sucking reflex

Not easily accessible to everyone

Uneconomical

Destruction of some of the contents of breast milk



•Breast feeding is the act of milk transference from mother to baby which is needed for the survival and healthy growth of baby into an adult.

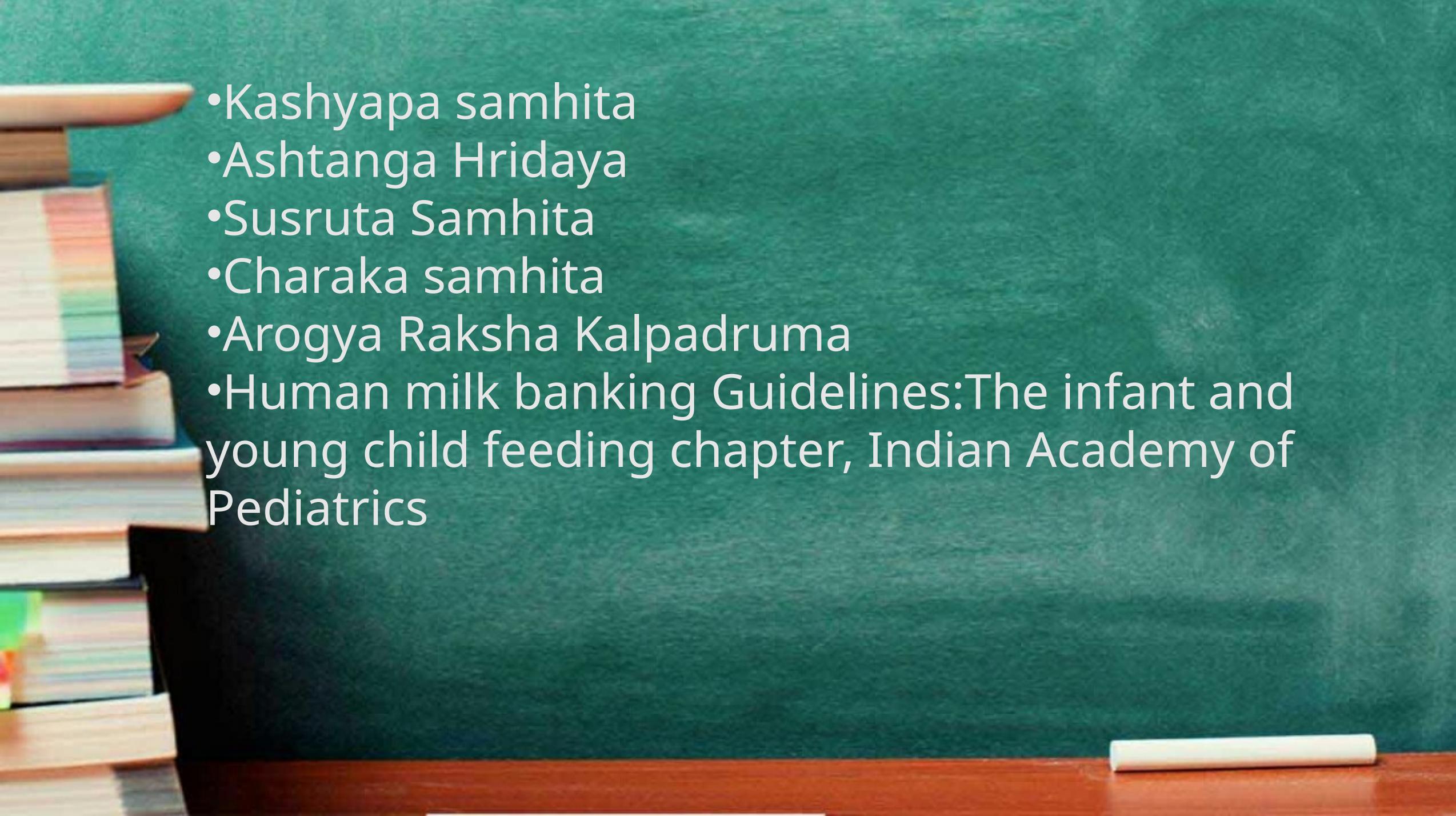
•In addition to providing breast milk, it establishes strong relationship between a mother and child.

•In the absence of mothers milk ,the best substitute is the milk of another mother and this is what is explained as Dhatri in our Literature.

For the well being of baby Dhatri should maintain health and if she is diseased, should be treated at the earliest.

•Even though Dhatri is the best alternative, it is impractical in our current society.

Hence one has to resort to Human milk bank for the same.

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- Kashyapa samhita
 - Ashtanga Hridaya
 - Susruta Samhita
 - Charaka samhita
 - Arogya Raksha Kalpadruma
 - Human milk banking Guidelines:The infant and young child feeding chapter, Indian Academy of Pediatrics



THANK YOU

PROTECT THE DEPRIVED WITH
MOTHERLY NECTAR-HUMAN
MILK.....