

The Effect of *Panchkol Churna* on *Kaphaj Stanya Dusti*

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ABSTRACT:

In **ancient** times, just like in sheer samudramanthan was done, extract of all medicines were taken, known as **Amrut (nectar)**. By which the gods became immortal after drinking it.

Similarly, in all medicines, Extract of milk comes out of the breasts and is also like **Amrut (nectar)** in Humans, animals etc. (milk is the essence of many types of medicine)

The mother's milk is very essential for physical and mental development of the child so, Mothers milk cannot be compared with any other milk. Mother's milk is always better than other milk Breast milk is the best food for a baby. Breast milk contains all the ingredients necessary for the growth and development of the baby, hence it is also called **whole or balanced diet** Mother's milk gives an infant nutritious nourishment, physical and emotional support to grow. Nothing is

parallel for a baby to this mother's natural gift. Its suitability in terms of a child's physiological, nutritional, and emotional need is immeasurable. Breastfeeding provides medical fitness and emotional fulfillment for both.

Breast milk is richer in carbohydrates, qualitatively superior in proteins and minerals, and is low in solute load. It is thus easily digestible. So milk is considered as life for a small child.

- Milk is easy to digest and is the only favorable diet in child. Also, people who drink milk regularly do not get diseases.
- Milk is the first only natural food for every animal after birth. Therefore, all types of milk should be consumed.

but the *kaphaj Stanya* spoil the basic nature of the breast milk. It causes further developmental defects as malnourished babies; Mother's

Agnimandya develops digestive disorders causing *dusti kapha* affect baby also. The stressful, modern lifestyle, health complaints affect the feeding mothers' quality of milk (Stanya). The impulses seen on mother and baby. Rather than treating babies with doses of medicine. Doctors can reach the origin of the problem. This disease may be Mother's wrong attendance to the baby. The breast milk can be brought to digestive form. *Panchcol churna* is pain relief for mother and supplement supplier for baby. It will help to make the motherhood happy process.

KEYWORDS:- Nourishment, natural gift, low in solute load, *nector*, *kaphaj Stanya*, a malnourished babies, *Agnimandya*, The stressful, modern lifestyle, *Panchcol*

INTRODUCTION:

REVIEW OF LITERATURE:

Nutritious Value of Mother's Milk

After meeting the fundamental need for establishing breathing and maintenance of body temperature. New born babies should be directed towards the provision of adequate nutrition.

Milk secretions during the first three days after delivery.

It is yellow and thick and contains more antibodies, protein, vitamin 'A', 'E', 'D' and 'K'

Rich in antibodies (immunity), and other proteins protects the baby against infections. Hence it is the first vaccine for the baby.

It stimulates the baby to have bowel movement so that Helps the baby to pass her first stool (*mecunium*) quickly from the gut.

This helps to reduce the severity of physiological (normal) jaundice.

Helps to complete maturation of the intestines.

Rich in vitamins A and K .

The significance of colostrum is considered "**liquid gold**". sometimes called the **gift of life**

It contains growth factors , which helps the infant's intestine to mature and function effectively.

Breast milk is the perfect food for normal neonate it is the best gift a mother can give her baby.

It contains all the nutrients for normal growth and development of a baby from the time of birth to 4 to 6 month of life.

The baby should be given only breast milk and nothing (not even water) for first 6 month of life. (no glucose water, honey and Castrol oil)

The breast milk is free from contamination and adulteration.

Para-amino benzoic acid (PABA) which is present in mothers milk provides protection against malaria.

The breast feed babies are less likely to develop obesity hypertension and atherosclerosis in latter life. Late onset of tetany, metabolic acidosis and *acrodermatitis enteropathica*.

There is no risk of milk allergy in breast feed baby.

It is rich source of **carnitine** which is required for ketogenic ability of the liver.

It is a source of free fatty acids which promotes brain growth.

Taurine - prevents retinal degeneration and blindness.

Protection against obesity, hypertension, heart disease and diabetes in later life.

Breast feeding is the most natural and physiological method. Nutrition is a requirement of living on the earth. Trees are

self sufficient but animals are depending on their mother for food nourishment. Mammals feed their babies by the mother's milk which comes from the mother's breast. Human babies need mother's milk for safe and natural growth. Breast milk is the ideal source of food and nutrition. It contains everything that a human baby's body needs to grow, develop, nurture, and survive. It's not only a complete source of nutrition, but it also helps to protect children from disease and illness as they grow. It contains over 200 different ingredients so far identified.

a few stand out. Researchers are familiar with water, carbohydrates, lipids, and proteins. Breast milk is made up of about 90 percent water, and the rest of its contents can be found in that water. The human body needs water for almost everything it does. Among other things, it keeps baby hydrated which helps to regulate body temperature, lubricates joints, and protects organs.

Carbohydrates are the baby's source of energy. The main carbohydrate in your breast milk is the milk sugar known as lactose. Carbohydrates found in breast milk such as oligosaccharides are needed to promote healthy bacteria in the intestines. These bacteria protect the baby's gut and help to fight Lipids may only make up about 4 percent of breast milk, but they provide 50 percent of the calories that human baby get from mothers' milk. Proteins build, strengthen, and repair the body. They are also needed to make hormones, enzymes, and antibodies. The protein in breast milk is very easy for the baby to digest which needs protein to grow and develop.

Immunoglobulin is antibodies that fight off the germs that cause illness and disease. Mother's breast milk is the baby's first vaccine. It contains antibodies that fight off bacteria, viruses, fungus, and parasites. Hormones have many jobs in the human body. They control growth and development, metabolism, stress, pain, and blood pressure. Scientists have found over 40 different enzymes in human breast milk. Mother's breast milk contains the vitamins that are necessary for baby's health. Breast milk is full of minerals. Some of the minerals in breast milk are iron, zinc, calcium, sodium, chloride, magnesium, and selenium.

Decrease risk of some cancers.

Human milk contains numerous growth factors that have wide-ranging effects on the intestinal tract, vasculature, nervous system, and endocrine system.

i) Intestinal maturation, and repair: Epidermal growth factor (EGF)

Epidermal growth factor found in The immaturity of the newborn intestine extends both amniotic fluid and breast milk is critical to the maturation and healing of the intestinal mucosa. EGF is resistant to low pH and digestive enzymes, allowing it to pass through the stomach to the intestine and in mature milk is 100-fold higher than in maternal serum.

ii) Tissue growth:

IGF-I and IGF-II, as well as IGF binding proteins and IGF-specific proteases, are found in human milk. Levels are highest in colostrum's, and steadily decline over the course of lactation. There are no significant differences between preterm and term milk, with the exception of IGF

binding protein-2, which is higher in preterm milk. The function of absorbed IGF has not been fully detailed, but enterable administration of physiological levels of IGF-I stimulate erythropoietin and increases hematocrit.

iii) **Regulation of the vascular system: Vascular endothelial growth factor (VEGF)**

Angiogenesis is regulated primarily by the relative expression of VEGF and its antagonists. VEGF concentration is highest in colostrum's in both preterm and term human milk,

Suggesting a mechanism by which human milk may help reduce the burden of ROP.

iv) **Intestinal development and prevention of anemia:**

Milk contains significant quantities of Epo, which is the primary hormone responsible for increasing red blood cells (RBC). Blood loss, intestinal pathology, and immaturity of the hematopoietic system all contribute to anemia of prematurity, which profoundly impacts growth and development, thus, some suggest that Epo may help prevent anemia of prematurity and may help reduce risk of necrotizing enter colitis.

v) **Regulating metabolism and body composition:**

Adiponectin is a large, multi-functional hormone that actively regulates metabolism and

vi) suppresses inflammation. Found in large quantities in human milk, adiponectin can cross the intestinal barrier, and appears to modify infant metabolism. Other metabolism-regulating hormones found in effective quantities in human milk are leptons, resistin, and ghrelin, which appear to play an important role in

regulating energy conversion, body composition, and appetite control.

vii) **Immunological factors**

Feeding human milk protects against infection and inflammation, and early milk is enriched in immune factors that help to ensure infant survival. The specific protective components of human.

STANYA SAMPAT:

Stanya is mentioned as *upadhatu* in *Ayurvedic* text. Ras is a main *dhatu* for nourishment of the body. *Stanya* is useful to nourish human babies. This concept elaborates according to various *nayas*. The new born babies are totally depending on breast milk for their physical and psychological development. For that they need good quality of *Stanya*. Ayurveda mentions quality, quantity and secretion time of *Stanya*.

The milk whose **Colour, Smell, Taste and Touch** is in normal (pure) condition. Also, if the breast milk is put in a container filled with water, it should easily miscible with water. And by consuming such milk, the child becomes healthy and gets all the nutrients.

According to Sushruta (su.sha.10/3)

Pure milk are clean, thin and cool.

The character of a pure milk is like a Conch (shankha). The taste is sweet and delicious.

Pure milk is fibreless.

When mixed with water, it dissolves easily. It doesn't go down or float up, nor does it forms bubbles or foam.

Such milk is considered to be suitable and it is nutritious, healthy and palatable to the baby.

Consumption of such milk promotes health and strength of the child.

According to Yogratnakar:- (kshirdoshnidan)

Pure milk is milk that is non-contaminated and when immediately mixed with water is white in colour, sweet in taste and with absence of *vaatdosha* is called pure milk.

Nature of stanya Dusti (breast milk vitiated)

- Breast milk has a distorted form, leaving the natural properties of milk.
- Breast milk is affected by many types of Vitiating dosha. Because of this changes the **taste, look, smell** as well as **physical** and **chemical** properties of milk. In *stanya dusti* *Stanya* is abnormal in colour, smell, taste, touch and having other abnormal *gunas*, it will be impure. This *Stanya* can't provide nourishment and good health to child. This *Stanya* may be called *dusta*. It is necessary to identify the difference between *prakruta* and *dusta Stanya*.

As sampat *Stanya* mention in Ayurveda, there are some defects are also mention. These defects are called as *satnya dushti*. It affects the growth of babies as well as the health of mothers. It causes further developmental defects as malnourished babies, *physiopsycological* defects, defects of their systems. To avoid this study is necessary.

Causes of vitiated milk:-

Madhavnidan –

Eating foods that Vitiates *Guru* and *Vatadi* doshas.

Vitiated *doshas* contaminate mother's milk/*dhatrī's* milk and cause many diseases in the child.

Charak – (ch.chi.30/232-236)

- 1) Excessive intake of *Ajirna* (indigestible), *Asatmya* (nonassimable),

Visham (heterogeneous), *Virudha* (opposite) type of food.

- 2) Consumption of Salty, Sour, Spicy, and rotten (foul smelled) foods,
- 3) Angry of mind and body.
- 4) Due to disturbed sleep, due to anxiety, worry, due to *Vegvidharana*, (withholding the forces like urine, feaces) or generate non producing *Vega* like urine, feaces(when not necessary).
- 5) Eating jaggery dishes
- 6) Due to consumption of *Khichdi*, *Yogurt*, *Gramya* and *Audak* animal's meat.
- 7) Due to frequent consumption of *Abhishyandi* food and sleeping during day time.
- 8) Due to excessive *Madyapan* (drinking) not moving at all (lack of exercise), being in trauma.
- 9) Due to anger and various other ailments due to emaciation - the *Vatadidosh prakopa* occurs.

And this *Prakupit doshas* go to the mammary glands and make the Vitiating milk.

The life of a human becomes more stressful nowadays. Mothers are working under pressure. Food has adulterated. Physical activities decreased. Rate of normal delivery become decreased. consumption of non-congenial, excessive salty, sour, hot, *kshareeya* food, diseases of body and mind, awaking in the night, over worry, suppression of natural urges use of dishes made of jaggery, oleo, curd, slowly formed curd, fish, *abhishyandi* articles, meat and wine,.

All these factors are responsible. Now this is necessary to overcome these problems and save our next progeny. The concept of healthy society was considered by Ayurveda in ancient days and to overcome

these problems they treat *Stanya* and *Stanyadushti*.

Type of vitiated milk:- (ch.chi.30/232-237)

The color (*Vaivarna*) and smell of milk (*Durgandhya*) changes, the taste of milk changes (*Vairashya*). , milk becomes stagnant, (*Picchilya*), milk becomes puffy (*Phensanghat*), *Rukshata* (lack of fat), milk becomes heavy to digest (*Atiguru*) and the amount of fat in milk increases (*Atisnigdha*).

The above **eight** defects are divided into three main sections.

Charaka have described 8 types of milk and it classified in three main group as par dosha.

- 1) **Vaataja** - *Virasta*, - *Phensanghata*, *Rukshata*.
- 2) **Pittaja**- *Vaibarnya*, *Daurgandhya*.
- 3) **Kaphaja**- *Guruta*, *Picchil*, *Atisnigdha*.

Types of *Stanya dushti* (breast milk Vitiated).

- 1) *Vataj Stanyadushti* 2) *Pittaj Stanyadushti* 3) *Kaphaj Stanyadushti* 4) *Sanipattaj Stanyadushti*

The life of a human becomes more stressful nowadays. Mothers are working under pressure. Food has adulterated. Physical activities decreased. Rate of normal delivery become decreased. consumption of non-congenial, excessive salty, sour, hot, *kshareeya* food, diseases of body and mind, awaking in the night, over worry, suppression of natural urges use of dishes made of jaggery, oleo, curd, slowly formed curd, fish, *abhishyandi* articles, meat and wine,. All these factors are responsible. Now this is necessary to overcome these problems and save our next progeny. The concept

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What is *Kaphaj Stanyadushti* and effect?

Clinical features of the breast milk vitiated by *kapha* :- When the milk is vitiated by **Kapha** it is “Exceedingly white in color; excessively sweet in taste thick, "*Snehayukta* and immediately goes to the **bottom** when dropped into the water. (*madhav nidan stanya dusti*) *caraka sharirsthan* 8/55

- 1) Breastmilk vitiated by *kapha* is “Exceedingly **white colour**, **sweet**, **lavana** in test,
- 2) Having smell like *ghrit*, *tail* , *vasa*, *majja*.
- 3) It is **tantuyukta**) fibrous in shape and picchila in consistency
- 4) There is a large in quantity and **guru**.
- 5) When dropped in water seen thready appearance .and due to thickness (gain density) it is goes to bottom of water.

Harita:-According to harita breast milk vitiated by *kapha* is **Ghana** (thick) and **lavana** in taste.

Types of *Kaphaj stnyadushty* :-

There are three type of *kaphaj stanyadushty*

- 1) *Atisnigdha* 2) *Picchila* 3) *Guru*

1) *Atisnigdha* (ch.chi.30/243)

Excessive intake of *Guruvadi aharvihar*. *Kaphaprakop*.

Increase **Snigdha guna** of *kapha*

Prakupit kapha goes to lactiferous duct (*stanyavaha* Serra of women.)

When this *Sneha* is mixed with normal Viscous milk, the milk becomes highly Viscous (*atisnigdha*). Means more *snigdha*

2) *picchila stnya* :- (ch.chi.30/248)

Excessive intake of kaphaprakupit aharvihar .(increase **picchil** guna of kapha)

Prakupit kapha goes to lactiferous duct (stanyavaha Serra).

Increase **picchil guna** which is already present in breast milk..

3)Gurutva or Guru guna:- (ch.chi.30/244)

Kapha prakopak aharvihar .(increase guru guna of kapha).

Kapha prakop ----- prakupit kapha goes to lactiferous duct (stanyavaha Serra).

Increase **guru Guna** which is already present in normal milk.

Breastmilk becomes an **extreme guru**.

“When mother’s milk is vitiated with Kapha, the baby is likely to suffer from excessive

salivation, vomiting, distention of abdomen, anorexia, cold, cough, breathlessness, pleural effusion, puffiness of face and eyes, oedema, slow and forceful heart beats, heart disease, itching, ulcers, heaviness, excessive sleeping, laziness, docile vacant look, drowsiness, giddiness, fainting, and eye Modern mother’s life is becoming very fast and stressful. This circumstance frequently leads people toward irregular and bad habits of Ahara, Vihara with the suppression of natural urges like Kshudha etc and creating problems like Agnimandya, Ajirna. gastrointestinal derangement.

The *Jatharagni* represents all the digestive chemicals and enzymes produces in or poured in the gastrointestinal tract which are responsible for digestion of different components of ingested food.

The *Jatharagni* is considered as the master Agni and is claimed to govern the function of all other Agnis besides its own function. As a part of the hypothesis to assess the principle of *Agnimandya* clinically, here state of Agni i.e. *Agnimandya* state which is responsible for indigestion and for many diseases was considered for the study.

Agnimandya i.e. Agni is not stimulated at all. This state mainly caused due to the *Vata* and

Kapha Dosha, since it leads to the *Agnimandya* state which is quite disturbing to routine life. This *Agnimandya* is responsible for many diseases. Thus to prevent further progress of the other diseases, it is necessary to cure it at the first stage.

What is panchkola and how it works on Kaphaj Stanyadushti

Agnidipana effect of *Panchakola* which comprises *Pippali* (*Piper longum*), *Pippalimula* (root of *Piper longum*), *Chavya* (*Piper chaba Hunter*), *Chitraka* (*Plumbago zeylanica*) and *Nagara* (*Zingiber officinale*) which are all in equal proportion

Sanskrit name	Botanical name	Part used	Ratio
<i>Pippali</i>	<i>Piper longum</i>	<i>Phala</i> (fruit)	1
<i>Pippali Mula</i>	Root of <i>Piper longum</i> Linn	<i>Mula</i> (root)	1
<i>Cavya</i>	<i>Piper chaba Hunter</i>	<i>Phala</i> (fruit)	1
<i>Citraka</i>	<i>Plumbago zeylanica</i> Linn	<i>Mula</i> (root)	1
<i>Nagara</i>	<i>Zingiber officinale</i>	<i>Kanda</i> (rhizomes)	1

Sanskrit Name	Botanical name	Part used	Ratio
Pippali	Piper longum	Phala (fruit)	1
Pippali Mula	Root of piper longum linn	Mula (root)	1
<u>chavya</u>	Pipper chaba Hunter	Phala (fruit)	1
<u>chitraka</u>	Plumbago zeylanica	Mula (root)	1
<u>sunthi</u>	Zingibar officinale	Kanda(rhizomes)	1

Properties of ingredients of

Panchakola: Piper longum (Pippali):
Rejuvenating, stimulant, expectorant, emollient, carminative, aphrodisiac, warming, decongestant.

Piper chaba Hunter (Chavya): The fruits of this species of Piper are considered as stimulants, anti-catarrrhal and carminative

**DRAVY RASA VIRYA
VIPAKA GUNAS
KARMA**

PIPALLI (dry) Katu Sheet
Anushna laghu, tikshna
khaphagna, vatashamka

,snigdha pittakara
PIPPALIMULA katu, tikta ushna
katu laghu rooksh
Khaphagna, vataghna

tikshna
CHITRAKA katu katu
Ushna laghu, rooksh,
kaphagna, vataghna,

tikshana pittakar
CHAVYA Katu katu
Ushna laghu, ruksh
kaphagna
SHUNTHI katu ushna
Madhura laghu, Snigdha
tridoshghna.

Plumabago zeylenica (Chitraka):
Promotes appetite, helps digestion. Used

for dyspepsia, piles, and skin diseases.

Zingiber officinale (Shunthi):
Stimulating, diaphoretic, expectorant, carminative. Ginger is the delicious common spice used in Ayurvedic medicine to improve digestion and to prevent nausea. These properties for helping bowel movements and relaxing the muscles are controlling the digestive system.

Ginger is considered as an adjuvant in many Ayurvedic formulas in which it enhances absorption and prevents gastrointestinal side effects. Latest research also shows the action of these individual drugs as a stimulant of appetite as well as a carminative. A carminative is a remedy which tends to overcome flatulency, that is, distention of the stomach or colon with gas and appetizer which stimulates the appetite. Out of these carminatives, many of them are pleasantly aromatic, and these are used as flavors, especially in the dilute forms of the official waters and spirits. They tend to promote the appetite, but they are irritants enough in undiluted form to induce a protective flow of saliva. In the stomach, they are local irritants, and if given in sufficiently concentrated form, they dilate the vessels and produce hyperemia, thus giving a feeling of well-being in the stomach region. At the same time, they stimulate motor activity and the expulsion of accumulated gases. Thus, the functions

of motion and absorption are stimulated, but probably not that of secretion unless they promote appetite. Hertz (1910) has observed by X-rays that very promptly following the administration of a strong carminative by mouth colon peristalsis is set up. This is a reflex action, and it tends to cause the expulsion of accumulations of intestinal gas, and to overcome colic or griping. Absorption is rapid from stomach and duodenum.

The immune properties found in breast milk can also help protect your child from the common cold, ear infections, vomiting, diarrhea, and other dangerous infections that affect newborns and infants.

Some enzymes help with digestion by breaking down fats or proteins, and others protect your baby from germs and illness.

Vitamins contribute to healthy bones, eyes, and skin.

Conclusion

Mother's milk gives the infant wholesome nourishment, physical and emotional support to grow. Breast milk is richer in carbohydrates, qualitatively superior in proteins and minerals, and is low in solute load. It is thus easily digestible *kaphaj Stanya* spoils the basic nature of the breast milk. It gives *amtva* to the pristine milk and '*amtva*' changes its test and loses the absorption and intake by the baby. Lesser the intake disturbs the cycle of *satvyajanan*. When the doctor and caretakers start treating the baby they get temporary resolution for the problem. The disturbance is seen in mother and baby. The hard digestive constitution of milk causes to complains in baby and fractional disturbance in the

mother

Agnimandya develops digestive disorders in the baby and indirect sufferer is mother as well. The breast milk can be brought to digestive form by dosing *Panchcol churna*. It is pain relief for mother and supplement supplier for the baby. After primary examination and consolation mother can be dosed with *Panchcol churn* which help to bring back the milk's low solute load. Rather than treating babies with doses of medicine. Doctor can reach to origin of the problem. The relief can be seen in mother and after some intervals it can be seen in the baby as well. Proper response in baby is seen as after an interval.

'*Panchcol churna*' will help to make the motherhood a happy process and babies will be blessed with nutritious breast milk.

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