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Research Article

AN OBSERVATIONAL STUDY TO ANALYSE THE *STANYA* OF DIFFERENT *PRAKRITI* FEMALES BY USING ANALYZER

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ABSTRACT

The functioning of *Doshas* commences at the very onset of life, specifically at the moment of conception. The balance of these three *Doshas*, integral to one's *Prakriti*, has the potential to interfere with the typical physiological processes in humans. *Doshas* and *Dhatus* exhibit a relationship characterized by *Ashrya-Ashrayee Bhava*. Each *Dhatu* is also associated with an *Updhatu*. *Stanya* and *Raja* are recognized as *Updhatus* of *Rasa Dhatu*. Since *Stanya* is an *Updhatu* of *Rasa Dhatu*, the factors that promote the formation of *Rasa Dhatu* will similarly enhance the development of *Stanya Updhatu*, and conversely. The determination of an individual's *Prakriti* is based on the predominance of *Doshas*. Consequently, the current research seeks to establish a connection between *Daihik Prakriti* and the components of *Stanya.* **Methods:** This observational study done for biochemical analysis of *Stanya* and its correlation with *Daihik Prakriti*. For this, 50 healthy lactating mothers were selected as subjects and their *Prakriti* were determined by using standard CCRAS performa. Breast milk were assessed for the different constituents in research laboratory and were compared later with *Prakriti*. Every sample of *Stanya* was examined by *Jala Pariksha*. **Results:** The result obtained shows that there is no significant correlation between *Prakriti* and fat, protein, SNF, lactose % levels, significant positive correlation between density and water % level with *Prakriti*, significant positive correlation was found on *Jal Pariksha* between color and appearance with different *Prakriti* and negative significant correlation between consistency and dissolution in water with *Prakriti.* **Conclusion:** The results of biochemical analysis of milk for the attributes like density, consistency, water percentage, color and *Jal Pariksha* have been in consistency with the properties mentioned by our *Acharyas* w.s.r to *Vata, Pitta* and *Kapha Pradhan dosha* thus inferring that the *Prakriti* has direct impact on the properties of *Stanya*.

INTRODUCTION

Ayurveda is a very ancient science and is also called 'Eternal' by ancient Vedic masters. The term 'Ayurveda' is made up of two words i.e., *'Ayu'* and '*Veda',* where *Ayu* means 'Life or Longevity' and *Veda* means 'Knowledge'.

The science which deals with knowledge of life, is termed as Ayurveda. In Ayurveda, the description of *Ayu* is in the form of *Hitkar Ayu*, *Ahitkar Ayu, Sukh Ayu, Dukh Ayu* is found.

Acharya Charak has mentioned the aim of Ayurveda as

- To maintain the health of a healthy Individual.
- To cure disease of diseased Individual.

Dosa, Dhatu, Malas forms the fundamental basis of our body constitution. The balance of these three fundamentals forms the basis of *Sukha* or health and imbalance of these three fundamentals entities can cause *Dukha* or disease. This is the reason, that *Acharyas* have considered these three fundamentals as *Mula* of Ayurveda.

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Dosha, Dhatu and *Mala* are root factors of living body as these three categories start life of human. *Doshas* in their homeostatic condition, support living body as columns of house supports it.

That's why *Doshas* are also called as '*Tristhun'*.

Dosha start functioning at very beginning of life. *Doshas* have the capacity to vitiate *Dhatus* and *Malas*. *Dhatu* is an entity which is responsible for sustenance of *Sharir, Manas and Prana* and performs the functions of growth and nourishment of body.

Dhatus are the building blocks of the body as they support the body in healthy as well as diseased state.

That which sustains the body and support is called *Dhatu. Doshas* and *Dhatu* share *Ashrya–Ashrayee Bhava* wherein one acts as an abode for the other to give shelter to it. Each *Dhatu* also possess *Updhatu*.

Updhatu sustains the body but doesn't nourish it, whereas *Dhatu* sustains as well as and nourishes the body. *Updhatu* derives their nourishment from nourished pool, obtained from *Dhatu* metabolism.

Updhatu of *Rasa Dhatu* is *Stanya* and *Aartava.* As *Doshas* take abode of their respective *Dhatus* as per *Ashrya-Ashrayee Bhava* i.e., *Vata* is present in *Asthi Dhatu*, *Pitta* is present in *Rakta* and *Kapha* is present in rest all *Dhatus*.

Stanya is the *Updhatu* of *Rasa Dhatu* so the factors which favors the *Rasa Dhatu* formation, will ultimately also favors the formation of *Stanya Updhatu* and vice versa.

The non-pathogenic constitution of *Doshas* remains constant from birth till death and this is called as *Prakriti* of an individual.

Predominant *Doshas* at the time of *Sukra* and *Sonita* union, decides *Prakriti* of that Individual. There are total seven types of *Shariric Prakriti* observed in different individuals i.e., three types with predominance of single *Doshas,* three types with predominance of two *Doshas* and one with predominance of all three *Doshas*.

Prakriti remains constant throughout life and does not change with the changing condition of an individual.

It is the *Sharirik Prakriti* which decides the physical, physiological and psychological characters of an individual.

So, in the present study an attempt is made to establish a relationship between *Stanya* and *Prakriti* of females.

AIM

Biochemical analysis of *Stanya* and its correlation with *Daihik Prakriti*.

OBJECTIVES

- To evaluate the *Prakriti* of females using standardized CCRAS performa.
- To study about *Stanya* as *Updhatu* in details from different Ayurvedic *Samhitas*, commentaries, modern literature, dictionaries and handbook etc.
- Assessment of *Stanya* of subjects of different *Prakriti*.
- To evaluate the association between the *Prakriti* of lactating mother and composition of *Stanya*.

MATERIALS AND METHODS

The material and methodology of present study is clearly mentioned in this part. The observational study was carried out on the basis of scientific methodology of research. The data of subjects obtained from different angles was presented and statistically analysed here.

Ethical Clearance

Study was started only getting ethical clearance from Institutional Ethical Committee and CTRI registration.

Selection of Subject

Only female subjects with the mean age of 25 to 40 years, attending the IPD/OPD of Patanjali Bhartiya Ayurvigyan Evam Anusandhan Sansthan and periphery, were considered for this study, irrespective of their religion, occupation etc. Transitional and mature milk was collected for the required study. A detailed gynecological performa was made keeping in view both Ayurvedic and modern text. Subjects fulfilling the inclusion and exclusion criteria were registered for the present study after signing the informed consent.

Inclusion criteria

- Females between the age group of 25-40.
- Females with regular menstrual cycle, (before delivery).
- Healthy women
- Females with term delivery or who have delivered a term neonate.

Exclusion criteria

- Females with PCOD.
- Females above the age of 40 and below 25 years.
- Females with irregular menstrual cycle.
- Females suffering from metabolic disorders like diabetes etc.
- Females suffering from nutritional deficiencies like anaemia, PEM.
- Females undergoing ART.
- Females who have attended or reached menopause.
- Females with chronic systemic disorder.

- Mother with contraindicated breast feeding.
- Females who are taking OCP.
- Females with Infective disorders like AIDS, hepatitis.
- Mentally unfit

Assessment Criteria

The assessment was done on the basis of subjective and objective parameters.

Subjective parameters

In this *Prakriti* of the lactating mothers were evaluated using standardized CCRAS *Prakriti* performa.

Objective parameter

- Biochemical analysis of breast milk using analyzer was done in Patanjali Research Institute.
- Quality of *Stanya* was analyzed by *Jala Pariskhsa.*

Sample Size - 50

Type of study - Observational study

Level of study - IPD/OPD level/laboratory level

Period of study - 18 months

CTRI/2023/08/057091

METHODS

For the purpose of the present study, a total number of 50 lactating mothers were screened and selected. All the lactating mothers were from Patanjali Ayurveda Hospital and its periphery. With the help of a questionnaire gynecological performa, history was taken to fulfill our inclusion and exclusion criteria. The samples of milk collected with consent, were send to research laboratory to analyse the level of protein, fat, density, lactose, water, SNF % level, also the *Jal Pariksha* of every breast milk sample were done to check its color, appearance, dissolution of water and consistency variation according to *Prakriti*. The required data was collected. A standardized *Prakriti* performa from CCRAS was used to find out the *Prakriti* of the females. The *Prakriti* performa was filled online using the unique ID provided by CCRAS Delhi.

A master table was prepared and was analyzed statistically using ANOVA and Chi-Square test and a significant negative correlation was found between the *Prakriti* and fat, SNF, lactose, protein % levels, significant positive correlation between density and water % level with *Prakriti*, significant positive correlation was found on *Jal Pariksha* between color and appearance with different *Prakriti* and negative significant correlation between consistency and dissolution in water with *Prakriti*.

OBSERVATIONS AND RESULT

Table 1: Age wise distribution of 50 Subjects

Age Group	Frequency	Percentage
25-30 years	39	78.00%
31-35 years	9	18.00%
36-40 years	2	4.00%
Total	50	100.00%

Out of 50 subjects, 39 belong to age group 25-30, 9 belong to age group 31-35 years and 2 belong to age group 36-40 years.

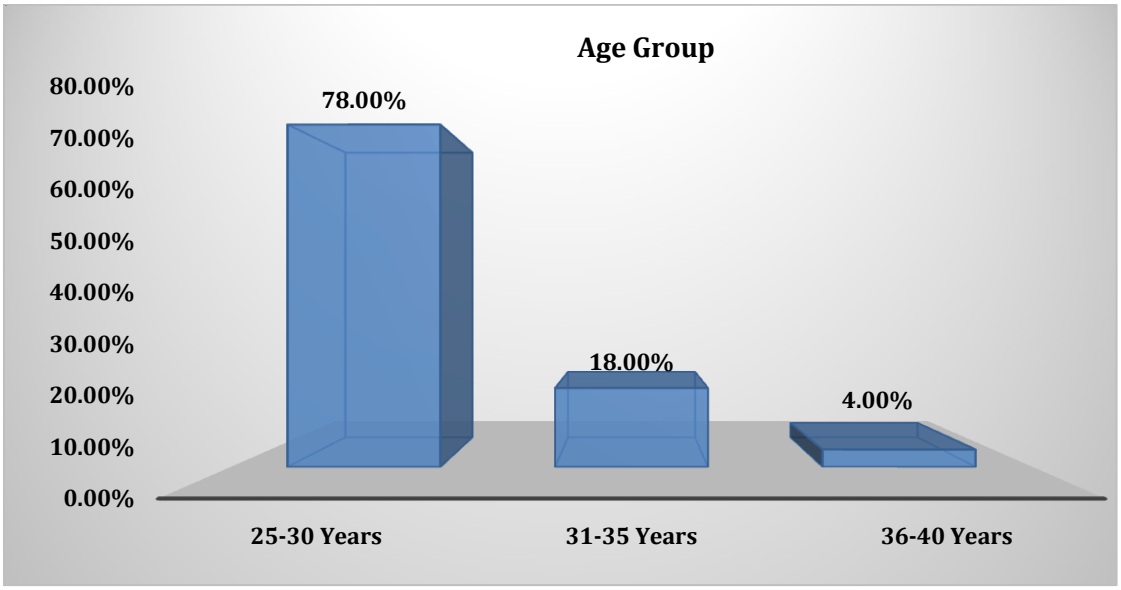


Table 2: Showing Obstetric history of 50 subjects

Obstetric History	Frequency	Percentage
G1P1L1A0	13	26.00%
G2P1L1A0	2	4.00%
G2P1L1A1	2	4.00%
G2P2L1A0	4	8.00%
G2P2L2A0	10	20.00%
G2P2L2A1	1	2.00%
G3P2L2A1	5	10.00%
G3P3L3A0	4	8.00%
G4P3L3A1	1	2.00%
G4P4L3A0	3	6.00%
G4P4L4A0	3	6.00%
G5P2L2A3	1	2.00%
G5P3L3A2	1	2.00%
TOTAL	50	100.00%

Out of 50 subjects, 13 were G1P1L1A0, 10 were G2P2L2A0, 2 were G2P1L1A0, 2 were G2P1L1A1, 4 were G2P2L1A0, 1 were G2P2L2A1, 5 were G3P2L2A1, 4 were G3P3L3A0, 1 were G4P3L3A1, 3 were G4P4L3A0, 3 were G4P4L4A0, 1 were G5P2L2A3,1 were G5P3L3A2.

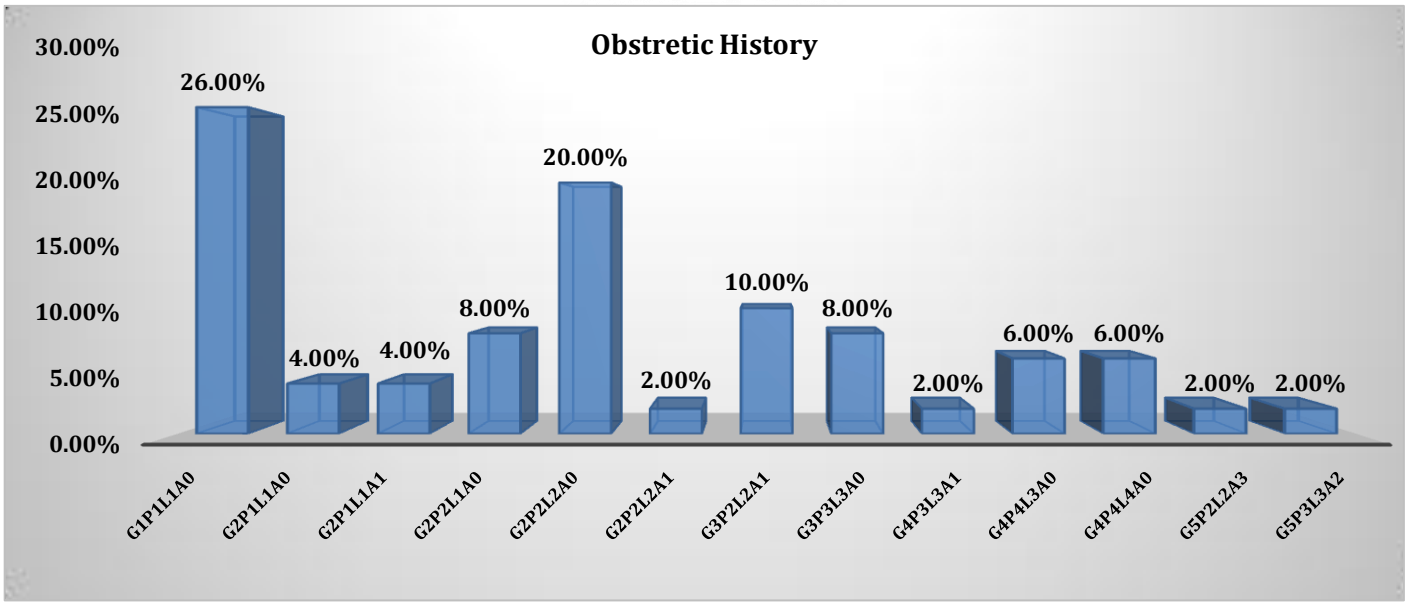


Table 3: Showing *Prakriti* distribution of 50 subjects

Prakriti	Frequency	Percentage
KP	2	4.00%
KV	11	22.00%
PK	5	10.00%
PV	8	16.00%
VK	12	24.00%
VP	12	24.00%
TOTAL	50	100.00%

Out of 50 subjects, 2 were having *Kapha Pitta Prakriti*, 11 was having *Kapha Vata Prakriti*, 5 were having *Pitta Kapha Prakriti*, 8 were having *Pitta Vata Prakriti*, 12 were having *Vata Kapha Prakriti* and 12 were having *Vata Pitta Prakriti.*

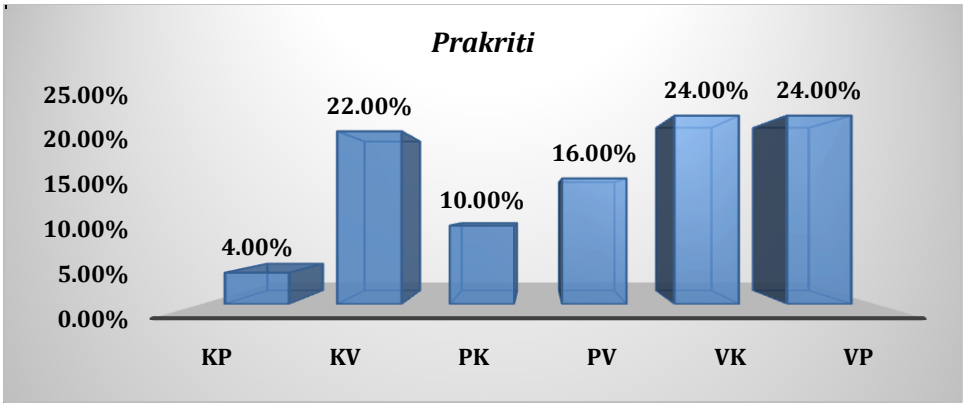


Table 4: Showing Fat % levels in different *Prakritis*

Fat	N	Mean	SD	SE	F-Value	P-Value	Result
Kapha Pradhan	13	3.78	1.51	0.42	0.240	0.788	NS
Pitta Pradhan	13	3.77	1.59	0.44			
Vata Pradhan	24	3.47	1.58	0.32			

Since observations are quantitative, ANOVA test was carried out for comparison of fat % among different *Prakritis*. From above table, it can be observed that, P-Value is greater than 0.05. Hence, we can conclude that, there is no significant difference in fat % levels according to *Prakriti*.

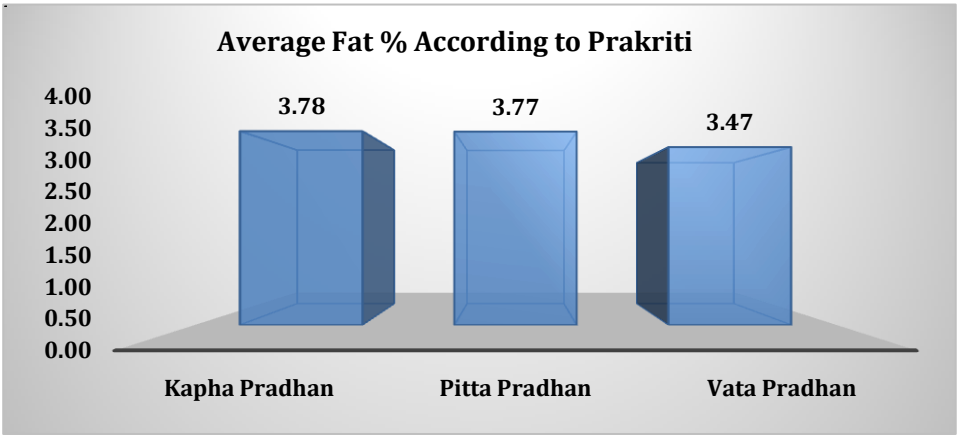


Table 5: Showing SNF% levels in different *Prakritis*

SNF	N	Mean	SD	SE	F-Value	P-Value	Result
Kapha Pradhan	13	8.51	0.29	0.08	1.801	0.176	NS
Pitta Pradhan	13	8.31	0.45	0.12			
Vata Pradhan	24	8.56	0.41	0.08			

Since observations are quantitative, ANOVA test was carried out for comparison of SNF% among different *Prakritis*. From above table, it can be observe that, P-Value is greater than 0.05. Hence, we can conclude that, there is no significant difference in SNF % levels according to *Prakriti*.

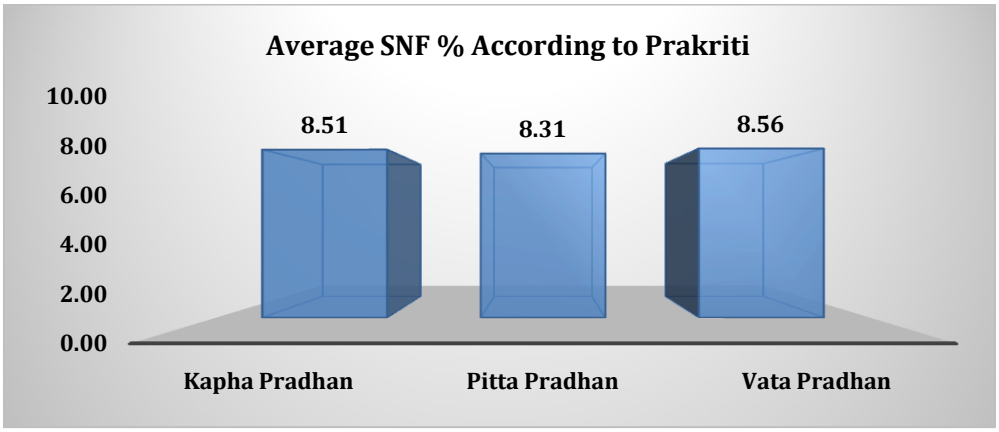


Table 6: Showing Density % levels in different *Prakritis*

Density	N	Mean	SD	SE	F-Value	P-Value	Result
Kapha Pradhan	13	29.38	1.68	0.46	4.639	0.015	Sig
Pitta Pradhan	13	28.62	2.49	0.69			
Vata Pradhan	24	30.03	1.98	0.40			

Since observations are quantitative, ANOVA test was carried out for comparison of density % among different *Prakritis*. From above table, it can be observe that, P-Value is less than 0.05. Hence, we can conclude that, there is significant difference in density % levels according to *Prakriti.*

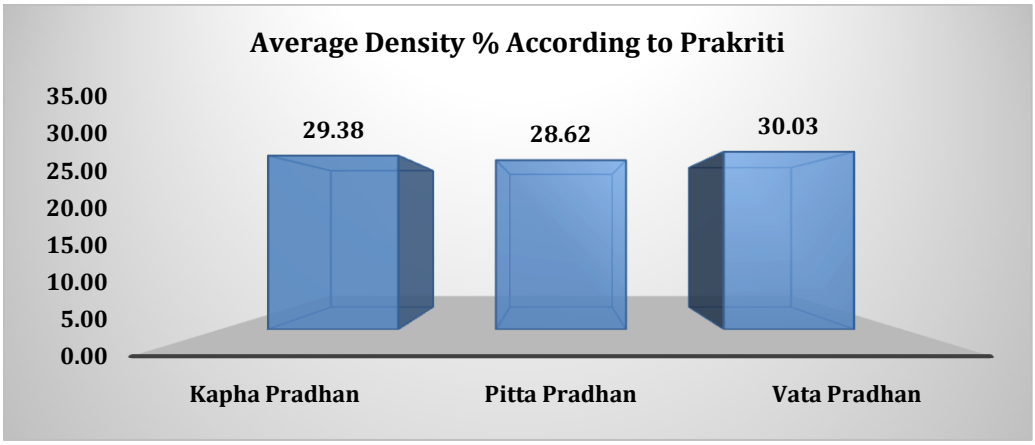


Table 7: Showing Protein % levels in different *Prakritis*

Protein	N	Mean	SD	SE	F-Value	P-Value	Result
Kapha Pradhan	13	3.88	0.34	0.09	1.348	0.270	NS
Pitta Pradhan	13	3.76	0.44	0.12			
Vata Pradhan	24	3.98	0.38	0.08			

Since observations are quantitative, ANOVA test was carried out for comparison of protein % among different *Prakritis*. From above table, it can be observe that, P-Value is greater than 0.05. Hence, we can conclude that, there is no significant difference in protein % levels according to *Prakriti.*

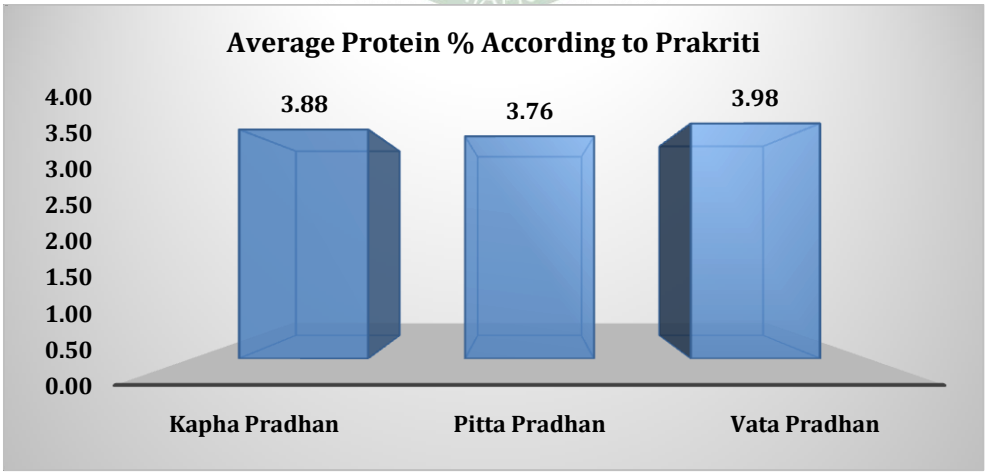


Table 8: Showing Lactose % levels in different *Prakritis*

Lactose	N	Mean	SD	SE	F-Value	P-Value	Result
Kapha Pradhan	13	4.50	0.16	0.04	1.684	0.197	NS
Pitta Pradhan	13	4.38	0.24	0.07			
Vata Pradhan	24	4.52	0.23	0.05			

Since observations are quantitative, ANOVA test was carried out for comparison of lactose % among different *Prakritis*. From above table, it can be observe that, P-Value is greater than 0.05. Hence, we can conclude that, there is no significant difference in lactose % levels according to *Prakriti*.

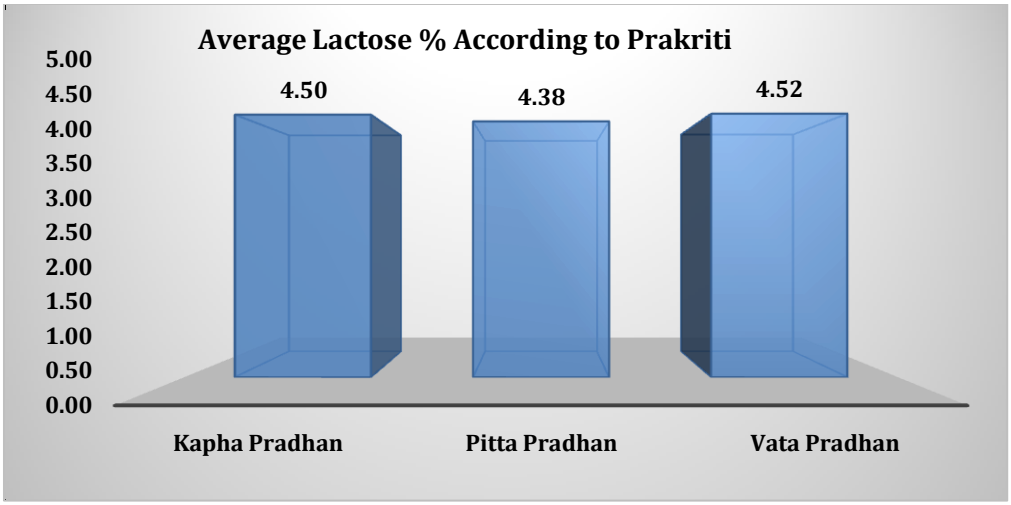


Table 9: Showing Water % levels in different *Prakritis*

Water	N	Mean	SD	SE	F-Value	P-Value	Result
Kapha Pradhan	13	1.12	2.17	0.60	3.515	0.038	Sig
Pitta Pradhan	13	2.78	4.54	1.26			
Vata Pradhan	24	1.45	2.92	0.60			

Since observations are quantitative, ANOVA test was carried out for comparison of water % among different *Prakritis*. From above table, it can be observe that, P-Value is less than 0.05. Hence, we can conclude that, there is significant difference in water % levels according to *Prakriti*.

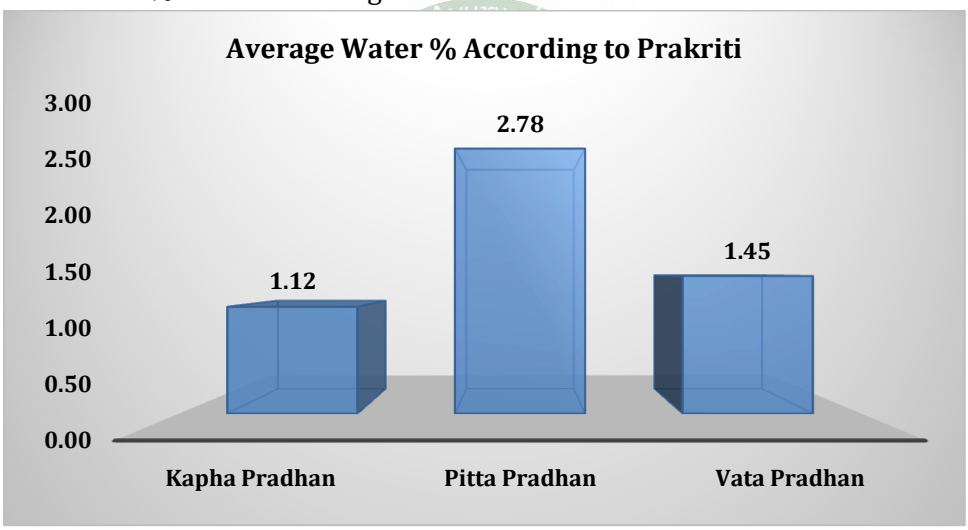


Table 10: Showing correlation between *Prakriti* and color using Chi-square test

		Prakriti			**Total**
		Kapha Pradhan	***Pitta Pradhan***	***Vata Pradhan***	
Color	White	13	12	20	**45**
	Yellowish	0	1	4	**5**
Total		**13**	**13**	**24**	**50**

Chi-Square Tests			
	Value	**df**	**P-Value**
Pearson Chi-Square	7.312	2	0.0258
No. of valid cases	50		

Chi-Square test is carried out to test association between *Prakriti* and color. From above table, we can observe that, P-Value is less than 0.05. Hence, we can conclude that, there is significant association observed between *Prakriti* and color.

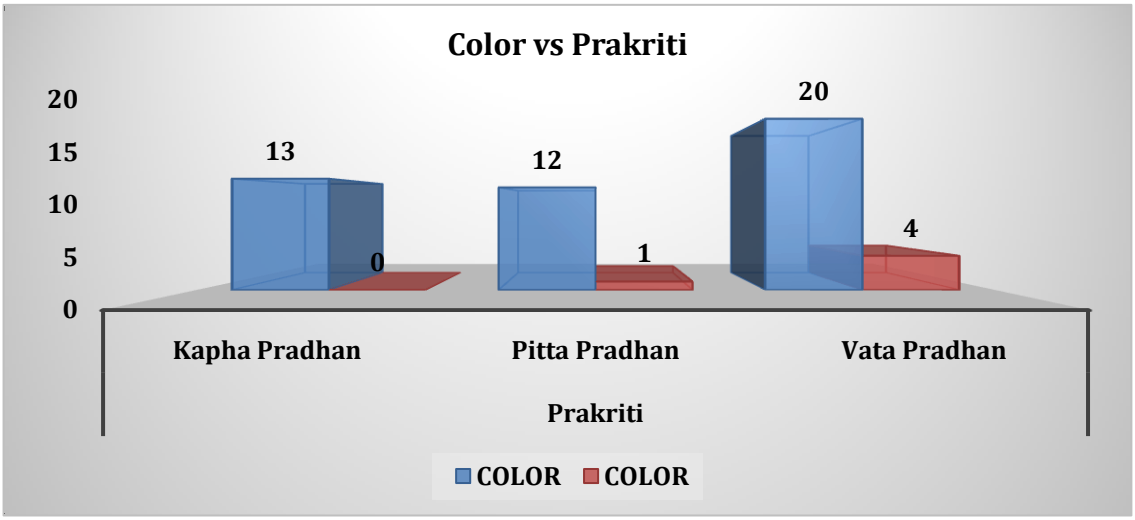


Table 11: Showing association between *Prakriti* and Consistency using Chi-square test

		Prakriti			Total
		Kapha Pradhan	***Pitta Pradhan***	***Vata Pradhan***	
Consistency	Thick	6	3	6	**15**
	Thin	7	10	17	**34**
	Very thin	0	0	1	**1**
Total		**13**	**13**	**24**	**50**

Chi-Square Tests			
	Value	**df**	**P-Value**
Pearson Chi-Square	9.359	4	0.0527
No. of valid cases	50		

Chi-Square test is carried out to test association between *Prakriti* and consistency. From above table, we can observe that, P-Value is greater than 0.05. Hence, we can conclude that, there is no significant association observed between *Prakriti* and consistency.

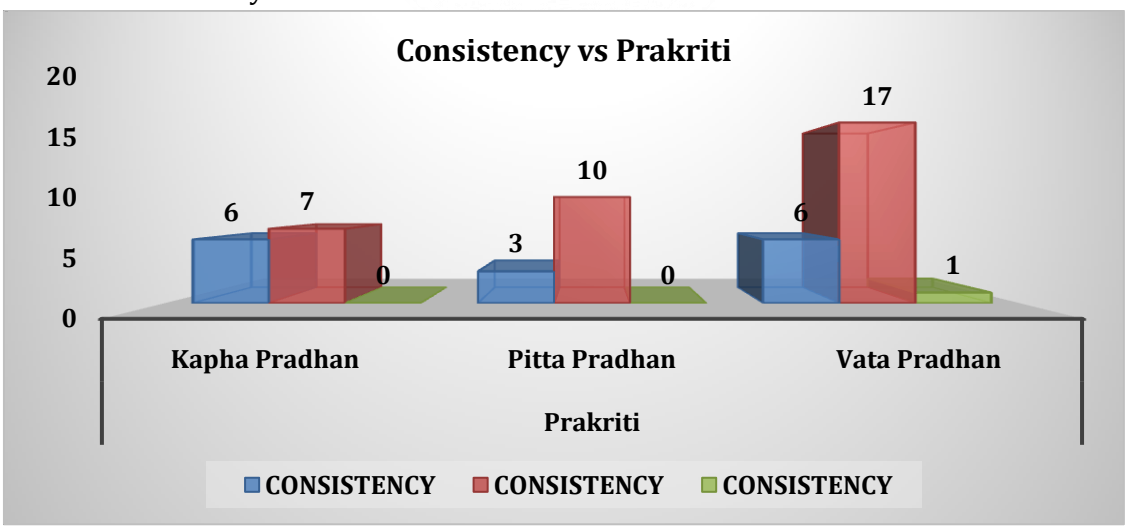


Table 12: Showing correlation between *Prakriti* and Appearance using Chi-square test

Chi-Square Tests			
	Value	**df**	**P-Value**
Pearson Chi-Square	19.759	8	0.0113
No. of valid cases	50		

		Prakriti			Total
		Kapha Pradhan	***Pitta Pradhan***	***Vata Pradhan***	
Appearance	Clear, no froth, no threads	5	11	14	30
	Clear, no froth, threads	7	0	8	15
	Granulated	0	0	1	1
	Clear, froth, threads	1	1	1	3
	Clear, froth, no threads	0	1	0	1
Total		13	13	24	50

Chi-Square test is carried out to test association between *Prakriti* and appearance. From above table, we can observe that, P-Value is less than 0.05. Hence, we can conclude that, there is significant association observed between *Prakriti* and appearance.

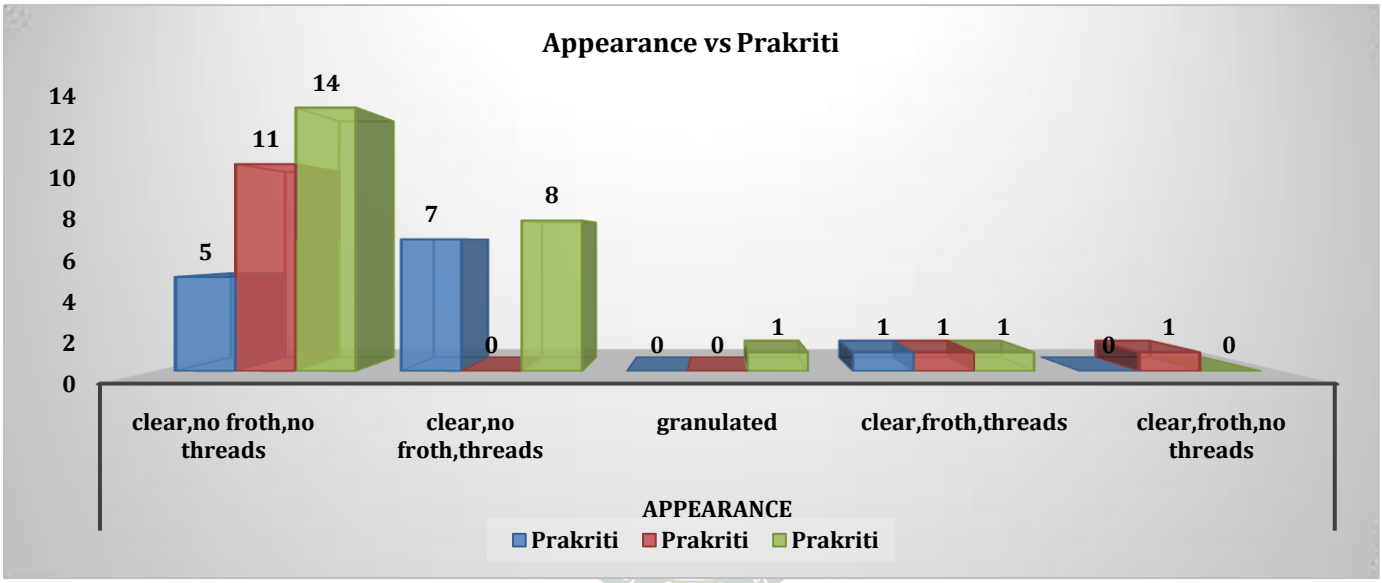


Table 13: **Showing correlation between *Prakriti* and *Jal Pariksha* using Chi-square test**

		Prakriti			Total
		Kapha Pradhan	***Pitta Pradhan***	***Vata Pradhan***	
Jal Parikhsa	**Sinks**	10	7	14	**31**
	neither sinks nor floats	3	6	10	**19**
Total		13	13	24	**50**

Chi-Square Tests			
	Value	**df**	**P-Value**
Pearson Chi-Square	6.338	2	0.0421
No. of valid cases	50		

Chi-Square test is carried out to test association between *Prakriti* and *Jal Pariksha.* From above table, we can observe that, P-Value is less than 0.05. Hence, we can conclude that, there is significant association observed between *Prakriti* and *Jal Pariksha*.

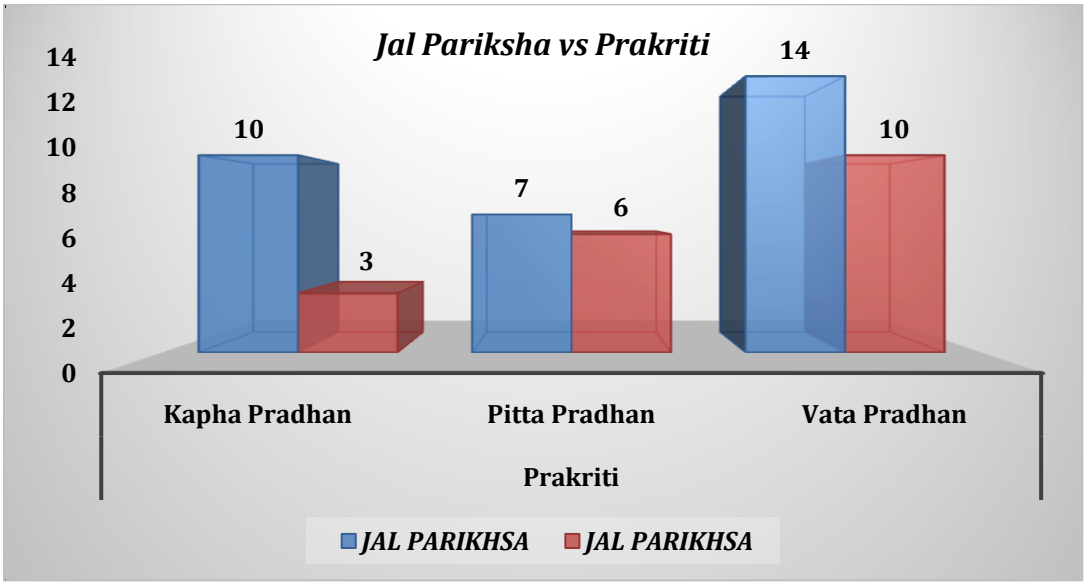
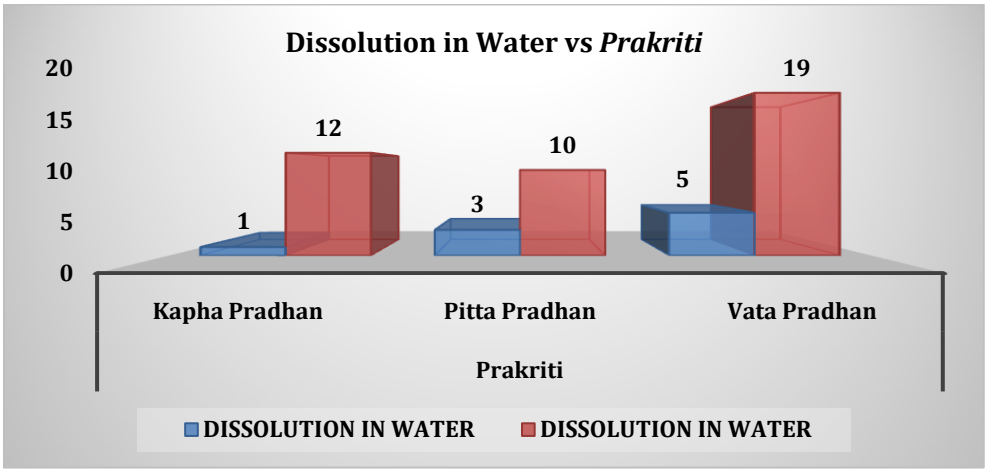


Table 14: Showing correlation between *Prakriti* and Dissolution in Water using Chi-square test

		Prakriti			Total
		Kapha Pradhan	***Pitta Pradhan***	***Vata Pradhan***	
Dissolution in water	Non-uniform	1	3	5	9
	Uniform	12	10	19	41
Total		13	13	24	50

Chi-Square Tests			
	Value	**df**	**P-Value**
Pearson Chi-Square	5.899	2	0.0524
No. of valid cases	50		

Chi-Square test is carried out to test association between *Prakriti* and dissolution in water. From above table, we can observe that, P-Value is greater than 0.05. Hence, we can conclude that, there is no significant association observed between *Prakriti* and dissolution in water.



After studying all the observations and statistical data, we can say that there is not any significant association found between few chosen variables i.e., fat, protein, SNF, lactose, consistency and dissolution in water with *Prakriti*, while there is significant association found between the other chosen variables i.e., density, water, color, appearance and *Jal Pariksha* with *Prakriti*. Since observations are quantitative, ANOVA test was carried out for comparison of fat %, protein %, SNF %, lactose % and among different *Prakritis*. The result concluded that the P-Value is greater than 0.05. Hence, there is not any correlation found between *Daihik Prakriti* of mother and fat, density, protein, SNF, lactose levels in milk.

ANOVA test was carried out for comparison of water% and density %. The result in these two quantitative observations have the P-Value less than 0.05. Hence, a strong relation was found between the *Daihik Prakriti* of female and these two variables.

Chi-Square test is carried out to test association between *Prakriti* and consistency and dissolution in water. The result concluded that the, P-value is greater than 0.05. Hence, we can conclude that, there is no significant association observed between *Prakriti* and consistency and dissolution in water, whereas Chi square test, which was carried out to test association between *Prakriti* and color, appearance and *Jal Pariksha*. The P-Value is less than 0.05. Hence, we can conclude that there is significant association is observed between *Prakriti* and these variables.

DISCUSSION

The main aim of Ayurveda is to maintain the health of a healthy individual and to cure disease of diseased individual. Human body is formed by combination of *Dosha, Dhatu* and *Mala.* These three fundamentals entities are responsible for *Sukha* and *Dukha* of living body.

Dosha's are responsible for maintaining homeostatic condition and supports the living body as column of house supports it.

The non-pathogenic constitution of *Doshas* which remains constant from birth till death is termed as *Prakrit*i of an individual.

It is the *Sharirik Prakriti*, which decides the physiological, physical and psychological characters of an individual.

The following factors determine the *Prakriti* of an individual i.e.,

- Condition of *Garbhashaya* at time of conception
- Food/regimes of mother during pregnancy
- *Mahabhutas*
- Dominance of *Doshas* in sperm/ovum
- Time of conception

Prakriti of an individual is unchangeable *Doshika* predominance from birth to death. This predominance of *Doshas* occurs at time of *Garbhautpatti*.

Dhatus are building block of human body and supports healthy as well as diseased state of it. Both *Doshas* and *Dhatus* shares *Ashrya-Ashrayee bhava*, in which one acts as an abode for others to give shelter to it. Each *Dhatu* have *Updhatu*. *Updhatu* sustains body but doesn't nourish it and derives its nutrition from *Dhatu*.

Updhatu of *Rasa dhatu* is *Stanya* and *Artava.* As per *Ashrya-Ashrayee Bhava*, *Kapha* is present in *Rasa dhatu*, so the factors which leads to the *Rasa dhatu* formation, will eventually favors the formation of *Stanya Updhatu* and vice versa.

When the *Kapha* is in balanced state, *Rasa dhatu* will also be in its balanced state. Hence *Updhatu* of *Rasa dhatu* i.e., *Stanya* is abundant is *Apa Mahabhauta*. So, its qualitative state is optimum.

Rasa when circulating throughout the body by action of *Vyaan Vata*, reaches the *Stana* and there it is termed as *Stanya*. *Acharyas* have considered *Stanya* amongst ten *Pranayatan*. The formation and nourishment of *Stanya* occurs in two phases i.e.,

- First from *Raja*, which occur during pregnancy and is responsible for maintaining growth and development of *Stana*.
- And 2nd during the parturition or during period of lactation.

From above review, it is clear that the *Doshik* presentation of *Prakriti*, can be responsible for effecting the quality and quantity of breast milk.

The *Jala Pariksha* was done using water drop test, which shows some positive and negative correlation with *Prakriti*.

1. Density

Kapha Prakriti-As the milk were collected in *Shishir Ritu* and *Hemant Ritu,* in which *Shishir Ritu* is *Kapha sanchaya kaal*. During *Hemant Ritu, Madhur Ras* is dominant. The *Madhur Ras* increases *Kapha*. As *Rasa Dhatu* is related to *Kapha Dosha* by *Ashraya -Aashrayi Bhaav*. Hence, *Hemant and Shishir Ritu* ensures denser milker production.

- *Kapha Dosha* is attributed with *Guru* and *Sthira guna*, these properties of *Kapha dosha* lead to *Guruta* in *Stanya.*
- The *Panchabhautic* composition of *Kapha dosha* leads to higher density percentage in *Kapha Pradhan Prakriti* milk.
- *Slesma Vardhan Aahar* during this *Ritu* can affect the density of milk. The *Aahar* with *Guna* like *Madhuram, Seetam,* causes the *Tarpanam* of *Rasa Dhatu*.

Pitta Prakriti- The *Panchabhautic* composition and *Drava* and *Snigdha Guna* of *Pitta dosha* leads to higher density percentage level in *Pitta Pradhan Prakriti stanya.*

Vata Prakriti is attributed with *Ruksha, Laghu, Sukshma Guna* and these properties lead to *Laghuta* in *Vata Dosha Pradhan Prakriti stanya*.

2. Water- The water percentage level among different *Prakriti* shows significant difference.

- ***Pitta Prakriti***- The water percentage value of *Pitta Pradhan Prakriti* milk is higher which may be because of *Drava Guna*, *Snigdha Guna* and *Sara Guna* present in *Pitta dosha.*

  Pitta dosha Pradhan Prakriti is attributed with *Usna Guna* and do physiologically use higher intake of water irrespective of season. i.e., *Pipasavant.*

- ***Kapha* and *Vata Prakriti-*** The *Panchabhautic* composition results in lesser percentage of water level in both *Prakriti*.

The seasonal less intake of water in both *Prakriti* leads to less water content level in both *Prakriti*.

3. **Color-** All samples had normal physiological color, which is the physiological characteristic of *Stanya*. There was no *Vikriti* of *Vata* and *Pitta dosha.*
4. ***Jala Pariksha-*** The milk of *Kapha Pradhan Prakriti* sink down in water due to *Guru* and *Snigdha guna* present in *Kapha dosha*, which shows the *Avshadi guna* of *Kapha Doshaj Pradhan Prakriti* milk.

The *Panchabhautic* constitution and *Laghu guna* of *Vatadosha* leads to floating.

5. **Appearance**

According to *Acharya Sushrut* the qualities of pure milk has been explained, now as our study is an observational study, we have taken only healthy subjects. Appearance is a part of examination.

CONCLUSION

- *Prakriti* is the one of the important tools to decide the normal physiology of human body.
- The makeup of *Dhatu* inside the human body is dependent on the individual *Daihik Prakriti*.
- The respective status of *Dhatus* is responsible for the normal and optimum nourishment of *Updhatu.*
- *Stanya* is *Updhatu* of *Rasa Dhatu* and factors responsible for *Rasa Dhatu* formation will eventually favors formation of *Stanya.*
- Laboratory research although complex method but still used as an important tool along with *Daihik Prakriti* to analyze the breast milk.
- The economical status of sample population also had a significant effect on the composition of *Stanya* in relation to their *Prakriti.*
- The sample size selected was 50 for the purpose of study was 50, but better result can be expected with the larger sample size.

➢ The results of biochemical analysis of milk for the attributes like density, consistency, water percentage, color and *Jal Pariksha* have been in consistency with the properties mentioned by our *Acharyas* w.s.r to *Vata, Pitta* and *Kapha Pradhan dosha* thus inferring that the *Prakriti* has direct impact on the properties of *Stanya*.

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