

## BREASTFEEDING - AYURVEDIC & MODERN PERSPECTIVES

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### **ABSTRACT**

*Ayurveda one of the world's oldest medicine system has described various aspects & numerous benefits of breastfeeding. Modern science as well through various researches has proven importance & benefits of breastfeeding. Breast milk is the best gift a mother can give to her child as it plays as a primary source of nutrition and hydration.*

**KEYWORDS:** *Breastfeeding, Breastmilk, Colostrum, Stanapaan, Stanya*