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Conceptual Study of Stanyakshay And It's Management: An Ayurvedic Review.

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ABSTRACT

Breast milk is the prime source of nourishment designed specifically to meet the needs of a growing human baby. They should breastfeed exclusively for the first six months after birth. Hypogalactia, or stanyakshay, is a common condition nowadays, especially in primiparous women. Lactational insufficiency is 30-40% prevalent in Asian & tropical Nations like India. Its caused by number of physiological & psychological cause..In Classics of Ayurveda, Acharyas described several stanyajanana, stanyvardhan drugs as well as stanyavardhak aahras & viharas, which have been proven effective, safe. The purpose of this study is to address the idea of stanyakshay including its causes, signs and it's management.

Keywords: *Stanyakshay, Stanyajanana drugs, Stanyvardhan drugs.*

INTRODUCTION

Breast milk is the optimum food for newborn infants as a rich source of essential nutrients required for growth and development. Its clean & u contaminated. In Ayurveda classics, stanya have given a very pivotal place for baby. Western lifestyle and stres causes stanyakshay affecting children health. Breast feeding promotes close bonding and better parent -child adjustment, making it crucial for lifelong health and well-being., Deficiency or absence of breast milk can drop down the child's immunity and lead to various diseases.

Stanya is rasa dhatu updhatu, Pushti and Jeevan its primary function. The sweet essence of rasa produced by digested food and having reached the breast from the entire body is known as 'stanya'.¹ Stanyakshay can be effectively treated with a variety of ayurvedic drugs, diets, and behavioral patterns

AIM AND OBJECTIVE

To do a conceptual study on stanyakshay and its ayurvedic management

PHYSIOLOGY OF STANYA FORMATION

Following food digestion, a rasa is created. The sweetest essence of this rasa circulates throughout the body by the action of Vyana, which reaches the breasts and is known as stanya.

This is opinion of Acharya Sushruta². Acharya Bhavmishra³ and Yogratnkara⁴ have the same view. In the concept of garbhposhana Acharya Charaka⁵ Acharya Bhela⁶ and Acharya Sushruta⁷ opionate that the aahara consumed by garbhini has three purposes : Matrpushi, Garbhposhna and Stannapushti. Acharya Kashyapa while describeing Raktagulma says, some quantity of blood of mother nourishes the body parts of fetus, some help in production of breast milk and remaining part for the nourishment of the mother's body. He explained the formation of Stanya from Rakta/Raja /blood after delivery.

HETU

Loss of lactation in women takes place by Krodha (anger), Shoka (grief), Bhaya (fear), avaastalyat(absence of maternal love). Excessive consumption of ruksha dravya. Langhan(fasting), Karshan(emaciation), atyaapartan (excessive fasting) and viharas during lactation can negatively impact stanya leading to exhaustion of mother. some people naturally have less milk or no milk i.e. swabhavtay stanyakshay.

SAMPRAPTI (Pathogenesis)

In sutika , there is overall dhayukshay awastha due to pravahanvedana (labor pains) and loss of rakta and kleda during prasava. As a result she suffers from deficiencies in mamsa, bala and Agni .apathya sevana further complicates things. As a result vatapradhantridosha prakopa occurs, resulting in rasa dhayukshay and as a result updhatukshay stanyakshay occures.⁸

Prsar – Rasavah, Raktavah, Annavah, Manovah & Stanyvah stotas

Sthanashraya – Stana.

Dosha – Vatapradhantridosha

Dushya – Rasa, Rakta, Mans, Meda.

Marga – Bahyamarga

LAKSHNAS

Stanyomlanata (breasts are depressed) and Stanyaambhav or alpata (secretion of breast milk is absent or little) as mentioned in sushrut samhita.⁹

TREATMENT

According to Acharya Kashyapa:

Sweet cereals and drinks, liquids, salty substances; wines except sīdhu; vegetables except siddhārthaka, meat-soup of animals except hog and buffallow are beneficial. Use of lasuna, palāṇḍu, sleeping and pleasure; avoidance of anger, journey, fear, grief and exercise increase the milk.¹⁰

The decoction of stem-bark of vaṭa etc. After adding pākya (yavakṣāra), latex-producing trees should be prepared, reboiled with milk, and consumed with ghrta, śāli rice, jaggery, vid (a type of salt), and pakya (a type of salt). This generates the milk even in the woman having dry breasts.

The beverage made with roots of sāli, ṣaṣṭika (varities of rice), darbha, kuśa, gundrā, itkaṭa, sārivā, vīraṇa and iksu alongwith kuśa and kāśa treated (with milk) with the method described supra is good galactagogue and beneficial to the wornan having natural loss or dryness (of breast-milk) and abnormalities due to evil eyes.

Nadikā with jaggery treated properly with hingu and jāti; milk, meat-juice and wine are good for increasing the milk or the milk treated with aphrodisiac drugs also increases breast-milk.¹¹

Use of ghrta, oil and enemas is galactagogue.

According to Charaka Acharya:

The following are the promoters of lactation:¹²

1. Wines except sidhu (a type of wine);
2. Vegetables, corns and meat of animals which are domesticated and which inhabit the marshy land and water;
3. Food having the predominance of liquid ingredients or ingredients having sweet, sour and saline tastes;
4. Medicinal plants having milky juice like dugdhikā (Eu-phorbia microphylla Heyne) and Kalambikā (Ipomoea reptans Poir);
5. Intake of milk and care free living;
6. Intake of the decoction of the roots of virana (Vetiveria zizanioides Nash.) śaṣṭhika (a type of śāli), śāli (Oryza sativa Linn.) ikṣuvālikā (Astercantha longifolia Nees), darbha (a type of kuśa) kuśa (Demostachya bipinnata Stapf), kāśa (Saccharum spontaneum Linn.) gundra (Saccharum sara), itkata and katruna.

Stanyajanana Mahakashay and their properties:

Sr.No	Name	Latin Name	Guna	Rasa	Vipak	Verrya
1.	Veerana	Vetivera Zizanioides	Laghu Snigdha	Tikta Madhur	Madhura	Sheeta
2 &3	Shali & Shasthik	Oryzasativa	Guru Snigdha	Madhur Kashay	Madhura	Sheeta
4.	Ekshuvalika	Astercantha longifolia	Pichila Snigdha	Madhur amla,tikta	Madhura	Sheeta
5.	Darbha	Imperata Cylindrica	Laghu Snigdha	Madhur Kashay	Madhura	Sheeta
6.	Kusha	Desmostachya bipinnata	Laghu Snigdha	Madhur Kashay	Madhura	Sheeta
7.	Kaasha	Sacharum Spontaneum	Snigdha	Madhur Tikta	Madhura	Sheeta
8.	Gundra	Typha angustata	Guru	Kashya Madhur	Madhura	Sheeta
9.	Itkata	Typha	Laghu	Madhur	Madhura	Sheeta

		elephantina	Snigdha			
10.	Katruna	Cymbopogan schoenanthus	Laghu Ruksha	Katu Tikta	Katu	Ushna

Single Herbal Drug Treatment:

- Shatavari- best herbs for encouraging breastfeeding.
- Vidari -used to improve milk production
- Jeeraka- improves digestion with increase in milk production
- Bhumikushmanda ksheerpaka – mentioned in Yogratnkara as stanya vridhikara.

Dietary Recommendations:

A well balanced diet with proteins, healthy fats is essential for lactation.

Use of milk,ghee,,madhra treatments,sleshmavardhak dravyas.sura ,asava,sharkara,curd.

Foods like narikela ,lashuna,palandu,Yava and wheat also contribute.

Vihara –

Adequate rest and stress-free environment.

Gentle massages with medicated oils.

Warm (Hot) baths.

Emotional support and counseling.

DISCUSSION

Western lifestyle influences on milk production. Chronic stress, sleep deprivation and isolation negatively impact breast feeding. Early supplementation of formula feed milk widely accepted and sometimes encouraged which can interfere with demand driven milk production. Early use of bottles or pacifiers causes "nipple confusion." High processed diets, lack of physical activity results in insufficiency milk production. Mothers relay on formula milk rather than breast milk because of their hectic lives. Since stanya is an updhātu of rasa, it can only be produced by a correctly formed rasa dhātu. Mother's aahara & vihara play a major role in determining the quality & amount of Stanya. Hence stanyakshay can be controlled by the using of aahras and viharas as mentioned in samhita.

CONCLUSION

Breast milk offers a unique combination of nutrients that are easily digestible, perfectly balanced; provide immune protection and emotional bonding benefits that can't be fully replicated by formula. Breastfeeding also helpful in mother as it stimulates faster postpartum recovery and reduces risk of cancer. Stanykshay have impact on infants like poor weight gain in baby, micronutrients deficiencies and delayed development and weakened immune system. By considering the condition of lactating mothers, Ayurveda can effectively handle this condition; Lactating mothers can use this drugs, aahara and vihara as mentioned in samhita to increase breast milk production and to regain bodily strength.

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