



# Conceptual Study Of Stanyakshay: An Ayurvedic Review

Dr. Gayatri Butolia<sup>1</sup>, Dr. Rashmi Sharma<sup>2</sup>

<sup>1</sup>Post Graduate Scholar, PG Department of Prasuti Tantra Evum Stri Roga, Post Graduate institute of Ayurveda , Jodhpur, Rajasthan, India.

<sup>2</sup>Associate Professor, PG Department of Prasuti Tantra Evum Stri Roga, Post Graduate institute of Ayurveda Jodhpur, Rajasthan, India.

## ABSTRACT:

The female is at the center of the human life cycle. Because of her "janani" power, women have been held in high regard since the beginning of life in the universe human society must treat women with respect and care. The most priceless gift that God has given women is parenthood. These articles aim to raise awareness of the value of breastfeeding, its promotion, and the primary recent issue of *stanyakshay* (mostly brought on by changes in lifestyle and incorrect beliefs). A gift from the Almighty to little angels, breast milk is an elixir. For a mother, the most rewarding and satisfying experience is feeding her child. Every area of medical science provides a thorough explanation of the value of breastfeeding. The first six months following delivery should be spent solely breastfeeding the infant. Especially in primiparous moms, *stanyakshaya* (hypogalactia) or *stanyanasha* (agalactia) are fairly common conditions nowadays. Lactational deficiencies may be 30–40% common in Asian and tropical nations like India. Ayurvedic acharyas have described *Stanyakshaya* in detail, including its causes and treatment, and they view it as a significant problem. *Stanyakshaya* is brought on by both physical and psychological factors. *Agnimandya* and *Dhatukshaya* are the two main causes of this illness. Several *stanyanajanana*, *stanyavardhaka* medicines, *stanyavardhak aahaaras*, and viharas were described by acharyas in Ayurveda; these have been shown to be safe, effective, and extremely significant over the millennia. This paper makes an effort is made to describe the concept of *Stanyakshaya* and its Ayurvedic management.

**Keywords:** *Agnimandya, Dhatukshaya, Stanyakshaya, and Stanya naasha.*

## INTRODUCTION:

Ayurveda explain the importance of *stanya* through its main function *pushti* and *jivan*<sup>1</sup>. Breast milk is thought to be the most nutritious food for newborns. Numerous health advantages for both mother and child can be obtained from breast milk. The finest method of caring for a newborn is breastfeeding. Breast milk is the ideal diet for them in addition to the strong bond it forges. The nutrients that babies require for normal growth and development are abundant in breast milk, including the right proportions of proteins, carbs, lipids, immunoglobulin IgA, minerals, digestive enzymes, lymphocytes, antibodies, and water. The World Health Organization recommends nursing exclusively for the first six months of a baby's life. After then, babies should be fed a safe, nutrient-dense supplemental food while nursing is maintained for at least two years. The benefits of nursing and the worth of breast milk are also beautifully explained in Ayurvedic literature. However, it has become evident that the majority of new mothers do not produce enough breast milk due to poor eating habits and changing lifestyles. This condition has been referred to as *stanyakshaya* in Ayurveda.<sup>2</sup> These levels must be met for a normal-weight newborn to acquire adequate nourishment; this is known as a lactational deficiency in clinical terms. In Asian and tropical countries like India, the prevalence of lactational insufficiency may reach 30–40%, but it typically ranges between 23% and 63% worldwide<sup>3</sup>. Ayurveda goes into great detail about the attributes of *stanya*, a nursing mother, the benefits of breastfeeding for both mother and child, etc. The reasons of *Sthanya Kshaya* are described by numerous Acharyas, such as *Charaka, Sushruta, Vaghat Kashyapa, Bhavaprakasha*. According to Ayurvedic specialists, *Sthanyakshaya* is caused by the mother's diet and psycho-somatic problems. One major issue that requires attention is lactation failure. In Ayurveda, a variety of drugs, dietary plans, and behavioral techniques are categorized as "*Sthanyajanana*" and are useful in treating *Sthanyakshaya*.

## METHODOLOGY

This review is in a narrative format and done from literature and publications relevant to *Stanya Kshaya* and role of *Stanya-janana Mahakashaya*.

## OBSERVATIONS AND RESULTS

**Stanya Prayaya-** Dugdha, Kshira, Payas, Stanya, Balajivana<sup>5</sup>

**Formation of Stanya:** Rasa is generated after food has been digested. Through the action of Vyana-vata, the sweet essence, a component of this Rasa, circulates throughout the body and reaches the breasts, where it is known as *Stanya*. Rasa dhatu is the essence of both Rasa and *Stanya*. The view of Acharya Sushruta is as

follows.<sup>6</sup> According to the traditional Ayurvedic principles, lactation develops well three days after delivery. The process of food digestion results in the formation of the rasa. The sweet essence, a component of this rasa, reaches the breasts via the action of vyana vata and is referred to as stanya. The essence of rasa dhatu is the source of both rasa and stanya. This is what Acharya Susruta believes.

Yogratnakara and Acharya Bhavamisra have the same opinion. In order to describe the idea of garbhaposhana, Acharya Charaka and Acharya Bhela stated that the aahara that a garbini consumes serves three purposes: Matrupushti, Garbhaposhana, and Stanapushti. It is also in agreement with Sushruta Acharya.

### **Properties of normal breast milk:**

The characteristics of breast milk were described by Koumarabhritya's father, Kashyapa. He claims that a baby that is breastfed has unhindered strength, lifespan, and enough growth and development. Additionally, it can guarantee the comfort of a child and its mother as well as the development of a disease-free condition.<sup>7</sup> The best measures of the quantity and quality of stanya supplied by the mother are the child's growth and development indices.

Ayurvedic pramanasharira states that two anjali is the recommended amount of stanya. The hue is Shakhavabhasa or pandura. It has seta veerya, madhura vipaka, vatapitta samana, laghu in nature, which suggests its ease of digestion, and madhura rasa and kashaya anurasa, which smell like madhu (madhugndhi).<sup>8</sup> Ayurveda uses a plain water test to assess the quality of breast milk. A drop of milk is considered pure if it creates a homogeneous mixture when added to simple water.<sup>9</sup>

### **Stanya pramana**

Amount of Stanya is two Anjali.<sup>10</sup>

### **Causes of Stanya pravrutti**

Stanya is released by the child's touch, sight, and mind (sucking reflex). Even the Pravrutti of Stanya, a celebration in honor of the child, is held.<sup>11</sup> After delivery on 3rd or 4th day, the Dhamanis or Siras situated in Hridaya region get dilated and initiate milk ejection.<sup>12</sup> According to Acharya Harita, a parturient woman's srotases become evident as a result of the force she uses to bear down, which causes an abrupt expulsion of milk. But because of Kapha dominance, it is thick and should be thrown out.<sup>13</sup>

### **Stana Parikshana:**

In Ayurveda, there are three techniques for stana parikshana: darshana, sparshana, and prashna. The form of the breast can be ascertained via darshana. While stanapushti starts with ahar rasa during the prenatal period, the breast develops fully throughout puberty. During garbhavasta stana, twacha is peeta, or yellow; however, following childbirth, peetata decreases and twacha regains its natural hue. When there is more stanya, Neelavarniya siras are more noticeable. The stanapurnatva is able to sense the stana in a typical stanya ashaya.

The breasts appear loose and relaxed in stanyakshay (Sana mlanta, Kinchit shushkatvam). Asking the mother questions can yield some information about milk production.<sup>14</sup>

## **Benefits of Breastfeeding**

### **For Baby**

- It contains nutrients which are needed for normal growth and development of baby.
- Lactose in breast milk helps in absorption of calcium and enhances growth of lactobacilli in intestine.
- Water and electrolytes– Breast milk contains 88% of water so no need of additional water even in summer.
- Immunological superiority– It contains immunoglobulin IgA. Breastfeed babies less likely to develop infections.
- Enhance maturation of intestinal cells thus reduce risk of allergies in later life.
- Higher IQ.
- Helps to increase bonding between baby and mother.<sup>15</sup>

### **For Mother**

- Breastfeeding soon after birth helps in uterine involution.
- Reduce chance of post partum hemorrhage.
- It has contraceptive effect on mother.
- Helps in shedding extra weight gained during pregnancy.
- Reduce risk of cancer of breast and ovary.<sup>16</sup>

### **Causes of Stanyakshya**

- Late to start breastfeeding after birth.
- Breastfeeding not done frequently.
- Supplementary breastfeeding.
- Some previous breast surgeries affect milk production.
- Premature birth, maternal diabetes mellitus, obesity, PIH.
- Aacharya Vagbhata mentioned emotional factors like stress, anger, lack of affection towards baby.
- Activities which causes exhaustion of mother, fasting etc.
- Conceiving next child while lactating.
- Intake if sheet, Ruksha aahar during the period of lactation.<sup>17,18</sup>



## *Stanya-janana Mahakashaya*

*Veerana, Shali, Shasthik, Ekshuvalika, Darbha, Kusha, Kaasha, Gundra, Ithkata, Katruna.*<sup>19</sup>

### **Management of Stanyakshaya:**

Rasakshaya is caused by the same etiological reasons as stanyakshaya; the goal of treatment should be to normalize rasa kshaya. The Asrayaasrayi connection is the link between Rasa dhatu and Sleshma. As a result, the Brimhana, Snigda, and Madhura therapies ought to be applied. Applications for *Sleshma vardhaka dravyas* (items that increase sleshma or kapha), cow's milk, Sharkara (sugar), Asava, Curd, Sura (wine), and Shaalianna and Maansa (meat). The milk production practice promotes a diet that comprises meat soup, ksheerapaana (milk consumption), ghrita taila, amla (sour), lavana (salt) rasa, madhura (sweet), and all leafy vegetables—aside from siddharthaka and naadishaka, which are prepared with jaggery, hingu, and jatiphala. Foods like narikela (coconut), lashuna (garlic), palandu (onion), yava (barley), wheat, shaali (rice, *Oryza sativa*), shashtika (a type of rice harvested in 60 days), kanji (fermented sour drink), pinyaka (sesame seed paste), matasya (fish), kasherukashringataka, and all wines—aside from sidhumadya—all encourage the production of milk.<sup>20</sup>

### **DISCUSSION**

Nowadays, women produce a lot less breast milk than they did in the past. The majority of moms worry about using their breast milk to support their baby's growth. Generally speaking, most women produce one-third more breastmilk than their infants need. However, a number of ailments may cause insufficient milk production while nursing. The main reasons for inadequate flow include delayed breastfeeding and a long interval between feedings. All of these medications contain Madhur rasa, Madhur vipak and Sheet virya, and Rasadhatu poshan. The mother's Rasa vridhi comes next, and ultimately Stanyavridhi. Aagnidipan, Aampachan, and Dhatu aagnidipan are the actions of a few medications that contain Katu Rasa, Katu Vipak, and Ushna Virya. This results in Strotoshodhan, Dhatu poshan, and the proper creation of each Dhatu and Upadhatu. This is how one attains Stanya Vridhi.

### **CONCLUSION**

**Stanyakshaya**, or deficiency of breast milk, is a condition thoroughly addressed in Ayurveda through its holistic principles. The classical texts recognize that breast milk (stanya) is a product of **Rasa Dhatu**, and its depletion can occur due to both physical and psychological factors. As was made abundantly clear in this essay, breastfeeding is very important, and numerous initiatives are being made to support it. Moreover, measures are performed to improve the quantity and quality of breast milk. Ayurveda offers a number of remedies for this, among them Stanyajanan Mahakashaya, which have established qualities and an effect on Stanyajanan. . These in addition to Stanyajanan, aids in maintaining the stability of other Doshas and Dhatus that are impacted by pregnancy and labour. Breast milk in Stanyakshya is influenced both quantitatively and qualitatively. Stanyajanan Mahakashaya works more efficiently and has the potential to be very beneficial. Healthy lactating

mothers can utilize Stanyavardhaka and stanyajanakadrugs, especially in sutikaavastha, to increase breast milk production and regain bodily strength in addition to treating lactational insufficiency.

## Reference

- 1 Joshi YG. charak samhita. 4th ed. pune: vaidyamitra prakashan; 2013.
- 2 Textbook of obstetrics Neonatology and Reproductive and Child Health Education, C.S. Dawn, 16th Edition, 2014
- 3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3820052>
- 4 Murthy Srikantha KR, Ashtangasangraha of Vagbhata, uttarsthana 1/24, ChaukhambhaOrientalia Varanasi.
- 5 Acharya Vagbhata, Astang Sangraha, Atridev Gupta, Editor vol 1 & 2, Chaukhamba krishnadas Academy, Varanasi, Printed 2005, sha 2/33.
- 6 Acharya Sushruta. Sushrut Samhita. Kaviraj Ambika Datta Shastri. Editor vol 1 & 2, Chaukhamba Sanskrit Sansthan, Varanasi, Reprint 2012, sha 10/31.
- 7 Ayurveda alankara satyapala bhishak acarya Kashyapa samhita adyaya, chaukhambha publications.
- 8 ShastriDuttaAmbika. Sushrutasamhita MaharsiSushruta, ayurvedatattvasandipika, edited Nidanasthana of with 10/18, Chaukhamba Sanskrit sansthana, Varanasi. 14th edition 2003.
- 9 Sushrutasamhita, Nidanasthana 10/21-23.
- 10 Acharya Vagbhata, Astang Sangraha, Atridev Gupta, Editor vol 1 & 2, Chaukhamba Krishnadas Academy, Varanasi, Printed 2005, sha 2/33
- 11 . Acharya Charak. Charak Samhita, Pt. Rajeshwar Datta Shastri, Chaukhamba Bharti Academy, Varanasi, Reprint, 2011, chi 15/17.
- 12 Acharya Sushruta. Sushrut Samhita. Kaviraj Ambika Datta Shastri. Editor vol 1 & 2, Chaukhamba Sanskrit Sansthan, Varanasi, Reprint 2012, sha 10/31
- 13 Agnivesha; Charak Samhita; Chakrapanidatta; Vaidya Yadavji Trikamji Acharya (Ed.); Third Edition, Nirnay sagar press, 1941, chi 15/17.
- 14 Dr.Dinesh KS Koumarabhritya updated, chaukhambha publications.
- 15 O.P.Ghai, V. K. Paul and A. Baggha; Ghai's essential pediatrics, 7th edition, CBS publisher, New Delhi, 2012; 122.
- 16 O.P.Ghai, V. K. Paul and A. Baggha; Ghai's essential pediatrics, 7th edition, CBS publisher, New Delhi, 2012; 12122-123.
- 17 . <https://www.Mayoclinic.org/healthylifestyle/infant-and/low-milk/faq20058148>.
- 18 Vagbhata; Astang Hridaya, Kaviraj Atridev Gupta, Chaukhamba Sanskrit Sansthan, Varanasi, Fourteenth Edition, 2003; uttar tantra 1/17.
- 19 Mishra P.B. Bhavprakash 9th ed. Varanasi: Chaoukhamba prakashan; 2005.

- <sup>20</sup> Acharya Charak. Charak Samhita, Pt. Rajeshwar Datta Shastri, Chaukhamba Bharti Academy, Varanasi, Reprint, 2011, chi 15/17.

