

Stanyakshya in Sutika - Awastha and its Management: A Review Article

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Abstract: Breast feeding is intended to be a loving connection, a graceful welcoming and comfort of a soul into a new body. The transformation of female, from a woman to a mother is the happiest lifetime event. Feeding a child is the most fulfilling and pleasant experience for a mother. Breast milk contains many micronutrients, macronutrients, bioactive components, immunological factors that protect against infection. Today, Stanya-kshaya is a very common problem, commonly in primiparous mothers. Major causes of Stanyakshaya in sutika-awasta is Agnimandya and dhatukshaya. In Ayurveda number of Stanya-janana and Stanya-varadhak drugs are mentioned for initiation of milk production.

Keywords: Mother, Sutika-awasta, Stanya-kshaya, Stanya-varadhak

1. Introduction

The Stanya is Jivana amsha as it is the chief source of nutrition and diet to the infants. Adequate lactation has been defined as secretion of 300 ml daily by 5th day and 480 ml by the 10th day¹.

WHO & UNICEF recommend that children initiate breastfeeding within the first hour of birth and be exclusively breastfed for the first 6 months of life.²

In Ayurveda Stanya-praman is given that is two Anjali³. Stanya is updhatu of Rasadhatu or it is formed by the action of rasagni over rasadhatu and also names as jeevanam.

Stanya-sampat or normal breast milk

स्तन्यसंपत्तुप्रकृतिवर्णनधरसस्पर्शम्, उदपात्रे च दुह्यमानमुदकं व्येति प्रकृतिभूतत्वात्; तत्पृष्टिकरमारोग्यकरं चेति ॥५ (च. सं. शा. ८/५४)

Stanyadushti⁶ – Abnormalities of breast milk

अर्जीर्णासात्म्यविषमविरुद्धात्यर्थभोजनात् । लवणाम्लकटुक्षारप्रक्लिन्नानां च सेवनात् ॥
मनः शरीरसंतापादस्वप्नाग्निशिचिन्तनात् । प्राप्तवेगप्रतीघातादप्राप्तोदीरणेन च ॥
परमात्रंगुडकृतं कृशरां दधि मन्दकम् । अभिष्यन्दीनिमांसानि ग्राम्या नूपौदकानि च ॥
भुक्त्वा भुक्त्वादिवास्वप्नान्मद्यस्यातिनिषेवणात् । अनायासादभीघातात्क्रोधाच्चातङ्ककर्शनेः ॥
दोषाः क्षीरवहाः प्राप्यसिराः स्तन्यप्रदूष्य च । कुर्युरद्धिर्धभूयोदोषतस्तन्निबोधमे ॥
(च. सं. चि. ३०/२३२ से २३६)

Due to indigestion, consumption of non-congenial, unusual or unfavourable and incompatible food and over-eating, use of excessive salty, sour, hot, ksara, humid or putrified articles, diseases of body and mind, awakening in the night, over worry, suppression of natural urges and attempt to excrete feces etc. in the absence of their urge, use of paramanna (a dish made with rice, milk, sugar boiled together), dishes made of jaggery, oleo, curd, slowly formed

curd or fish, abhisyanidarticles, meat of wild or aquatic animals or sleeping during day, over use of wine, absence of exercise, trauma, anger and emaciation. The doshas get vitiated. These vitiated doshas moving through ksiravahasiras vitiate the milk and produce eight types of milk disorders.

क्रोधशोकावात्सल्यादिभिश्चस्त्रियाः स्तन्यनाशो भवति ॥ (सु. सं. शा. १०/३०)

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- 1) Diet – Excessive intake of *rukshaannapaana*, *langhan*, *karshan*, *atyapatarpan*.
- 2) Psychological and behavioral factors- *Krodha*, *shoka*, *bhaya*, *kaama*, *avaatsalya*, excessive *shodhana karma*, *swabhaav*, *punagarbhadhaaran*.
- 3) Late to start breastfeeding after birth.

Clinical feature of *Stanya-kshaya*⁸

स्तन्यक्षयेस्तनयोर्लान्नितास्तन्यासम्भवोअल्पतावा ।(सु. सं. सू. १५/१२)

Laxity of breasts alongwith decrease in quantity or absence of milk secretion.

Samprapati of *Stanya-kshaya* :

In *Sutika-awasta* there is over all *Dhatu-kshaya-awastha* due to development of foetus, *Pravahana*, *vedana*& loss of *Raktaand kleda* during *prasava* cause certain emptiness. So women get deprived in *maamsa*, *bala*, *agni*, this state is complicated by *Apathyasewana* as a result, there is *Vata-pradhana-tridosha-prakopa* leading to *Rasadhatu-kshaya* and *Upadhatukshaya*⁵.

Management

तत्रश्लेष्मवर्धनद्रव्योपयोगः ॥९(सु. सं. सू. १५/१२)

- 1) *Sleshmavardhakadravyas* should be used.
- 2) *Sura*, *Shaali-anna*, *maansa*, *sharkara*, cow's milk, *aasava*, curd, .
- 3) *Vamana karma* is contraindicated in *stanyakshaya*.
- 4) *Stanyajanan-aahar*–
 - Diet rich in *Madhur*, *amla*, *lavana rasa*, meat soup, *Ksheerapaana*, *ghrita* and oil.
 - *Naadishaka* (kamalnai etc.) cooked with *gur*, *hingu*, *jatiphala*, *narikela*, *lashuna*, *palandu*, *yava*, *wheat*, *shaali*, *shastika*, *kanji*, *pinyaka*, *matasya*(fish), *kasheruka*, *shringataka*, *all wines except sidhumadya*.
- 5) *Stanya-janan-bhava*–
 - Happiness, *Saumnasya*, avoid anger, fear, exertion and hard work, good sleep, avoidance of *shok*, *bhaya*, staying calm .
- 6) *Stanya-janan and Stanya-varadhakdrugs*¹⁰-
 - Decoction of roots of *shaali*, *shastik*, *veeran*, *ikshuvaalika*, *darbha*, *kusha*, *kasha*, *gundra*, *itkata*, *ktrina*. Drugs which posses *ksheera* e.g. *dugdhika*.

- Milk medicated with the decoction of roots of *stanyajanan* drugs.
- Milk medicated with *vaajikaran* drugs.
- Milk medicated with *maricha*, *pippalimoola*, *maagadhi*, *shunthi*, *pathya*, mixed with *gur* and *ghrita*.
- Milk medicated with the decoction of stem barks of latex yielding trees (kshiri-vruksha) like *vata*, *udumbar* etc. to this milk *sauwarchala*, with salt, jaggery, and *ghrita* are added and then consumed with cooked *shaali* rice.
- Juice or powder of *vidaari-kanda*, *shringataka*, *shatavri* mixed in milk.
- *Vajrakanjika* – *pippali*, *pippalimoola*, *chavya*, *shunthi*, *yawanika*, *Shweta* and *krishanjirakas*, *haridra*, *daruharidra* and *sauwarchala* salt cooked with *kanji*.
- Use of *lasuna* and *palandu*.
- Milk treated with *marica* and *pippalimula*.
- *Fresh Satawari* root pestled with milk.

Stanpanvidhi: In *Ayurved*, According to *Acharya charaka*¹¹, mother after taking bath and wearing clean garments and tie *prajasthapan* drugs like *brahmi*, *satavari*, *aindri* on head, and start breast feeding with right breast first facing to the east.

In the modern era, after normal delivery the position that is comfortable for feeding (cradle hold, cross-cradle hold, football hold, side-lying position, laid-back breastfeeding, upright position, Dangle feeding) must be baby's whole body supported, the baby's chin touches the breast.

Galactagogues¹²

Antipsychotic drugs can increase pituitary prolactin secretion and breast milk production secretion and breast milk production through dopamine antagonism, but the gastrointestinal motility drugs *metoclopramide* and *domperidone* are most commonly used as galactagogues. *Metoclopramide* and *domperidone* block dopamine D2 receptors in the anterior pituitary.

Metoclopramide – is a centrally acting drug. It can increase milk supply by 66-100% within 2-5 days in tital dose of 30-45mg.

Domperidone – It is a peripheral dopamine antagonist. At doses of 10-20 mg three times daily.

Drugs Contraindicated in Pregnancy

Category X (absolute contraindication)	Category D (definite evidence of fetal risk)
<ul style="list-style-type: none"> • Thalidomide • Aminopterin, methotrexate • Busulfan, chlorambucil, cyclophosphamide • Phenytoin • Triazolam, estazolam • Warfarin • Isotretinoin (vitamin A derivative) • Clomiphene • Diethylstilbestrol • Ethisterone, norethisterone, megestrol • Ovcon, levlen, norinyl • Nicotine • Alcohol 	<ul style="list-style-type: none"> • Tetracycline, doxycycline • Streptomycin, amikacin, tobramycin • Phenobarbital, pentobarbital • Valproic acid • Diazepam, lorazepam, aprazolam, chlordiazepoxide • Lithium • Chlorothiazide
	Chemicals <ul style="list-style-type: none"> • Lead • Polychlorinated biphenyls (PCBs) • Bisphenol A • Phthalates • Perfluorooctanoic acid (PFOA) • Methoxychlor, vinclozolin • Potassium iodide

Benefits of Breastfeeding:

For mother

- 1) Reduce complications like post partum haemorrhage.
- 2) It has contraceptive effect on mother.
- 3) Breastfeeding after birth helps in uterine involution.
- 4) Helps in weight loss .which is gained during pregnancy.
- 5) Reduces risk of breast cancer.
- 6) It act as anti-depressant and prevents stress, anxiety, depression, mood swings.

For Baby

- 1) Helps to increase bonding between baby and mother.
- 2) It contains nutrients for normal growth and development of baby.
- 3) Lactose in breast milk helps in absorption of calcium.
- 4) It contains immunoglobulin IgA which prevent from infections.
- 5) Breast milk contains water and electrolytes.
- 6) High IQ level.
- 7) Make vaccine more effective by making the antibodies to response better.

2. Conclusion

Breastfeeding is a beautiful connection for mother and baby. Breast is nearer to the *anaahat chakra* near heart which connects mother and baby emotionally. Lactating mother should follow specific dietary during first 45 days after the delivery. Breast milk is the optimal food for almost all infants in the first year of life.

World Breastfeeding week is celebrated every year from 1 to 7 August. It Aims to highlight the huge benefits that breastfeeding can bring to the health & welfare of babies and benefits to maternal health, poverty reduction & food security¹³.

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