



STANYA SHODHANA KASHAYA: AN ADVANCED RESEARCH

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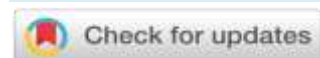
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ABSTRACT

The importance of breast milk for the newborn is very well quoted in Ayurvedic classics. Acharya Charaka has quoted that newborns should be put to the breast from the first day of birth. Today, Stanyakshaya(hypogalactia) or stanyanaasha (agalactia) is a widespread problem, especially with primiparous mothers. Breast milk is the prime source of nourishment and immunity for the baby. It is hygienic, uncontaminated and has several anti-infective components that protect the infant from infection. The lactation process is influenced by a person's psychosomatic health and lifestyle. The two conditions are together described in ayurveda Samhitas with their causal factors and chikitsa.

Keywords: Ayurveda, Stanya shodhana, Kashaya, breast milk

INTRODUCTION

Stanya Shodana Kashaya is an ayurvedic medicine in the form of water decoction. Stanya Kshaya or Nasa is a condition where the mother experiences insufficient production of breast milk for her baby. It is used to cleanse and detoxify breast milk. It is also useful when the milk thickens, causing plugging of milk

ducts. Usually, it is administered for max. The period of 4-6 weeks is in the postpartum period.

Dose:10-20 ml bd or once with an equal amount of water.

The causative factor for stanya kshaya is Rasa kshaya.

Causes of Stanyakshya¹ :

1. It is too late to start breastfeeding after birth.
2. Breastfeeding should be done more frequently.
3. Supplementary breastfeeding.
4. Some previous breast surgeries affect milk production.
5. Premature birth, maternal diabetes mellitus, obesity, PIH.
6. Aacharya Vagbhata mentioned emotional factors like stress, anger, and lack of affection towards the baby.
7. Activities that cause exhaustion of the mother, such as fasting, etc.
8. Conceiving the next child while lactating.
9. Intake of sheeta, ruksha aahara during the period of lactation².

Benefits of Breastfeeding

For baby³

1. It contains all the nutrients needed for the average growth and development of the baby. Up to 6 months, the baby needs no other food, fluids, or water. It is said that you should continue breastfeeding even if the child is sick.
2. Lactose in breast milk helps absorb calcium and enhance lactobacilli growth in the intestine.
3. Breast milk contains 88% water and electrolytes, so there is no need for additional water even in summer. The osmolality of breast milk is low, so prevents load to the neonatal kidney.
4. Immunological superiority – it contains immunoglobulin IgA. Breastfeeding babies are less likely to develop infections.
5. Enhance intestinal cell maturation, thus reducing the risk of allergies in later life.
6. Higher IQ.
7. It helps to increase bonding between baby and mother.

For mother⁴

1. Breastfeeding soon after birth helps in uterine involution.
2. Reduce the chance of postpartum hemorrhage.
3. It has a contraceptive effect on the mother. Protect against pregnancy due to lactation amenorrhea.

4. Helps in shedding extra weight gained during pregnancy.

5. Reduce the risk of cancer of the breast and ovary.

Drugs :

पाठामहौषधसुरदारुमुस्तमूर्वागुडूचीवत्सकफलकिरात
तिक्तककटुरोहिणीसारिवा इति दशेमानि
स्तन्यशोधनानि भवन्ति (१८) (ch. Su.4/12)

Stanya shodhana mahakasaya⁵:

1. **Patha**

Guna: tikta,

Rasa: katu

Vipaka: ushna

Veerya: katu

Karma: laghu, tikshna

2. **Sunthi**

Guna: katu

Rasa: ushna

Vipak: madhur

Veerya: katu

Karma: laghu, snigdha

3. **Devdaru**

Guna: tikta

Rasa: ushna

Vipak: katu

Veerya: laghu, snigdha

4. **Nagarmotha:**

Guna: tikta, katu, kashya

Rasa: sheet

Vipak: katu

Veerya: laghu, ruksha

5. **Murva:**

Guna: madhur, tikta

Rasa: ushna

Vipaka: madhur

Veerya: guru, sara

6. **Guduchi:**

Guna: tikta, kashya

Rasa: ushna

Vipaka: madhur

Veerya: laghu

7. **Vatsak (kutaj)**

Guna: tikta, kashya

Rasa: sheet

Vipaka: katu

Veerya:laghu, ruksha

8. Kirattikta

Guna:tikta

Rasa: sheet

Vipaka: katu

Veerya:laghu, ruksha

9. Kutaki

Guna: tikta, katu

Rasa: ushna

Vipaka: katu

Veerya:laghu

10. Sariva

Guna: madhur

Rasa: sheet

Vipaka: madhur

Veerya: snigdha, guru

Stanyajanan Gana ⁶:

वीरणशालिषष्टिकेक्षुवालिकादर्कुशकाशगुन्द्रेत्कटकत्
प्मूलानिति दशेमानि स्तन्यजननानि भवन्ति (च. सु.
4/17)

Ayurvedic pharmacological properties and action of the drug.

Veerana

laghu, snigdha tikta, madhur Madhur Sheeta Vaat - pitta shamak, pachan, stanyajanan, dahashamak.

Shali and Shasthik

guru, snigdha madhur, kashay Madhur Sheeta Tridoshahara, shukral, brihana, balya, mutrala, varnakrit, swarya, ruchya, chakshushya, hridya, stanyajanan.

Ekshuvalika

pichila, snigdha madhur, amla, tikta Madhur Sheeta Vaat – pitta hara, balya, stanyajanan, shukrashodhana.

Darbha

laghu, snigdha madhur, kashay Madhur Sheeta Trodoshahara, rasayana, stanyajanan, mutravirechaniya, pipasahar, kusthaghna, dahaprashamak.

Kusha

laghu, snigdha madhur, kashay Madhur Sheeta Kapha – pitta hara, mutrala, stanyajanan.

Kaasha

Sara madhur, tikta Madhur Sheeta Vaat – pitta hara, balya, stanyajanan, vrishya, ruchya, shramahara.

Gundra

Guru kashay, madhur Madhur Sheeta Vaat – pitta hara, stanyajanan, stanyashodhak,

The process described by **Sushruta** is slightly different from Charaka. He explained that somewhat different from the Charaka decoction of Nimba and Magdhika, Mudga is offered on the next day. This whole process is repeated for 3, 4 or 6 days, followed by administration of Triphala ghrita.⁷

Vagbhata has advised purification according to the vitiation of dosha.⁸

Kashyapa has adopted the principle described by previous scholars that the milk is purified by use of decoction, emesis, purgation, congenial diet and ghrita-medicated with the drugs of the Jeevaniya group⁹.

Disadvantages of stanya shodhana gana drugs:

Most of the drugs are bitter, and hence, they may cause slight debility initially. So, debilitated individuals should avoid this preparation if not directly recommended in the specific conditions.

Excessive intake of these drugs may lead to purgation in few of the individuals who have mridu koshta/pitta prakruti.

DISCUSSION

By studying all these drugs, it is shown that 1) In this stanyajanan gana drugs having madhur rasa, Madhur vipak and sheet virya dose rasadhatu poshan and after that rasa vridhi in mother. As stanya is upadhatu of rasa stanyavridhi achieved by this. 2) Drugs having katu rasa, katu vipak and ushna virya dose agnideepana, aampachan and also dathu aagnideepana. By this, strotoshodhan and, ultimately, dhatu poshan are done in the mother. Proper formation of all dhatu and upadhatu. In this way, Tanya vridhi is achieved.

CONCLUSION

Breastfeeding is essential, and numerous initiatives are being taken to support it. Moreover, measures are being taken to improve the quantity and quality of breast milk. Ayurveda offers several remedies, including *Stanya-shodhan kshaya*, which has established qualities and an effect on *stanyadushti*. *Stanya-*

shodhan helps maintain the stability of other doshas and dhatus, which plays an important role.

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