



Review Article

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A CONCEPTUAL REVIEW ON STANYA AND THE MANAGEMENT OF STANYA KSHAYA

Asma Sayed^{1*}, Rashmi Sharma²

¹ PG Scholar, PG Department of Prasuti Tantra Evam Stree Roga, Post Graduate Institute of Ayurveda, Jodhpur, Rajasthan, India

² Associate Professor, PG Department of Prasuti Tantra Evam Stree Roga, Post Graduate Institute of Ayurveda, Jodhpur, Rajasthan, India

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*Corresponding author

E-mail: drasmasayed267@gmail.com

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ABSTRACT

Stanyapana or nursing is very crucial for both mothers and newborns. Breastmilk gives nutrition to the babies for their healthy growth and brain development. Nutrition derived from human breast milk is free from environmental pathogen contamination. Breast milk consists of many immunological components, such as IgA generated by the mother's immune system, which are linked to a protective effect against illness in offspring. It lowers the risk of allergic/hypersensitivity disorders, childhood diarrhoea, and the onset of Type 1 (insulin-dependent) and Type 2 (non-insulin-dependent) diabetes mellitus. In today's era, one of the issues, is Stanya Kshaya, a condition that seems to be straight forward but poses a serious risk to children's health. 30-40% of Asians and those living in tropical countries like India suffer from lactation insufficiency. Ayurveda expressly recommends some plants to increase breast milk production, like Shatavari, Twaka, Kharjura etc. Acharya Charaka describes such herbs, like Stanya-Janana Mahakshaya. A few studies have been done on the above-mentioned topic, but no one has thoroughly examined them all. For this reason, the goal of this study is to gather and thoroughly review the material, that is currently accessible on the notion of Stanya, its Kshaya, and the function of Stanya-Janana Mahakshaya in its management.

Keywords: Stanya, Ayurveda, Stanya Janana

INTRODUCTION

Good nutrition is essential for a baby's growth and development throughout the first two years of life. It is commonly acknowledged that breastfeeding offers newborn the best and most comprehensive nutrition. There are several health benefits for both mother and child from breastfeeding. It also helps the mother and child develop a strong relationship¹. The World Health Organisation observes Breastfeeding Week in more than 300 countries from August 1-7². For a typical newborn, breastfeeding is the best nutrition. It is the greatest present a mother can give her child. Breastfeeding is both a mother's and an infant's privilege. It's a normal occurrence that helps the mother and the child; therefore, it shouldn't be avoided. Breast milk is crucial for a child's early development—the first six months—as well as for improved immune system function. When a woman breastfeeds, she transfers all of her positive energy to her infant because it creates a link based on love and contentment.

Due to their increased exposure to stress and strain and their adjustment to the western way of life, women are facing several challenges. One of these is Stanya Kshaya, a disease that seems to be very easy but poses serious health risks to youngsters. Asia and tropical countries like India may have a 30-40% prevalence of locational insufficiency. Breastfeeding allows for a deeper physical and emotional bond between mother and child, which improves parent-child adjustment. It is uncontaminated, clean, and full of anti-infective ingredients that protect the infant from infection. It enhances development and intellect. Breastfed babies are more intelligent and have improved social and psychomotor abilities. Stanya-Kshaya is a common problem in daily life brought on by stress and a busy schedule. The

assimilation of western society puts women under a lot of stress and pressure. The process linked to psychosomatic conditions and lifestyle choices is lactation. Owing to these environmental factors and the rising incidence of Stanya Kshaya, it is now necessary to return attention to the Stanya-janana Dravya that are described in our Samhitas. With that in mind, the Acharya Charaka's Stanya-Janana Mahakshaya has been expanded here. A few studies have been done on the topics, but no one has thoroughly examined them all. For this reason, the purpose of this study is to gather and review the existing data on the idea of Stanya Kshaya and the function of Stanya-Janana Mahakshaya in its administration.

- This review, which follows a narrative style, draws on books and articles that are pertinent to benefits of breast feeding for mother and child.
- Stanya formation, Stanya Pravrutti, Stanya Sampat Stanya, Kshaya, Stanya Dushti, its Nidana and role of Stanya-Janana Mahakshaya in the management.

Benefits of Breast Feeding For Baby

- Breastmilk contains nutrients which are needed for growth and development of baby.
- Lactose in breast milk helps in absorption of calcium.
- Water and electrolytes– Breast milk contains 88% of water, which is helpful in skin integrity and fulfils water need of baby.
- It contains immunoglobulin IgA, which helps babies to protection from infections.
- It helps in maturation of intestines.

- It helps in brain development which leads to higher IQ.
- Breast feeding helps to increase strong bonding between baby and mother.
- Breast milk adapts as your baby grows to meet your baby's changing needs.

For Mother

- Breastfeeding and making breast milk also has health benefits for you. The more you breastfeed, the greater the benefits.
- Reducing her risk of developing osteoporosis.
- Reducing her breast cancer risk.
- Reducing her ovarian cancer risk.
- Producing oxytocin, which helps contract the uterus back to its pre-pregnancy size.
- Burning calories and using mom's fat stores for her breast milk.

Formation of Stanya

The Rasa forms once food has been digested. This Rasa's sweet essence, known as Stanya, travels throughout the body by the action of Vyana-Vata and reaches the breasts. Both Rasa and Stanya are formed from the essence of Rasa Dhatu. This is Acharya Sushruta's viewpoint³. The opinions of Acharya Bhavamisra⁴ and Yogaratnakara⁵ are the same. According to Acharya Charaka⁶, Acharya Bhela⁷, and Acharya Sushruta⁸, there are three purposes for Garbini's consumption of Ahara.

- Matra Pushti
- Garbha Pushti
- Stanya Pushti

Acharya Charaka⁹ states that Stanya is nourished by Rasa-Dhatu. Sarangadhara regards Stanya as Updhatu of Rasa Dhatu¹⁰. Harita clarifies that whatever is consumed by the woman travels through Kshira-Vahi-Sira, combines with Pitta, travels to Jathara, is broken down by Agni, arrives at Siras of the breast, and is expelled. The reasons for the absence of milk production in both cases are the weaker Vayu-filled milk-carrying channels of Vandhya mothers¹¹. Stanya is generated from Ahara-Rasa, according to Astanga Sangraha, which describes Garbha-Poshana¹². Stanya is an Upadhatu of Rasadhatu, and Rasa is the source of both Raja and Stanya.

However, as Maharshi Kashyapa describes Rakta Gulma, some of the mother's blood feeds the fetus's bodily parts, some aid in the creation of breast milk, and the remainder is used to sustain

the mother's body. He described how Stanya was created from Raja/blood after birth. The remainder is circulated throughout Yoni's body in the form of blood. When Dhatu is replenished and the body is stable, the blood that has collected leaves the Yoni at the proper time¹³. According to different Acharyas Stanya Utpatti is considered as follows-

- From Rasa and from Ahara Rasa.
- From Rakta.
- From Raja.

CAUSES OF STANYA PRAVRUTTI

Stanya is released by the child's touch, sight, and cognition (sucking reflex). Even the memory of kid, Stanya's Pravrutti is observed¹⁴. The Dhamanis or Siras in the Hridaya area dilate and begin to expel milk after birth on the third or fourth day¹⁵. According to Acharya Harita, the force utilised by the parturient woman during their bearing down attempts causes her Srotas to become clear, which causes an abrupt ejection of milk. Nevertheless, because of Kapha dominance, it is thick and needs to be discarded¹⁶.

Stanya Sampat

- Acharya Charak states that good milk dissolves entirely in water and has a regular colour, fragrance, taste, and texture. This kind of milk is healthy and nutritious. That is why breast milk is so excellent. The milk of the lady is nourishing and long-lasting. It's healthy and delicious. It treats Raktapitta via nasal instillation. It treats eye discomfort when used in Akshi-Tarpana treatment, which is employed in Netravisyanda¹⁶.
- As per Acharya Sushruta, breast milk that is sweet, pale, and doesn't have any unusual hue when mixed with water is deemed normal. Pure milk has a pleasant taste, is cool, devoid of contaminants, and can be either white or yellowish yellow in colour, resembling the hue of a conch shell. It also doesn't discolour. It also doesn't create streaks or froth in water, mixes evenly, and neither floats nor settles. This type of milk helps the baby grow and develop physically, as well as strengthening them¹⁷.
- As per Acharya Kashyapa's assertion, pure milk is defined as that which promotes unimpeded, straightforward, and healthy growth of strength and various body parts without identifying any physical characteristics; these parts should be durable, excellent for the child's health, shouldn't hurt or trouble the youngster, and should be wet¹⁸.

Table 1: Qualities of Stanya Sampata as per various Acharyas¹⁹

Sambhita	Guna	Rasa	Sparsha	Vari- pariksha	Karya	Parinama
Sushruta Sambhita	Shankha- Pramaneshwata (Shell like white)	Madhur (Sweet)	Sheeta (Cold)	Ekrupata	Laghu Pathyakar Deepan	Shareer- opchay
Charak Sambhita	Prakrutibootvarna, Gandha, Rasa, Sparsh	-	-	Ekrupata	Jeevan, Bruhan, Snehan, use in Raktapitta, Akshishool	Pushtekar Arogyakar
Ashtang Sangraha	-	-	-	Ekrupata	In Raktapitta for Nasya Akshiroga for Achchotan and Tarpan	Arogyakar Balyajanan
Kashyapa Sambhita	-	-	-	-	-	Avaihata, Bala, Aayushya, Nirogi, Sharir-vrudhi

Stanya Dushti- (Abnormalities in Breast milk)

Due to acid reflux, utilization of non-congenial, abnormal or ominous and incongruent nourishment and over-eating, utilize of over the top salty, acrid, hot, Kshara, muggy or putrefied articles, infections of body and intellect, arousing within the night, over stress etc. within the nonappearance of their encourage, utilize of Paramanna (a dish made with rice, drain, sugar bubbled together), dishes made of jaggery, oleo, curd, gradually shaped curd or

angle, Abhishyandi food, meat of wild or sea-going creatures or resting amid day, over utilize of wine, nonattendance of work out, injury, outrage and starvation. The Doshas get vitiated. These vitiated Doshas moving through Ksheeravahasiras vitiates the drain and create eight sorts of Stanya Dushti.²⁰

Causes of Stanya Kshaya

- 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.
- Emotional factors like stress, anger, lack of affection towards baby.
- Activities which cause exhaustion of mother, fasting etc.
- Conceiving next child while lactating.
- Intake if Sheeta, Ruksha Ahara during the period of lactation.²¹

Clinical features of Stanya Kshaya²²

Laxity of breasts along with decrease in quantity or absence of milk secretion.

Management

1. Sleshmavardhaka Dravya should be used.

2. Sura, Shaali-Anna, Maansa, Sharkara, Cow's Milk, Aasava, curd,
3. Vamana karma is contraindicated in Stanya Kshaya.
4. Stanya Janana Ahara
Diet heavy in oil, Ghrita, Beef Soup, Lavana Rasa, Madhura, And Amla.

Naadishaka, also known as Kamalnal, is prepared with wheat, Shastika, Kanji, Pinyaka, Matasya (Fish), Kasheruka, Shringataka, jaggery, Hingu, Jatiphala, Narikela, Lashuna, Palandu, and all wines except Sidhumadya.

5. Stanya-Janana-Bhava
6. Happiness, Saumnasya, avoid anger, fear, exertion and hard work, good sleep, avoidance of Shoka, Bhaya, staying calm.

Stanya Janana and Stanya Vardhaka Drugs

Stanya Janana Mahakashaya is one of the best herbs which promotes the lactation are Veerana, Shali, Shasthik, Ekshuvalika, Darbha, Kusha, Kaasha, Gundra, Ithkata, Katruna²³.

Table 2: Ayurvedic Pharmacological Properties and Action of Drugs

Name	Latin name	Guna	Rasa	Vipaka	Veerya	Karma
Veerana	<i>Vetiveria zizanioides</i>	Laghu, Snigdha	Tikta, Madhura	Madhura	Sheeta	Vatapitta shamak, Pachan, Stanyajanan, Dahashamak
Shali and Shasthik	<i>Oryza sativa</i> a species of rice	Guru, Snigdha	Madhura, Kashaya	Madhura	Sheeta	Tridoshaha, Shukral, Brihana, Balya, Mutrala, Varnakrit, Swarya, Ruchya, Chakshushya, Hridya, Stanyajanan
Ekshu-valika	<i>Asteracantha longifolia</i>	Pichila, Snigdha	Madhura, Amla, Tikta	Madhura	Sheeta	Vaatpitta hara, Balya, Stanyajanan, Shukrashodhana
Darbha	<i>Imperata cylindrica</i>	Laghu, Snigdha	Madhura, kashaya	Madhura	Sheeta	Trodoshahara, Rasayana, Stanyajanan, Mutravirechaniya, Pipasahar, Kusthaghna, Dahaprashamak
Kusha	<i>Desmostachya bipinnata</i>	Laghu, Snigdha	Madhura, Kashaya	Madhura	Sheeta	Kaphapitta hara, Mutrala, Stanyajanan
Kaasha	<i>Saccharum spontaneum</i>	Sara	Madhua, Tikta	Madhura	Sheeta	Vaat – Pitta hara, Balya, Stanyajanan, Vrishya, Ruchya, Shramahara
Gundra	<i>Typha angustata</i>	Guru	Kashaya, Madhura	Madhura	Sheeta	Vaat – Pittahara, Stanyajanan, Stanyashodhak
Itkata	<i>Typha elephantina</i>	Madhura	Laghu Snigdha	Sheeta	Madhur	Pitashamak, Vrishya, Mutral
Katruna	<i>Cymbopogon schoenanthus</i>	Katu Tikta	Laghu Ruksha	Ushna	Katu	Kaph-pitahara Balagarhnan

Other herbs are also helps in the management of Stanya Kshaya

- Milk medicated with the decoction of roots of Stanya Janana drugs.
- Milk medicated with Vaajikarana drugs.
- Milk medicated with Maricha, Pippalimoola, Maagadhi, Shunthi, Pathya, mixed with Jaggery 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.

DISCUSSION

The benefits of breastfeeding are outlined in Ayurvedic texts. Acharya Kashyapa asserts that sufficient breastfeeding leads to a child's healthy development, strength, longevity and absence of problems or disorders²⁴. It is generally acknowledged that nursing offers human infants the best nutrition²⁵. It is advised to start breastfeeding as soon as possible after delivery. Breast milk

contains all the nutrients, including carbohydrates, lipids, proteins, vitamins, minerals, and water, that a new-born needs in the first six months of life for appropriate growth and development²⁶. Owing to the rule of "Samanya Vradhi Karanama," Stanayajanana Mahakashaya (lactation failure) has the potential to occur. After a comprehensive investigation, it was shown that the drugs in Satyajananana Dashemani have pharmacological properties like each of these medications is found to include Madhura Rasa, Madhura Vipaka, Sheet Veerya, and Rasa Dhatu Poshana and activities that these elevates Rasa Vridhi in the mother and Stanya Vridhi at the end. Aagnideepana, Aampachana and Dhatu Aagnideepana are actions of a few medications that contain Katu Rasa, Katu Vipaka, and Ushna Veerya. These actions result in Strotoshodhana, Dhatu Poshana and proper creation of each Dhatu and Upadhatu. This is how Stanya Vridhi gets reached, that make them efficient galactagogues that work by controlling Rasa Dhatu Kshaya. Use of the drugs by nursing moms is safe. Additionally, it helps the mother achieve Dhatus stability, which is frequently compromised during pregnancy and childbirth²⁷.

CONCLUSION

This article has made it extremely evident how vital breastfeeding is, and there are many programmes in place to promote it. Additionally, steps are taken to increase the amount and calibre of breast milk produced. Many Ayurvedic medicines are available for this, including Stanya Janana Mahakashaya, which has a

known impact on Stanya Janana. These, together support the stability of other Doshas and Dhatus that are influenced by childbirth and pregnancy. In Stanyakshya, there are qualitative and quantitative factors that affect breast milk. Stanya Janana Mahakshaya functions more effectively and might out to be quite advantageous.

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