



# IMPORTANCE OF AYURVEDA IN STANYAKSHAYA (LACTATION INSUFFICIENCY) : A LITERARY REVIEW

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## ABSTRACT

*Stanya* is *Jeevan Ansha* as it is chief source of nutritions and diet for new born baby. The breast milk provides numerous health benefits to both mother and baby. Breast milk is the optimal food for almost all infants in the first year of life. Today *Stanyakshaya* ( Lactation Insufficiency) is a very common problem, especially with primiparous mother. In tropical countries like India the prevalence of lactation deficiency could be 30 – 40%. According to ancient texts duration of breastfeeding should last until the eruption of teeth, for at least six months. In *Sushruta Samhita* clearly indicated about solid foods at the age of six months, when teething starts. *Stanyakshaya* is occurring due to psychological and somatic causes. *Dhatukshaya* and *Agnimandya* are the two major factors that lead to this condition. In *Ayurveda*, *acharyas* described several *stanyajanana*, *stanyavardhaka* drugs, as well as *stanyavardhak Ahar* and *viharas*, which have been proven effective, safe, and of great significance over the ages. This paper makes an effort is made to describe the concept of *stanyakshaya*.

KEYWORDS: *Stanya*, Breastfeeding, *dhatudushti* , *Stanyakshaya* ,*Aganimadhya*

## INTRODUCTION

Breast milk is best gift from mother to baby. Feeding a child is the most fulfilling and gratifying experience for a mother. *Acharya Charaka* has quoted that the new born should be put to breast from the very first day of birth. *Stanya*, as it is formed by *Prasada* of *Ahara Rasa* it contains best of all nutrients needed for the infant. In *Sadhyaprasuta* the sweet essence part of this *Rasa* circulating in the whole body gets collected in the breast and is termed as *Stanya*. *Acharya Charaka*, *Sushruta* and *Vagbhata* have described the *Stanya* as *Madhur rasa* (sweet), *Kashaya anurasa*, *Sheet*, *Laghu*, *Pathyaka*, *Jeevaniya*, *Bruhaniya* (anabolic), *Deepaniya* (digestive), and *Satmya* (favourable/wholesome). Breast feeding creates a strong emotional bond between a mother and her newborn. WHO advises breastfeeding exclusively during the first six months of a baby's life. The amino acid tryptophan present in milk helps the baby to acquire a sound sleep during night time. *Stanyakshaya* is one of the *Vikruti* of *Stanya*. *Ayurveda Acharyas* consider *Stanyakshaya* to be a serious issue, and they have thoroughly described the condition, including the causative factors and management. Due to adaptation of western culture, women get exposed to stress strain. Emotional stress, anxiety and maternal illness are the various psychosomatic factors that influence the production of milk. In *Ayurveda* number of *Stanyajanana*, *Stanyavardhaka* drugs as well as *Stanyavardhaka Aahaar* and *Bhava* (factors) have been described by *Acharyas*.

## GOALS AND OBJECTIVES

To do a conceptual study on *stanyakshaya* and its *Ayurvedic* management.

## MATERIALS AND METHODS

The available literature on *stanyakshaya* comes from both *Ayurvedic* and modern sources.

**Methodology:** The concept of *stanyakshaya* and its *Ayurvedic* management is a review-based descriptive study.

## A LITERARY REVIEW OF STANYAKSHAYA

The present study has much importance in the current scenario. Breast milk not only satisfies the baby's hunger but also plays an important role in overall health and immunity. The insufficient supply of affects the growth and breast milk negatively affects development of children. Nowadays, due to various reasons, *stanyakshaya* is very common in our society. *Ayurvedic* knowledge about breast milk is unique. A well- studied narration of the physiology of *stanya*, its quality, purity examinations, *dushti*, and *stanyakshya* is seen in every classic of *Ayurveda*. *Dugdha*, *Kshira*, *Payas*, *Stanya*, and *Balajivana* are synonyms of *Stanya*.

## PROPERTIES OF NORMAL MILK

The father of *Koumarabhritya*, *Acharya Kashyapa* (*Kashyapa Samhita ksheer vigyana adhyaya*) explained the qualities of breast milk. *Kashyapa Acharya* says, breast milk provides unimpaired strength, longevity, and sufficient growth and development for the baby. It can also ensure the development of a disease-free state and the comfort of a child and its mother. According to *Acharya Sushruta stanya* ( *Sushruta sutras 15/15*) colour is *pandura* or *shakhavabhasa*. It has *madhura* rasa and *kashaya anurasa*, which smell like *madhu* (*madhugndhi*), *laghu* in nature, which implies its ease for digestion, *seta veerya*, *madhura vipaka*, and *vatapitta samana* in nature. As per *pramanasharira* in *Ayurveda*, the quantity of *stanya* is two *anjali*. (*Ashtang Sangraha sharir 5/98*).

## SHUDDH STANYA LAKSHAN

The milk whose *Varna*, *gandha*, *Rasa* and *sparsha* are normal, and when milked in a vessel containing water, mixes equally with it, being normal or good, it is nutritious and healthy (to the child). This is the *Pushti* or *Arogya* of the milk.

## MILK EJECTION MECHANISM :

According to *Acharya Sushruta* (*Sushruta Samhita sutra sthana 10/14* and *Vagbhata*, (*Ashtang hrudayam uttar tantra 1/14*) 3rd or 4th day after delivery milk secrets through it. According to *Acharya Kashyapa* (*Kashyapa sanmhita kheel 9/45*), the love and affection about a child is one of the causes responsible for *Stanyapravartan*. According to *Acharya Sushruta*, the touch and affection causes ejection of milk. Even in the memories of children, cause *stanya pravrutti*. According to *Harita*, the delivering woman's bearing- down efforts cause her *srotases* to clear, resulting in unexpected milk ejection. However, because of the *kapha* dominance, this milk is thick and should be discarded(). *Bhavaprakasha*, *Madhavanidana*, and *Susruta* all agree on the *stanyapravrutti*.

According to modern physiology, the effectiveness of lactation is primarily determined by two hormones. The anterior pituitary gland secretes prolactin to stimulate milk production, while the posterior pituitary gland secretes oxytocin to stimulate milk ejection. Prolactin is a purely somatic component, whereas oxytocin is primarily functional in relation to the subject's emotional state. Many psychogenic factors or even generalized sympathetic nervous stimulation throughout the mother's body can inhibit oxytocin secretion and thus depress milk ejection, which is a particular problem when nursing the baby. Colostrum (*stanyapiyusha*) is the first breast milk produced after giving birth. It is a viscous, lemon-yellow secretion from the breast that appears between the late third and fourth trimesters and the fourth day after birth.

## STANYAKSHAYA

One of the most alarming conditions so far as a neonate's nutrition is concerned is lactation insufficiency. So this topic was well studied by *Ayurveda* acharyas.

**NIDANA:**

Due to the following causes, women (mother or Dhatri) has loss of milk production or inadequate production. *Krodha*(anger), *Shoka*(grief), *Avatsalya* (lack of affection).

*Langhana*(*Upavasa*).

Overexertion

Excessive consumption of *Ruksha* (dry-having lack of *Snigdha* substances in food or drink like fat etc.) foods and drinks.

Aggravation of *Apana-Vayu*.

Retention of natural urges for longer period.

*Punagarbhadhaaran* (re-pregnancy)

practice of excessive *shodhana* karma (purifying methods used in excess).

Reduction in *Shukra/ Shukla*, exposure to fire(Heat), *night awakening*, intake of dry and hot food etc.(*Ashtang hrudayam Uttar Tantra 1/19, Charaka Samhita chikitsa sthan 30/233-236*)

**STANYAKSHAYA SAMPRAPTI (pathogenesis):**

*Apathy sevana* (*atyaapatarpana*, *rukshaanna*, *shoka*, *bhaya*, *krodha*) further complicates things. As a result, *vatapradhanatridosha prakopa* occurs, resulting in *rasa dhatukshaya* and, as a result, *upadhatukshaya* (*stanyakshaya*),

In *sutika*, there is overall *dhatukshaya awastha* due to *pravahanvedana* (labor pains and bearing down efforts) and loss of *rakta* and *kleda* during *prasava*. As a result, she suffers from deficiencies in *maamnsa*, *bala* (strength), and *agni* (digestive power).

**STANYAKSHAYA LAKSHAN**

The Acharyas also included *stanamlaanata*(breast laxity)*stanya apravritti* *stanya alpa pravritti* s a sign of *stanyakshaya* in addition to the absence or reduction in *stanya*.

**MANAGEMENT of STANYAKSHYA :**

The etiological factors of *stanyakshaya* lead to *rasakshaya*; treatment should be directed toward normalizing *rasakshaya*. *Rasadhatu* and *Sleshma*. The *Brimhana*, *Snigdha*, and *Madhura* treatments should be used as a result. Use of *Sleshmavardhaka dravyas* (articles increasing *sleshma* or *kapha*). *Sura* (wine), *Shaalianna*, *Maansa* (meat), cow's milk, *Sharkara* (sugar), *Asava*, and *Curd*. The Practice of Milk production promoting diet, which includes *Madhura* (sweet), *amla* (sour), *lavana* (salt) *rasa*, meat soup, *ksheerapaana* (milk intake), *ghrita taila*, all leafy vegetables except *siddharthaka*, *Naadishaka* is cooked with jaggery, *hingu*, and *jatiphala*. Milk production is promoted by foods such as *narikela* (coconut), *lashuna* (garlic), *palandu* (onion), *Yava* (barley), wheat, *shaali* (rice, *Oryza sativa*), *shashtika* (a variety of rice harvested in 60 days), *kanji* (fermented sour drink), *pinyaka* (sesame seed paste), *matasya* (fish), *kasherukashringataka*, and all wines except *sidhumadya*. (*Sushruta Samhita sutra 15/12, Bhavprakash purva khanda 7/112*.)

**STANYAJANAN AND STANYAVARDHAK DRUGS**

The *Ayurvedic Samhithas*(*ch.sh.8/57, su.sb.10/30, bha.Pr.purva 4/11*) have mentioned several drugs and formulations that have the quality to enhance breast milk include These include,

Making a decoction from the roots of *veeran*, *shaali*, *shashtika*, *ikshuvaalika*, *darbha*, *kusha*, and *kasha* as well as *gundra*, *itkata*, and *ktrina* (all are different types of grasses). These drugs are together called *stanyajananamahakashaya*, which is explained in the drugs containing *ksheer* (apparent latex), such as *gdugdhika*.

Milk is medicated with a decoction of *Stanya janana*. Milk infused with *pippalimoola*, *shunthi*, *pathya* (*haritaki*), *maricha* (black pepper), and *guda*.

Milk treated with *vaajikaran* medications.

Milk is treated with a decoction made from the stem barks of latex-producing trees like *vata* And *Udumber* , among others. This milk *sauwarchalais* then mixed with cooked *shaali* and served with salt, jaggery, and ghee. Even in fully dry breasts, lactation is supposed to start with this preparation.

Milk flavored with a mixture of *Vidaarikanda*, *Shringataka*, and Vari (*Shatavari*) juice or powder.

- According to digestive capacity, *pippali*, *pippalimoola*, *chavya*, *shunthi*, *yawanika*, *shweta*, and *krishanjirakas* are administered, along with *haridra*, *daruharidra*, and *sauwarchala* salts prepared with *kaanji*.

## CONCLUSION

In conclusion, significant and long-term health benefits are associated with breastfeeding for the individual mother, baby and society. Breastfeeding is the ideal way to feed babies; Breast milk serves both as a source of nutrition and immunological support for the developing infant. Ayurvedic texts describe in detail about stanya properties, stanyadushti lakshan, stanya pravritti, stanyakshya and as well as stanyajanana and stanayavardhaka ahara, vihara and bhava.

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