AYURVEDA PERSPECTIVE OF STANYAKSAYA INCLUDING CAUSES, SYMPTOMS AND ITS MANAGEMENT

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ABSTRACT

Ayurveda is a science of medicine that deals with physiological and pathological status of body. There are various physiological abnormalities described in traditional text of ayurveda including their treatment. Ayurveda also emphasized significantly gynecological problems which currently affecting large number of female population and Stanyakshaya is one of them. Stanyakshaya may be termed as hypogalactia in modern way and it mainly associated with primiparous mothers. Ayurveda described number of stanyavardhaka and stanyavardhakaahaar drugs for the management of diseases related to Stanya. Herbs like; Garlic, Fennel, Turmeric, Dry Ginger, Vidarikand, Shatavari, Kalaunji and Ashwagandha offers beneficial effects in Stanyakshaya. Ayurveda also described that good conduction of Aahara-Vihara along with yogic exercise play vital role towards the effective treatment of Stanyakshaya.

KEYWORDS: Ayurveda, Stanya, Stanyaksaya, hypogalactia, Stanyavardhaka.

INTRODUCTION

The importance of breast milk has been described in various scientific literatures and new born must be put to breast feeding for the initial stages of growth and development. The diseases which are related to breast have gained great attention of researchers now days due to the increasing instances of such cases; Stanyakshaya (hypogalactia) is one of them. Stanyakshaya mainly associated with Dhatukshtya, Aagnimandhyaata, vitiated Doshas, malnutrition, and bad conduct of Ahara-Vihara. Presence of other diseases such as; anemia, diabetes and hormonal imbalances also affects growth and development of Stanya. Psychological conditions of mother like; Krodha, Bhaya, Shoka, Irsha and Avatsalyatwa also lead to Stanyaksaya.

Stanya is the Upadhatu of Rasa Dhatu which persisted of sweet essence part of Rasa formed after proper digestion of food articles by Jaatharagni during Sdhyoprasuta condition. The preparation of lactation during pregnancy depend upon Aahara and Vihara adopted by Garbhini since these Aahara and Vihara utilized for different functioning such as; nourishment of Garbhini (Swasharirposhana), formation of Stanya and fetal nourishment (Garbhaposhana). Imbalanced or in disciplinary conduction of Aahara and Vihara may resulted deprived Stanya or lack of lactation for new born baby. Ayurveda described various treatment modalities for the management of deprived Stanya such as; use of herbs & ayurveda formulations, Yoga, Panchkarma and adaptation of rules of Swasthwarita. Sleshmavardhakadravyas also recommended in this condition to enhance Sleshma. Shaalianna, Maansa, cow’s milk, Sharkara, Aasava, curd and Rasa Dravya may offer beneficial effects in Stanyakshaya. This articles presented ayurveda perspective of Stanyaksaya including causes, symptoms and its management.

Causes of Stanyaksaya
- **Ahara:** Langhan, Karshan, Atyapatarpan consumption of Rakshaanapanaa and malnutrition.
- **Vihara:** Excessive physical work, indulging in sex routinely, sleeplessness and in disciplinary life pattern.
- **Psychological:** Krodha, Bhaya, Shoka, Avaatsalya, Kaama, Swabhaav and anxiety.
Pathogenesis of Stanyakshaya

<table>
<thead>
<tr>
<th>Disease State</th>
<th>Cause</th>
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<tbody>
<tr>
<td>Sutika/Hetu</td>
<td>Apathyasewana (atyapatarpana, rakshaanana, shoka, bhaya, krodha)</td>
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<td></td>
<td>Pravahanvedna/loss of Rakta/Kleda during prasava</td>
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<td></td>
<td>Dhatukshayaawastha</td>
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<td></td>
<td>Deprived in Maamnasa, Bala, Agni and Rasa</td>
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<td></td>
<td>Vata-pradhan-tridosha-prakopa</td>
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<td></td>
<td>Rasa dhatukshaya</td>
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<td></td>
<td>Upadhatukshaya</td>
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<td>Stanyakshaya</td>
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Symptoms of Stanyakshaya
- Inappropriate growth of Stanya
- Decrease quantity of Stanya rasa
- Stanamlaanata
- Difficult in feeding
- Shushkatva (less in size/wrinkled)
- Stanya Alpata & Stanya Asambhav

Chikitsa of Stanyakshaya
The basic line of treatment for Stanyakshaya involve following approaches
- To induce/induce milk production
- To manage growth of Stanya
- To control Rasa dhatukshaya
- To improve Agni (jatharagni and rasadhatvaagni)
- To eradicate Stanavahasrotoavrodha
- To control psychological factors (shokabhaya-avaatsalya)

Above mentioned goals may be achieved by using various therapeutic modalities such as use of herbs/drugs/formulation, exercise, massage, Shodhna procedure and conduction of disciplinary life style pattern. These approaches help to manage condition of Stanyakshaya and offer galactogogues effects.

The various natural herbs/drugs used in Stanyakshaya are as follows
- Milk, oil, Ghrita, coconut, shashthika, Shali and iksha etc. having Madhura rasa, Sheetaveerya and Madhuravipaka are offers rasa dhatu and stanyavardhaka effect.
- Consumption of milk and milk exuding herbs such as; ksheerayukta plants may help in stanyakshaya.
- Drugs such as; Shunthi, Pippali and Hariaki help in formation of dhatu and upadhatu by stimulating agni (jatharagni & rasa dhatuagni). These drugs also clean rasavahi srotas and their ushna veerya and madhuravipaka offers stimulant, deepana-
- paachana, srotosodhaka, vatanulomaka and dhatuvardhaka effects therefore help in stanyakshaya.
- Drugs such as; Dugdhika, Maricha, Hingu, Lashuna and Krishna Jeeraka having Ushnaveerya and katuvipaka therefore offers Srotoshodhaka, Agnivardhaka, Deepana, paachna, Balya and Stanyakjanana effect. These drugs stimulate formation of rasa dhatu and upadhatu (stanya). These herbs possessing sroto-shodhaka property thus ease the process of galactokinesis and stimulate hormone action.
- Kusha, Yava and Veerana provide Dhatuvardhaka, Vrishya, Balya and Agnivardhaka effect in stanyakshaya.
- Shatavari, pippali, yashtimadhu, palandu, lashuna and yava relieve deep rooted stress one of the major cause of stanyakshaya.
- Herbs having nutritive value and rich in carbohydrates, amino acids, calcium, iron and phosphorous such as; shatavari, vidarikanda, shringataka, yava, narikela and kusha promote overall health and thereby health of breast also.
- Some herbs possessing uterine stimulant and oxytocic action such as; shwetajeeraka and hingu.

Food may be used to increase breast milk
- Oatmeal and Brown Rice
- Leafy Greens, Apricot and Figs
- Fenugreek Tea
- Palm Dates
- Ginger
- Moringa
- Sprouted green gram and whole wheat flat bread
- Meat and fruits.

Ayurveda formulations
- Decoctions of ekshuvalika, kusha, darbha and Kashu.
- Formulation of garlic and shatavari
Pathya for Stanyakshaya

1. Avoid hard work
2. Excessive sex
3. One should proper rest
4. Happiness
5. Avoid sorrow, anger, fear and stress
6. Excessive fasting to be avoided.

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