



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 Stanyaksaya 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 Stanyaksaya. Ayurveda also described that good conduction of Aahara-Vihara along with yogic exercise play vital role towards the effective treatment of Stanyaksaya.

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 *Dhatukshaya*, *Agnimandhyata*, 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*.

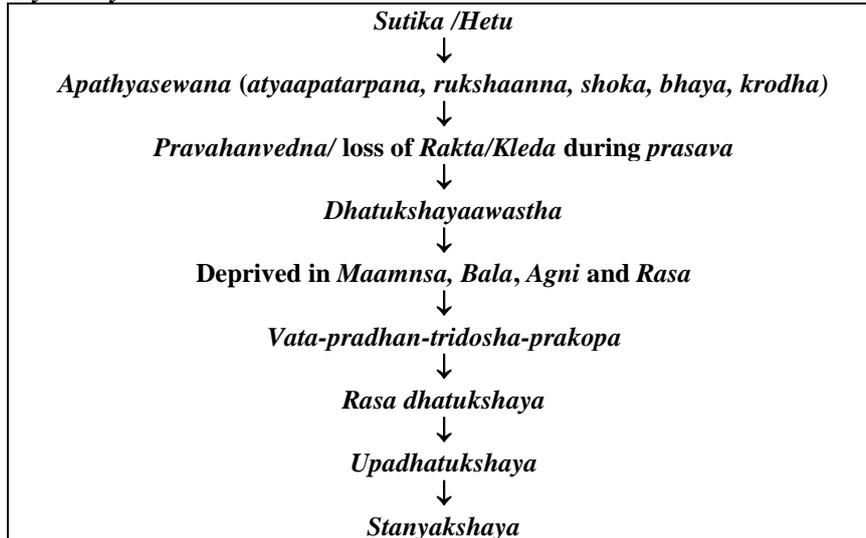
Stanya is the *Upadhatu* of *Rasa Dhatu* which persisted of sweet essence part of *Rasa* formed after proper digestion of food articles by *Jaatharagni* during *Sdhyoprasuta* condition. The preparation of lactation during pregnancy depend upon *Aahara* and *Vihara* adopted by *Garbhini* since these *Aahara* 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 *Rukshaannapaana* 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 *Sanyakshaya*



Symptoms of *Sanyakshaya*

- Inappropriate growth of *Stanya*
- Decrease quantity of *Stanya rasa*
- *Stanamlaanata*
- Difficulty in feeding
- *Shushkatwa* (less in size/ wrinkled)
- *Stanya Alpata & Stanya Asambhav*

Chikitsa of *Sanyakshaya*

The basic line of treatment for *Sanyakshaya* involve following approaches

- To induces augment milk production
- To manage growth of *Stanya*
- To control *Rasa dhatukshaya*
- To improve *Agni* (jatharagni and rasdhatvagnimandhyata)
- 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 *Sanyakshaya* and offer galactogogues effects.

The various natural herbs/drugs used in *Sanyakshaya* are as follows

- Milk, oil, *Ghrita*, coconut, *shashtika*, *Shali* and *ikshu* etc. having *Madhura rasa*, *Sheetaveerya* and *Madhuravipaka* are offers *rasa dhatu* and *sanyavardhaka* effect.
- Consumption of milk and milk exuding herbs such as; *ksheerayukta* plants may help in *sanyakshaya*.
- Drugs such as; *Shunthi*, *Pippali* and *Haritaki* help in formation of *dhatu* and *upadhatu* by stimulating *agni* (jatharagni & *rasa dhatvaagni*). These drugs also clean *rasavahi srotas* and their *ushna veerya* and *madhuravipaka* offers stimulant, *deepana-*

paachana, *srotosodhaka*, *vatanulomaka* and *dhatuwardhaka* effects therefore help in *sanyakshaya*.

- Drugs such as; *Dugdhika*, *Maricha*, *Hingu*, *Lashuna* and *Krishna Jeeraka* having *Ushnaveerya* and *katuvipaka* therefore offers *Srotoshodhaka*, *Agnivardhaka*, *Deepana*, *paachna*, *Balya* and *Stanyajanana* 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 *Dhatuwardhaka*, *Vrishya*, *Balya* and *Agnivardhaka* effect in *sanyakshaya*.
- *Shatavari*, *pippali*, *yashtimadhu*, *palandu*, *lashuna* and *yava* relieve deep rooted stress one of the major cause of *sanyakshaya*.
- 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 *Kasha*.
- ❖ 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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