

**TO STUDY THE EFFICACY OF VIDARIKANDA CHURNA AND IT'S COMPARISON  
WITH SHATAVARI CHURNA IN STANYAKSHAYA****<sup>1</sup>Vd. Shraddha Dnyandev Jadhav, <sup>2</sup>Vd. Amit D. Shinde and <sup>3</sup>Vd. Sonal S. Wagh**<sup>1</sup>P.G. Scholar, M.S. (Streeroga and Prasuti Tantra)<sup>2</sup>Associate Professor & Guide., M.S. (Streeroga and Prasuti Tantra)<sup>3</sup>Professor and Head of Department M.S. (Streeroga and Prasuti Tantra)Department of Streeroga and Prasuti Tantra, SST Ayurved Mahavidyalaya Graduate and Research Center, Sangamner,  
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**ABSTRACT**

Breast milk provides the primary source of nutrition for newborns and it is ideal form of feeding in neonate. Stanya Kshaya is common problem noticed in mothers. Due to adaptation of western culture women gets exposed to stress and strain. The present study entitled "To Study the efficacy of Vidarikanda Churna And It's Comparison With Shatavari Churna in Stanyakshaya." The clinical study was conducted on 60 patients which selected randomly and divided in 2 groups 1st is trial group treated with Vidarikanda Churna with godugdha. 2nd group is control group treated with Shatavari Churna with godugdha. The clinical assessment was done on the basis of grading criteria with specific symptomology of mata like stana mlanata, stanya praman and upachaya, nidra, rodana in balaka. According to observations and results conclusion has been done. It can be concluded that patients taken treatment Shatavari Churna is slightly better for this disease Stanyakshaya than Vidarikanda Churna.

**KEYWORDS:** Vidarikanda Churna, Shatavari Churna, Stanya Kshaya.**INTRODUCTION**

Since the evolution of the life in the universe, women have been placed on extreme worship place due to her power of 'Janani'. The god has blessed the female with most valuable gift of motherhood. The preparation of motherhood starts with puberty and ends with menopause. Stree has a divine role to play in Utpatti, Dharana and Poshana of Garbha, after that nourishment of baby and bringing up is done by Stree.<sup>[1]</sup>

Breast milk is composed of immunoglobulin IgA, Fat, Proteins, Carbohydrates, Minerals, Digestive enzyme, Antibodies. So breast milk is the best than any other type of feeding. Due to adaptation of western life style and more exposed towards the stress and strain the women are facing many problems. Among these Stanyakshaya is major one, which seems to be very simple condition but pertaining to children's it is a major problem.

Stanyakshaya is a common problem noticed in about 40% patients in clinical practice, so I have decided to work on this subject.

**AIMS & OBJECTIVE**

- To Study the detailed etiopathology of Stanyakshaya

according to Ayurveda and Modern Science.

- To study the efficacy of Vidarikanda Churna in Stanyakshaya.
- To study the efficacy of Shatavari Churna in Stanyakshaya.
- Comparative study of Vidarikanda Churna with Shatavari churna in Stanyakshaya.

**MATERIAL AND METHODS (DRUGS)****Materials**

- Vidarikanda Churna.<sup>[2]</sup>
- Shatavari Churna.<sup>[3]</sup>
- Anupana (Godugdha).<sup>[5]</sup>

**Table 1: Drug Introduction.**<sup>[4]</sup>

<b>Dravya</b>	<b>Vidarikanda</b>	<b>Shatavari</b>
<b>Family</b>	Leguminosae.	Liliaceae.
<b>Latin Name</b>	Pueraria tuberosa.	Asparagus racemosus
<b>Rasa</b>	Madhura	Madhur, Tikata.
<b>Virya</b>	Shita.	Shita.
<b>Vipak</b>	Madhura.	Madhur.
<b>Guna</b>	Guru, Snigdha.	Guru, Snigdha.
<b>Doshaghna</b>	Vatshamak, Pittashamak.	Vata-pittashamak, Kaphkar.

**Methods**

Total 60 patients will be selected for clinical trials (2 groups of 30 each)

Group A- (Trial Group) = 30 patients will be given Vidarikanda Churna with Godugdha.

Group B- (Control group) = 30 patients will be given a proven drug Shatavari churna with Godugdha.

- Patients will be selected by inclusion and exclusion criteria.
- Authentication and standardization will be done in standard laboratory.
- Lakshanas of Stanyakshaya will be categorized in grade I, II, III.
- Data will be collected with the help of observations and assessment criteria.

**Selection Criteria of Patients****Inclusive criteria**

- Age group of patients in between 18 to 30 years
- Breast feeding frequency less than 4- 5 times per day.
- Patients of primigravida will be selected.

**Exclusive Criteria**

Patients with Congenital anomalies, Breast atrophy, Cancers, Mastitis, Puerperal Psychosis, Breast abscess, hypothyroidism, insulin dependent diabetes ,infectious

**RESULT AND DISCUSSION****Table 2: Effect of therapy according to relief in Symptoms' score Relieved score and % relief in Symptoms' score in both Groups.**

Sr. No.	Symptom	Trial Group				Control Group			
		BT	AT	Relieved	%Relief	BT	AT	Relieved	%Relief
1	Stanmlanata	25	1	24	96.00	26	0	26	100
2	Stanyapravartana	30	3	27	90.00	30	1	29	96.66
3	Balak- Sharirbhar-vruddhi	30	0	30	100	30	0	30	100
4	Nidra	20	5	15	75.00	18	3	15	83.33
5	Rodan	30	2	28	93.33	25	1	24	96.00

BT = Before treatment, AT= After treatment

Group B (Shatavari Churna) shows slightly better results over treatment given to Group A (Vidarikanda Churna).

**CONCLUSION**

- Since in all the symptoms treatment given to group B shows slightly better results over treatment given to group A.
- Shatavari Churna is slightly better than Vidarikanda Churna for Stanyakshaya in primigravida.
- This treatment does not show any toxicity.

disease such as AIDS, Tuberculosis, etc.

**Informed Consent**

An informed written consent will be obtained from every patient before including trial.

**Dose**

Group A Vidarikanda Churna 5gm. twice a day with 100 ml godugdha. Group B Shatavari churna 5 gm. twice a day with 100 ml godugdha for 28 days.

**Follow up**

On 7th, 14th, 21<sup>st</sup>, 28th day assessment will be done.

**OBSERVATIONS****Criteria of assessment**

Following criteria of scoring will be adopted for the assessment of signs and symptoms, I - Prakrut.

II - Alpa. III- Adhik.

**Observation (In Mata)-**

1. Stana mlanata - Prakrut, Alpa, Adhik 2. Stanya Praman- Prakrut, Alpa

**Observation (In Blalaka)**

1. Upachaya- Prakrut, Hras, Vriddhi 2. Nidra- Prakrut, Alpa, Adhikya 3. Rodan - Prakrut, Alpa, Adhikya

- This drug does not show any side effects during follow up.

This remedy is cheaper in cost and easy to use, store, carry and can be used by poor classwomen also. Results of this study are encouraging. Further research is required.

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