Stanyakshya in Sutika - Awastha and its Management: A Review Article

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Abstract: Breast feeding is intended to be a loving connection, a graceful welcoming and comfort of a soul into a new body. The transformation of female, from a woman to a mother is the happiest lifetime event. Feeding a child is the most fulfilling and pleasant experience for a mother. Breast milk contains many micronutrients, macronutrients, bioactive components, immunological factors that protect against infection. Today, Stanyakaasha is a very common problem, commonly in primiparous mothers. Major causes of Stanyakshya in sutika-awasta are Agnimandya and dhautakshya. In Ayurveda number of Stanyajanana and Stanyavardhak drugs are mentioned for initiation of milk production.

Keywords: Mother, Sutikaa-awasta, Stanyaa-kaasha, Stanyaa-vardha

1. Introduction

The Stanya is Jivana amsha as it is the chief source of nutrition and diet to the infants. Adequate lactation has been defined as secretion of 300 ml daily by 5th day and 480 ml by the 10th day¹.

WHO & UNICEF recommend that children initiate breastfeeding within the first hour of birth and be exclusively breastfeed for the first 6 months of life.²

In Ayurveda Stanya-praman is given that is two Anjali³. Stanyakshya of Rasadhautu or it is formed by the action of rasagni over rasadhatu and also names as jeemenam.

Stanya-sampat or normal breast milk

Due to indigestion, consumption of non-congenial, unusual or unfavourable and incompatible food and over-eating, use of excessive salty, sour, hot, ksara, humid or putrified articles, diseases of body and mind, awakening in the night, over worry, suppression of natural urges and attempt to excrete feces etc. in the absence of their urge, use of paramanna (a dish made with rice, milk, sugar boiled together), dishes made of jaggery, oleo, curd, slowly formed Causes of Stanya-kshaya⁴.

Stanyadushti⁵ – Abnormalities of breast milk

Aachary Charaka and Aacharya Kashyap have explained that Rasa formed by the diet and food consumed is utilized for three main functions: Swa-sharira-poshana, Stanya, Garbhaposhana. So, preparation of milk formation starts from antenatal period according to Ayurveda. Milk is having properties: Madhurarasa, Kashaya anurasa, Sheetavereya, pathyam, jeemenam, laghu, deepanam⁶. The first milk (colosstrum) contains bioactive immune factors which protect a neonate against a variety of infections and allergic diseases.

Stanyajanana and Stanyavardhak drugs

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1) Diet – Excessive intake of rakshaanapaana, langhan, karshan, atyapatarpan.
2) Psychological and behavioral factors- Krodha, shoka, bhaya, kauma, avuatsalya, excessive shodhana karma, swabhaav, punagarbhadhaaran.
3) Late to start breastfeeding after birth.

Clinical feature of Stanya-kshaya
सन्यक्षयेस्ययोस्यातस्यास्मश्वऽन्तःअत्यताव (/सं सं १५/ २७)
Laxity of breasts alongwith decrease in quantity or absence of milk secretion.

Samprapati of Stanya-kshaya:
In Sutika-awasta there is over all Dhatu-kshaya-awastha due to development of foetus, Pravahana, vedana & loss of Raktaand kleda during prasava cause certain emptiness. So women get deprived in maamsa, bala, agni, this state is complicated by Apathyayasevana as a result, there is Vata-pradhana-tridosha-prakopa leading to Rasadhatu-kshaya and Upadhatukshaya.

Management
तत्ततेमध्ययोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयो�योगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोग�ोगयोगयोगयोगयोगयोगयोगयोगयोगयोगयोগযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযযyum

5) Stanya-janan-bhava–
Happiness, Saumnasya, avoid anger, fear, exertion and hard work, good sleep, avoidance of shok, bhaya, staying calm.

6) Stanya-janan and Stanya-vardhakdrugs-
Decoction of roots of shaali, shastik, veeran, ikshuvaalkika, darbha, kusha, kasha, gundra, ikata, ktrina. Drugs which posses ksheera e.g. dugdhika.

- Milk medicated with the decoction of roots of stanyanjanan drugs.
- Milk medicated with vaajikan drugs.
- Milk medicated with maricha, pippalimoola, maagadhi, shunthi, paithya, mixed with gur and ghrita.
- Milk medicated with the decoction of stem barks of latex yielding trees (kshiri-vruksha) like vata, udumbar etc. to this milk sauwarhala, 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 sauwarhala salt cooked with kanji.
- Use of lasuna and palandu.
- Milk treated with marica and pippalimula.
- Fresh Satawari root pestled with milk.

Stanpanvidhi: In Ayurved, According to Acharya charaka, mother after taking bath and wearing clean garments and tie prajasthapan drugs like brahmi, satavari, aindri on head, and start breast feeding with right breast first facing to the east.

In the modern era, after normal delivery the position that is comfortable for feeding (cradle hold, cross-cradle hold, football hold, side-lying position, laid-back breastfeeding, upright position, Dangle feeding) must be baby’s whole body supported, the baby’s chin touches the breast.

Galactagogues
Antipsychotic drugs can increase pituitary prolactin secretion and breast milk production through dopamine antagonism, but the gastrointestinal motility drugs metoclopramide and domperidone are most commonly used as galactagogues. Metoclopramide and domperidone block dopamine D2 receptors in the anterior pituitary.

Metoclopramide – is a centrally acting drug. It can increase milk supply by 66-100% within 2-5 days in tital dose of 30-45mg.

Domperidone – It is a peripheral dopamine antagonist. At doses of 10-20 mg three times daily.
Benefits of Breastfeeding:

For mother
1. Reduce complications like post partum haemorrhage.
2. It has contraceptive effect on mother.
4. Helps in weight loss which is gained during pregnancy.
5. Reduces risk of breast cancer.
6. Act as anti-depressant and prevents stress, anxiety, depression, mood swings.

For Baby
1. Helps to increase bonding between baby and mother.
2. It contains nutrients for normal growth and development of baby.
3. Lactose in breast milk helps in absorption of calcium.
4. It contains immunoglobulin IgA which prevent from infections.
5. Breast milk contains water and electrolytes.
6. High IQ level.
7. Make vaccine more effective by making the antibodies to response better.

2. Conclusion

Breastfeeding is a beautiful connection for mother and baby. Breast is nearer to the anahat chakra near heart which connects mother and baby emotionally. Lactating mother should follow specific dietary during first 45 days after the delivery. Breast milk is the optimal food for almost all infants in the first year of life.

World Breastfeeding week is celebrated every year from 1 to 7 August. It Aims to highlight the huge benefits that breastfeeding can bring to the health & welfare of babies and benefits to maternal health, poverty reduction & food security.

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