

**CONCEPTUAL STUDY OF STANYAKSHAY:
AN AYURVEDIC REVIEW****Dr. Sonal Sanjay Supate. ¹****¹PG Scholer- (Prasuti tantra & Stri rog)****Dr.Sachin Patil ²****² HOD & Professor, Department of Kayachikitscsa ,ADAMC Ashta****ABSTRACT:**

Female is center of human life circle. Since the evolution of the life in the universe, women have been placed on extreme worship place due to her power of “janani” for happiness of the human society; it needs to give proper care and respect to women. The god has blessed the female with the most valuable gift of motherhood. These article for promote to breast feeding, to give knowledge about importance of breast feeding, and main recently problem stanyakshay (mainly due to life style changes, false belives in mind)

In this article explain the disease – ‘Stanyakshaya’ acc. To ayurvedic acharya, with help of ayurvedic literature.Stanyakshay- definition, hetu, purvaroop, roop, upashay, samprapti, related dosh, dushya, dhatu, mal, agni,laskhan, swarup, marg, included strotas, parikshan (darshan, sparshan, prashna) and in short treatment principle of ayurveda.Method and material- ayurvedic samhita, previous journal article, website.Read n collect information related to stanyakshay topic n shortly present in these journal article.

Keywords: stanyaskshay,stan,stanya,

Introduction :

Ayurveda explain the importance of *stanya* through its main function *pushti* and *jivan* ⁽³⁾

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If *rasdhatu* formation is disturbed ⁽⁴⁾, its *updhatu stanya* is also get disturbed. *stanyakshay*, *stanyadushti*, *stanyavrudhi*, are the *vikruti* of *stanya*. In *stanyakshay* there is *kshaya* due to *dhatu kshay and dushti*.

Exclusive breast milk is the ideal form of nourishment in neonates and infant till 6 month. It is clean, uncontaminated with contain several anti infective factors that protect baby from infection.

The quantity indicate here is 2 anjali.Acc.to modern quantity is 450-500cc for 24hr.Generally each breast milk (EBM)- 15-20cc/2hr. If this amount not achieved a baby of normal weight will not be adequately fed and such a situation is termed clinically as Lactation deficiency.(5)

In Asian and Tropical countries like INDIA, prevalence of lactation deficiency may be 30-40%.(6) It is know that from 1-7 AUG (1) there is week of “Stanapan Saptah (2)” governed by government to aware the mother about same knowledge

Discussion-

Kshaya-

In any *kshaya*, there is reduction of *swagun*, *swalakshan* and *swakarma* as per *prakrut* parameter.In *kshaya* there will be *gunata*,*karmata* and *pramanata* loss.in *kshaya* of *dosha*, *dhatu* and *mala* needs *brihan* treatment. In *prakrutavastha* *dosha* *dhatu* *mala* are in *samyavasta* and it indicates *swasthavasta*.

In today’s fast and comparative life, there are drastic changes in female’s life style. Due to these changes they undergo physical and mental stress and strain. It may hamper their motherhood, which may lead to *stanyakshaya*.

Stanyakshay- (3)

Lakshanas (signs) of stanyakshay -

Stanamlanta means Ashay-Apurnatva, due to which laxity of breast found.

Stanya-asambhavta means absolute loss of secretion of milk.

Stanya-alpasambhavta means less quantity of breast milk secretion seen than normal requirement.

Pramanta kshaya-

The quantity indicate here is 2 anjali.

Acc.to modern quantity is 450-500cc for 24hr.

Generally each breast milk (EBM)- 15-20cc/2hr.(5)

In pilot study stanyakshaya patient this quantity is observed to be less than 10cc.

Gunata kshaya-

Qualitative loss of stanya-

Rupa- pandhuratva with proper consistency in normal, In stanyakshay it turn less shweta and jalawat

Rasa - prakrut madhur in normal, In stanyakshay it turn less properties.

Gandha- prakrut gandh is loss in stanyakshay and it become nirgandhi. baby like the prakrut gandha of stanya and this affection of baby towards stanya is lost in stanyakshaya.

Sparsha- normally is snigdha, in stanyakshay rukshata, laghuta is increase hence its liquidity increase.

Karmata kshaya-

These character of stanya are reflected in infant, these character is seen by examine the infant. reflection seen in the form of bhar, rodan, mala, mutra, nidra and kuposhan.

Stana parikshan-

1. Darshan-

Stana Asambhavta- stanya is not secreted at all condition in term as stana asambhvata.

Stana-alpata- The quantity indicate here is 2 anjali.Acc.to modern quantity is 450-500cc for 24hr.Generally each breast milk (EBM)- 15-20cc/2hr.(5)In pilot study stanyakshaya patient this quantity is observed to be less than 10cc.

4.Upashay-

after remove hetu and taken treatment stanyaksay is curable.

5. Samprapti-

In ayurvedic samhita is not directly given,but with the help of literature and ayurvedic basic principal it has-

Agnimandya and Vatprakopak hetusevan --- due to this rasakshay -----so formation of stanya was not properly done.--- so due to this poorvaroop n roop like stanamlanta, stanyaalpasambhvta,are seen.—stanyaklshay is dignosed after examination.

a) Prasar- Rasavah, Raktavah, Annvah, Manovah and Stanyavah strotas.

b) Sthansashraya- Stana

c) Dosha- vataprakop

d) Dushya- Rasa, Rakta, Mans, Meda

e) Marga- Bahyamarga

f) Bala- Hetu, Rogi n Mana sapekshya

g) Swabhav- Ashukari

h) Udark- In infant – apushti, kuposhan and anarogya.

Chikitsa-

Prevention is better than cure there for we have to attention in antenatal period also proper diet plan in antenatal period, immediate after birth breast feeding (with in 1hr.immediate after birth)for prevention of stanyakshay,

In stanyakshaya samprapti we seen Ras Dhatu Kshay, Vatprakop and Agnimandya is main cause of disease condition, so we have to treat these cause for better result.

Ras dhatu vrudhikar, Vatshamak and Angivardhan drug are use properly. Acc.to sushruta samhita in any condition of Dhatu and upadhatu kshaya the dravyas same quality and potential should be used. Similar drug increases similar effects and opposite drugs have reverse action. Thus stanya saman properties of dravyas are stanyajanan drug used in treatment.

For best diet plan, with help of medicine like shatavari, marich, pimpli churn, vidang churn, yastimadhu churn, chandrashur(ahaliv) . and love n affection with baby, n removal of hetusevan like krodh, shok, chinta, etc.

So these all things kept in mind we treat the stanyakshay properly which help both mother and baby helpful.

Result-

Ayurveda aims to restore balance to the body, allow the body to effortlessly return to normal. There are many ayurvedic strategies to support healthy state and in return, support overall health.

Conclusion-

In Ayurveda, the solution is simple, balance the ability to digest well and treat the ras kshay n vatpreakopo – as these are the primary ways to treat the agnimandya.with help of diet, lifestyle, exercise, medicine, and time tested stress reduce system.

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