

**BREASTFEEDING AND STANYAJANAN GANA IN CHARAK
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Future physical and mental growth and development of baby solely depend upon successful breastfeeding right from first day of birth. Since ancient time awareness of importance of breastfeeding is there. Breastfeeding provide many benefits to baby and mother both. Many mothers suffering from stanyakshya (agalactia and hypogalactia) and its being common day by day. This can be treated by some change in daily activities, favorable state of mind of mother, dietary modifications and with certain drugs. Ayurveda explained many drugs which are safe and effective in lactating mothers. Specially 10 drugs in

stanyajanan gana of mahakashaya explained in Charak samhita sutrasthan. This article aims to have overall view on composition and action of these drugs.

KEYWORDS: Breastfeeding, Stanya, Stanyajanan Gana.**INTRODUCTION**

Good nutrition is essential to growth and development that occurs during first two years of baby. It is widely recognized that breastfeeding is the best and complete nutrition for human infants. The breastfeeding provide numerous health benefits to baby as well as mother. It also helps to establish baby's warm relationship with mother. In Ayurveda Acharya also explained importance of breastfeeding in their samhitas. But there are different opinions of different Acharyas regarding initiation of breastfeeding. Stanyakshaya (lactation failure) is serious issues which can be due to various causes. It includes physical, nutritional as well as emotional issues in mother. In physical issues give specific treatment accordingly, in emotional issues needs counseling and support, in nutritional deficit if any should be

corrected with proper diet scheduled and medicines. Ayurveda provides safe and effective methods to increase breast milk production.

Benefits of Breastfeeding

A] For baby

- 1) It Contains all the nutrients which are needed for normal growth and development of baby. Up to 6 months baby needs no other food or fluids not even water. It is told that continue breastfeeding even if child is sick.
- 2) Lactose in breast milk helps in absorption of calcium and enhance growth of lactobacilli in intestine.
- 3) Water and electrolytes – breast milk contains 88% of water so no need of additional water even in summer. The osmolality of breast milk is low so prevent load to neonatal kidney.
- 4) Immunological superiority – it contains immunoglobulin IgA. Breastfed babies less likely to develop infections.
- 5) Enhance maturation of intestinal cells thus reduce risk of allergies in later life.
- 6) Higher IQ.
- 7) Helps to increase bonding between baby and mother.^[1]

B] For mother

- 1) Breastfeeding soon after birth helps in uterine involution.
- 2) Reduce chance of post partum hemorrhage.
- 3) It has contraceptive effect on mother. Provide protection against pregnancy due to lactation amenorrhea.
- 4) Helps in shedding extra weight gained during pregnancy.
- 5) Reduce risk of cancer of breast and ovary.^[2]

Stanya (Normal Breast Milk)

According to Acharya Charak the milk which is normal in color, smell, taste, touch, mix evenly when poured into water is known as pure milk. This milk provides nourishment and good health to baby.^[3]

Acharya Sushruta described stanya as sheet, clean, free from impurities, shankhabh, sweet in taste, mix evenly in water, not producing any froth or streaks when mixed in water. This type of milk provides good health, growth and development of body, strength to the baby.^[4]

Formation of Stanya

As stanya is updhātu of rasa it is formed from 'rasa' (rasa Prasad bhaga) said by Acharya Charak, Sushruta and Vagbhata.^[5,6,7] Acharya Kashyapa also mentioned formation of stanya from 'rakta' during pregnancy period.^[8]

Causes of Stanya Pravrtti

Acharya Sushruta stated that milk ejection results as thought, sight, touch, of child but affection for child is mainly important.^[9]

Physiology of Lactation

Milk produced as a result of interaction between hormones and reflexes – 1) Prolactin reflex & 2) Oxytocin reflex.

1) Prolactin reflex

Baby sucks nipple → nerve endings on nipple carry message to → anterior pituitary → release prolactin → act on alveolar glands in breast → stimulate milk secretion.^[10]

Thus more and earlier baby sucks breast, greater and sooner this reflex initiated. Therefore it is important for mother to feed early, frequently and completely empty the breast.

2) Oxytocin reflex

Thought, sight, sound of baby or sucking → stimulate nerve endings in nipple → posterior pituitary → produce oxytocin hormone → contraction of lactiferous glands → ejection of milk into lactiferous sinuses → into lactiferous duct → secretion of milk.^[11]

So relax and confident attitude of mother helps in proper milk ejection.

Causes of Stanyakshya

- 1) Late to start breastfeeding after birth.
- 2) Breastfeeding not done frequently.
- 3) Supplementary breastfeeding.
- 4) Some previous breast surgeries affect milk production.
- 5) Premature birth, maternal diabetes mellitus, obesity, PIH.
- 6) Acharya Vagbhata mentioned emotional factors like stress, anger, lack of affection towards baby.
- 7) Activities which cause exhaustion of mother, fasting etc.

8) Conceiving next child while lactating.

9) Intake if sheet, ruksha aahar during the period of lactation.^[12,13]

Stanyajanan Gana

Veerana, shali, shasthik, ekshuvalika, darbha, kusha, kaasha, gundra, ithkata, katruna.^[14]

Table. 1: Ayurvedic pharmacological properties and action of drug.^[15]

Dravya	Guna	Rasa	Vipak	Veerya	Karma
Veerana	laghu, snigdha	tikta, madhur	Madhur	Sheeta	Vaat - pitta shamak, pachan, stanyajanan, dahashamak.
Shali and Shasthik	guru, snigdha	madhur, kashay	Madhur	Sheeta	Tridosahara, shukral, brihana, balya, mutrala, varnakrit, swarya, ruchya, chakshushya, hridya, stanyajanan.
Ekshuvalika	pichila, snigdha	madhur, amla, tikta	Madhur	Sheeta	Vaat – pitta hara, balya, stanyajanan, shukrashodhana.
Darbha	laghu, snigdha	madhur, kashay	Madhur	Sheeta	Trodoshahara, rasayana, stanyajanan, mutravirechaniya, pipasahar, kusthaghna, dahaprashamak.
Kusha	laghu, snigdha	madhur, kashay	Madhur	Sheeta	Kapha – pitta hara, mutrala, stanyajanan.
Kaasha	Sara	madhur, tikta	Madhur	Sheeta	Vaat – pitta hara, balya, stanyajanan, vrishya, ruchya, shramahara.
Gundra	Guru	kashay, madhur	Madhur	Sheeta	Vaat – pitta hara, stanyajanan, stanyashodhak,

DISCUSSION

By studying all these drugs it is shown that

1) In this stanyajanan gana drugs having madhur rasa, madhur vipak and sheet virya dose rasadhatu poshan and after that rasa vridhi in mother. As stanya is upadhatu of rasa stanyavridhi achieved by this.

2) Drugs having katu rasa, katu vipak and ushna viryandose aagnidipan, aampachan and also dathau aagnidipan. By this strotoshodhan and ultimately dhatu poshan done in mother. Proper formation of all dhatu and upadhatu. In this way stanya vridhi is achieved.

CONCLUSION

As we saw, lot of importance of breastfeeding in this article, many steps are being taken to promote breastfeeding. Also steps are taken to enhance quality and quantity of breast milk.

Many solutions are given in Ayurveda for this, one of them is stanyajanan gana. These drugs are reviewed thoroughly and it has been proved that, the drug has properties and action for stanyajanan. This drugs have no side effect. These are safe to use in lactating mothers. Apart from stanyajanan this gana also help in attending stability of other doshas and dhatus which are affected during pregnancy and labor. In stanyakshya breast milk affected both by quantitatively and qualitatively. In this stanyajanan gana work more effectively and can be a great blessing. Further preclinical and clinical studies are needed to prove efficacy of drugs in stanyajanan gana.

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