

ROLE OF SHATAVARI KALPA AND VIDARIKANDA CHURNA WITH COW MILK IN STANYA KSHAYA – A CASE STUDY

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ABSTRACT

Stanya kshaya is the common problem noticed in about 40% patients in our clinical practice. Due to adaptation of Western culture, women get exposed to stress and strain. Lactation is the process associated with psychosomatic condition and life style. Breast milk is the perfect food for a normal neonate. It is the best gift a mother can give her baby. Breast feeding is the ideal form of infant feeding and is crucial for lifelong health and well-being. Lactation mean's the secretion of milk from the breast. Milk production is essential for optimal feeding of baby. It gives lifetime Immunity, Growth and essential development through its nutrition. Now a day's *Stanyakshaya* is a very common problem faced by number of young ladies. Malnutrition, Bowl problem infectious, Morbidity, Childhood obesity, Type 1and Type 2 diabetes and sudden infant death syndrome like conditions suffered by

neonates. In *Ayurvedic* texts "*Amrut*" word is used as synonym of "*Stanya*" which itself denotes the importance of *stanya*. *Ayurved* classical books have very well quoted the importance of breast milk for the neonates. The drugs *Shatavari Kalpa*, *Vidarikanda Churna* with *anupan Godugdha* (cow milk) to mother in order to break *samprapti*, improve *Rasa dhatvagni* and to nourish *Rasa dhatu* as mentioned in our texts.

KEYWORD: *Stanya*, Growth and development, *Stanyakshaya*, *Stanyajanan* drugs, *Shatavari Kalpa*, *Vidarikanda Churna*, *Cowmilk*.

INTRODUCTION

Women are support system of each and every family. *Stanya kshaya* is a common problem seen in Streeroga practice. *Stanya kshaya* is a condition where the mother experiences insufficient production of milk to breast feed her baby. The etiological factors which lead to *rasa kshaya* causes *stanya kshaya*. In *sadhyoprasuta*, the sweet essence part of this *rasa* circulating in the whole body gets collected in the breasts and is termed as *stanya*.^[1] The preparation for lactation starts during pregnancy. The *aahar* (diet) consumed by *Garbhini* (pregnant woman) is utilized for three main functions: *swasharirposhana* (nourishment of woman's own body), *stanya*(milk) formation and *garbhaposhana* (fetal nourishment).^[2] Pristine and continuous affection for the baby stimulates and maintains lactation.^[3]

Whatever treatment, is directed towards normalizing *rasa kshaya* has to be applied for *stanya kshaya*. The importance of breast milk for the new born is very well quoted in ayurvedic classics. Acharya Charaka has quoted that the new born should be put to breast from the very first day of birth.

In Ayurveda many acharyas explained the importance of *Stanya*. According to Ayurveda, food after digestion produces *Rasa dhatu* and *Stanya* is *Prasad bhaga* of *Rasa dhatu*. *Stanya* is produced and collected in *Stanyashaya*.^[4] According to different Acharyas *Stanya utpatti* is described from *Rasa*, from *Rakta* or from *Raja*.^[5,6] *Stanya* is perfect food for infant as contains best of all nutrients helpful for the child growth. The *Stanya* is said to possess qualities such as *Pushtikara*, *Vruddhikara*, *Bala Vardhana*.^[7] Acharya Kashyapa says that the pure milk is that which provides unobstructed, easy and good growth an strength to different body parts, longevity as well as good health to the child and does not cause any pain or trouble to the child and wet nurse.^[8] Ayurveda describes decreased breast milk as '*Stanyakshaya*'. Detail description of *Stanyakshaya* is found in *Bruhat-trayi* and also described in detail by Acharya Kashyap, Harit, Chakrapani and Bhavprakash.^[9] *Stanyakshaya* is associated with *Rasa dhatu Kshaya*. The cause of *Stanyakshaya*.^[10] According to ayurveda "*Stree*" is a *mula* (Origin) of Reproduction.^[11]

Meaning of *stanya*

रसप्रसादो मधुरः पक्वाहारनिमित्तजः

कृत्स्नदेहात् स्तनौ प्राप्तः स्तन्यमित्यभिधीयते || SU.NI 10/18

In *sadhyaprasuta* the sweet essence part of this *rasa* circulating in the whole body gets collected in the breast and is termed as *stanya*.

Properties of shudha stanya

अव्याहतबलाङ्गायुरोगो वर्धते सुखम् ।

शिशुधात्र्योरनापत्तिः शुद्धक्षीरस्य लक्षणम् । Ka.su 19. Pru .9

Milk which doesn't produce any interruption in her baby's energy, helps in development of all organs, *Aayu* as well as disease free stage and child feel happy during and after feeding, are the properties of *Shudha Stanya*.

Distribution of stanya

स्त्रिया ह्यापनगास्त्रिधारः प्रतिपद्यते।

स्वशरीरये, स्तन्याय गर्भवृद्धये च स सेनाहारेणोपटब्धः (परतन्त्रवृत्तिर्मातरमादित्य) त्यन्तः ॥ २३ ॥

Charak . sha. 6/23

The properties for lactation start during pregnancy. The *ahar* consumed by *Garbhini* is utilized for three main functions: *Swasharirposhana*, *stanya* formation and *garbhaposhana*. In *Ayurvedic* classics it can be derived that *stanyakshaya* is a condition occurring due to four main Factors

1. *Rasa Dhatukshaya*
2. *Agni mandyata* (*Jatharagni* and *Rasdhatvagnimandhya*)
3. *Stanavaha strotavrodha*
4. *Maansik abhava* (*Shoka*, *Bhaya*, *avaatsalya*)

Causes of Stanyanasha / Stanyanasha

क्रोधः शोकावात्सल्यादिभिश्च स्त्रियाः स्तन्य नाशो भवति । Su. Sha. 10/35

Krodha, *shoka*, *avatsalya* are causes of *stanyanasha*.

Symptoms of stanyanasha

स्तन्य क्षये स्तनयोम्लनता स्तन्यासंभवोऽल्पता वा || Su. Su. 15/16

Apart from absence or decrease in quantity of *stanya*, *Acharyas* have also enumerate

stanyamalnta as a sympto of *stanyakshaya*.

Case history

A 27 years old female, Labour by occupation of Lower-middle socioeconomic class suffering from *Stanyakshaya* arrived at OPD. *Stanamlanata*, *Stanyakshaya* symptoms were noted in mother while *Alpa mala pravartan*, *Rodan*, *Alpa mutrapravrutti* and *Sharir Bhar kshaya*, *Anga daurbalya* were noted in baby. Baby was 21 days old, male with weight 2300 grams at first visit.

Obstetrics history - LMP: 11 months ago.

Obstetrics history: G1P1L1A0D0.

Mode of delivery: FTND with episiotomy.

Other histories

Patient was not having any history of past or present illness. No significant family history was observed. Less nutritious diet during ANC and post-delivery was observed.

Physical & Laboratory examinations

Mother was examined carefully. *Samanya Parikshana* by Ayurveda perspective revealed *Agnimandya*, *Sama jivha*, *Asamyaka mala*, *Krura koshta* and *Vata-pradhan kaphanubandhi sharir prakruti*. Temperature, Pulse, Blood pressure were within normal limits. Routine laboratory investigations viz. Complete Blood Count, Differential Count, ESR, Urine Routine were carried out and found within normal limits.

Outcome measures

To the effect of treatment few outcome measures were defined in Mother and Baby. Gradations of outcome measures were as follows.

Mother (*Sutika*)

Stanamlanata (Laxity of breast)

- **Grade 0:** *Prakriti*
- **Grade 1:** *Alpa*
- **Grade 2:** *Madhyam*
- **Grade 3:** *Adhik*

Stanya praman (Lactation)

- **Grade 0:** *Prakrut* (more than 7 feeds in 24 hours)

- **Grade 1:** *Alpa* (less than 7 feeds in 24 hours)
- **Grade 2:** *Apravartan*

Baby (*Balak*) - *Mala pariksha* (Consistency of stool)

- **Grade 0:** *Prakruta* (Semisolid)
- **Grade 1:** *Dravamala pravriti*
- **Grade 2:** *Malabaddhata*

***Sharir bhar vruddhi* (Increase in Baby weight)**

- **Grade 0:** *Prakrut* (>200 grams per week)
- **Grade 1:** *Hras* (100-200 grams per week)
- **Grade 2:** *Adhik Hras* (<100 grams per week)

***Rodan* (Cry)**

- **Grade 0:** Occasional crying and stops after breast feed
- **Grade 1:** Frequent crying and stops after breast feed
- **Grade 2:** Frequent crying and doesn't stop after breast feed

***Nidra* (Sleep)**

- **Grade 0:** *Prakrut*
- **Grade 1:** *Asamyaka (Khandit)*
- **Grade 2:** *Anidra*

RESULTS AND DISCUSSION

For first week *Shatavari Kalpa*, *Vidarikanda churna* with *anupan Godugdha* (cow milk) were prescribed. Market preparation of *Shatavari kalpa* granules was prescribed. *Shatavari kalpa* 10 grams + *Vidarikanda churna* 2 grams mixed with *Godugdha* and at the end of first week.

Table no. 1: Plan of treatment.

Sr. No.	Drug	Dose	<i>Kala</i>	<i>Anupan</i>
1	<i>Shatavari Kalpa</i> ^[15]	10 gm x BD	<i>Adhobhakta</i>	<i>Godugdha</i>
2	<i>Vidarikanda churna</i> ^[16]	2 gm x BD	<i>Adhobhakta</i>	<i>Godugdha</i>

Stana mlanata in mother was reduced slightly. Mild improvement in *Sharir bhara* (baby weight) and *Nidra* (sleep) in baby was observed. *Stanya pramana* in mother and *Mala pravrutti*, *Rodan* in baby was almost same as day 1. With same treatment patient was

assessed further on day 14 and day 21. *Stana mlanata* and *Stanya pramana* was found *prakrut* (normal) and in baby increase in weight was found within normal limits on day 14. On day 21 all parameters in mother and baby were within normal limits as expected. Same treatment was continued till 30 days. Follow up wise effect of treatment is shown in Table No. 2 and Table No. 3.

Table no. 2: Effect in mother.

Sr. No.	Parameter	Follow-up				
		Day 1	Day 7	Day 14	Day 21	Day 30
1	<i>Stanamlanata</i>	2	1	0	0	0
2	<i>Stanyapramana</i>	2	1	0	0	0

Table no. 3: Effect in baby.

Sr. No.	Parameter	Follow-up				
		Day 1	Day 7	Day 14	Day 21	Day 30
1	<i>Mala pariksha</i>	2	2	1	0	0
2	<i>Sharir Bhar vruddhi</i>	2	1	0	0	0
3	<i>Rodan</i>	2	2	1	0	0
4	<i>Nidra</i>	2	1	1	0	0

Due to *krodha* (anger), *bhaya* (fear, anxiety), *chinta* (stress) and *apatarpan*; *Stanya kshaya* can occur in mother.^[12] Basic factors in *Samprapti* are *Apatarpan*, *Rasa dhatvagnimandya* and *Rasa dhatu Kashaya*. Sushruta has stressed to use *Kaphavardhaka* drugs in *Stanyakshaya*.^[13] *Mansarasa*, *Madhura-amlavana rasatmak* drugs and diet, drugs from *Kshirini gana*, *Dugdhapana*,^[14] drugs like *Shatavari*^[15] and *Vidarikanda*^[16] etc. are useful to increase lactation.^[17,18] Using above mentioned treatment principles we prescribed the drugs *Shatavari Kalpa*, *Vidarikanda churna* with *anupan Godugdha* (cow milk) to mother in order break *samprapti*, improve *Rasa dhatvagni* and to nourish *Rasa dhatu*.

Shatavari is having *Madhur rasa*, *Sheeta virya* and *Madhur vipaka*. It is *Guru*, *Snigdha gunatmaka* and acts as *Vata-pitta shamana*, *Brihan*, *Balya*, *Stanyajanana*, *Rasadhatu vardhaka*, *Kapha vardhaka*, *Jivaniya* and *Rasayana*.^[19] *Vidarikanda* is having *Madhur rasa*, *Sheeta virya* and *Madhur vipaka*. It is *Guru*, *Snigdha gunatmaka* and acts as *Vata-pitta shamana*, *Brihan*, *Balya*, *Stanyajanana*, *Rasadhatu vardhaka*, *Kapha vardhaka*, *Swarya*, *Varnya*, *Mutrala*, *Jivaniya* and *Rasayana*. *Godugdha* is having *Madhura rasa*, *Sheeta virya*, *Madhura vipaka* and *Snigdha*, *Guru guna*. It is *Jivaniya*, *Rasayana*, *Medhya*, *Balya*, *Stanyakara*, *Sara* and useful in *Kshatakshina*. It is very useful to treat any *dhatukshaya janya avastha*.^[20,21] All medicines were asked to consume in *Adhobhakta aushadh sevana kala* i.e.

after meal because as per past study *Balya*, *Brihan* and *Rasayan* medicine act effectively in this *kala*.^[22] All above medicines in together helped to improve *Rasa dhatvagni*, nourish *rasa dhatu* and increase the proportion of breast milk.

CONCLUSION

Treatment done with the help of *Shatavari kalpa*, *Vidarikanda churna* with *Godugdha* as *anupana* is effective to increase *Stanyapramana*. *Rasa dhatwagnimandya* and *Rasa dhatukshaya* are most common factors in *samprapti* of *Stanykshaya* and same should be corrected to increase *Stanya pramana* as *Stanya* is *upadhatu* of *Rasa dhatu*. No adverse effects were observed in mother and baby during treatment.

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