

AN AYURVEDIC PERSPECTIVE OF HYPOPROLACTENEMIA: STANYAKSHAYA

¹*Dr. Sudeshna Meher MS (Ay.) and ²Dr. Ballabha Kumar Jayasingh MD (Ay.)

¹Professor, Department of Prasutitantra and Streerog, Gopabandhu Ayurved Mahavidyalaya,
Puri, Odisha.

²Ex-Principal, Gopabandhu Ayurved Mahavidyalaya, Puri, Odisha.

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*Corresponding Author

**Dr. Sudeshna Meher MS
(Ay.)**

Professor, Department of
Prasutitantra and Streerog,
Gopabandhu Ayurved
Mahavidyalaya, Puri,
Odisha.

ABSTRACT

Ayurveda is a science which deals with physiological and pathological condition of body. There are various physiological abnormalities and treatment described in ayurveda text. Ayurveda has a great importance in gynecological problems and its management. *Stanyakshaya* is one of them. *Stanyakshaya* may be termed as hypoprolactenemia in modern description. Today *Stanyakshaya* (hypoprolactenemia) or *stanyanaasha* (agalactia) is a very common problem. The two conditions are together described in *Ayurveda samhitas* with their causal factors and *chikitsa*. A number of *stanyajanana*, *stanyavardhaka* drugs as well as *stanyavardhaka aahaar* and *bhava* (factors) have been described by *acharyas*. The present study reveals the literary description of *Stanyakshaya* and the probable mode of

action of herbal drugs described there in, based upon their pharmacological properties and chemical composition. Overall study concludes that *stanyakshaya*, as a result of *dhatukshaya* or *agnimandhyata* can be **effectively** managed by herbal galactogogues. In addition to this, these herbs can be used in healthy lactating mothers also to enhance breast milk and regain body strength.

KEYWORDS: *Stanyakshaya*, *Stanyajanana*, Hypoprolactenemia, *Dhatukshaya*.

INTRODUCTION

The importance of breast milk has been described in various scientific literatures and new born must be put to breast feeding for the initial stages of growth and development. According to the *Ayurveda* classics, *stanya* is the *upadhatu* of *rasa dhatu*. After proper

digestion of food by *jaatharagni* and *dhatvaagni*, *rasa* is formed. In *sadhyoprasuta*, the sweet essence part of this *rasa* circulating in the whole body gets collected in the breasts and is termed as *stanya*. The preparation for lactation starts during pregnancy. The *aahar*(diet) consumed by *Garbhini*(pregnant woman) is utilized for three main functions: *swa sharirposhana* (nourishment of woman's), *garbhaposhana*, and *stanya*(milk) formation.

Continuous affection for the baby stimulates and maintains lactation. The diseases which are related to breast have gained great attention of researchers now days due to the increasing instances of such cases; *Stanyakshaya* (hypogalactia) is one of them. *Stanyakshaya* mainly associated with *Dhatukshaya*, *Agnimandyata*, vitiated *Doshas*, malnutrition, and unhealthy *Ahara-Vihara*. Presence of other diseases such as; anemia, diabetes and hormonal imbalances also affects growth and development of *Stanya*. Psychological conditions of mother like; *Krodha*, *Bhaya*, *Shoka*, *Irsha* and *Avatsalyatwa* also lead to *Stanyaksaya*.

AIMS AND OBJECTIVES

1. To review various texts for Hypoprolactenemia
2. To review ayurvedic texts for stanyakshya/ stanyanaasa
3. Probable action and of drugs for the treatment of stanyakshya/ stanyanaasa

MATERIALS AND METHODS

Different classical Texts of *Ayurveda*.

Different Modern books

LITERARY REVIEW OF STANYA KSHAYA / STANYANAASHA:

Hetu(Causes)

STANYA KSHAYA HETU

1. Acc to *Suhruta*

Krodha, *shoka*, *avatsalya aadi* are the cause for *Stanya kshaya* in females.

Commentator *Dalhana* further explains the word '*aadi*' includes to *langhana* and *vyayama*.

2. Acc to *Ashtanga sangraha*

Ruksha anna-pana sevana, *karshana*, *krodha*, *shoka*, *kama* etc.

3. Acc to *Ashtanga hrudaya*

Shoka, *krodha*, *langhana*, *ayasa*.

4. Acc to Kashyapa

Consumption of *Shodhana dravya* or under going *Shodhana karma* or *Atiyoga* of *Shodhanaadi karma* or by *swabhava* leads to *Stanyakshaya*.

5. Acc to Bhavamishra

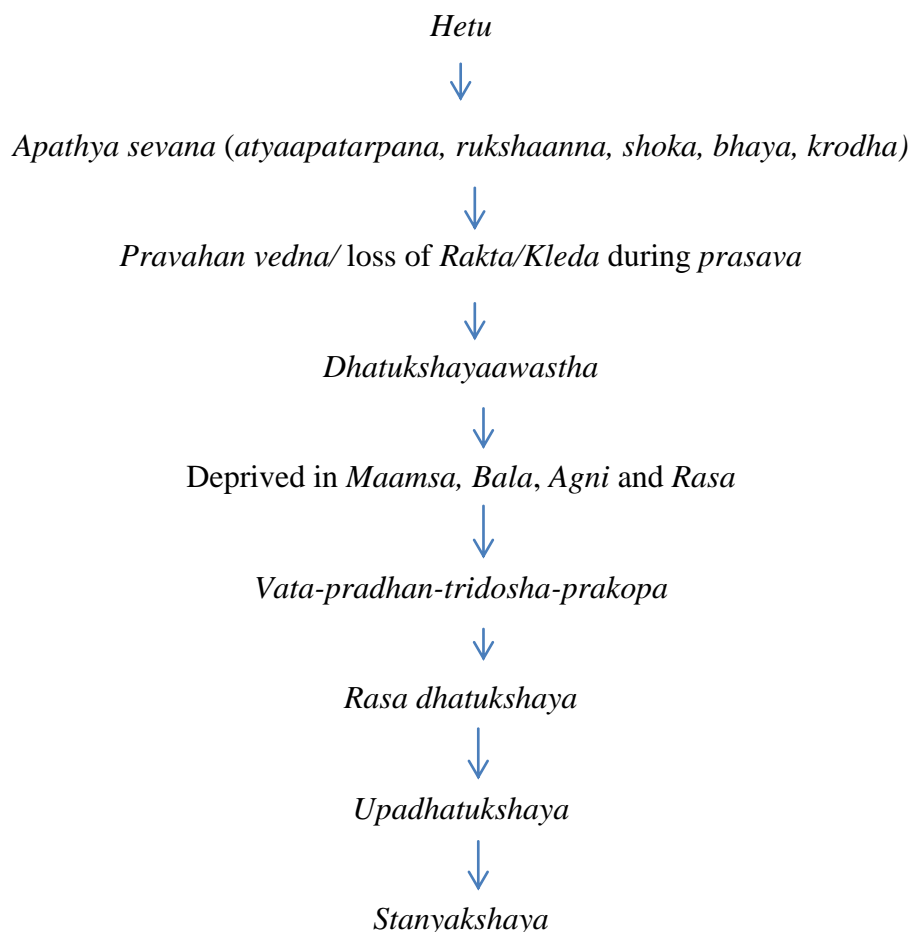
Avatsalya, *bhaya*, *shoka*, *atyanta aptarpana*, *garbhadharana* (re-pregnancy) are the causes of *Stanyakshaya*.

Dietary factors- Excessive intake of *rukshaannapaana* (dry food and drinks), *Langhan* (fasting), *karshan* (emaciation), *atyapatarpan* (excessive fasting)

Psychological and behavioral factors

Krodha (anger), *shoka* (grief), *bhaya* (fear), *kaama* (excessive coitus), *avaatsalya* (lack of affection for the infant), excessive *shodhana karma*, *swabhaav*, *punagarbhadhaaran* (re-pregnancy).

Pathogenesis of Stanyakshaya



STANYA KSHAYA LAKSHANA

Clinical features of *Stanyakshaya* are

- *Stanayormlanata* (Laxity of Breast)
- *Stanya asambhava* (Absence of Breast milk)
- *Stanya alpata* (Decrease in quantity of Breast milk)

Symptoms of *Stanyakshaya*

- Inappropriate growth of *Stanya*
- Decrease quantity of *Stanya rasa*
- *Stanamlaanata*
- Difficulty in feeding
- *Shushkatwa*
- *Stanya Alpata*

Chikitsa of *Stanyakshaya****The basic treatment for Stanyakshaya***

- To induces augment milk production
- To manage growth of *Stanya*
- To control *Rasa dhatukshaya*
- To improve *Agni (jatharagni and rasadhatvagnimandhya)*
- To eradicate *Stanavahasrotoavrodha*
- To control psychological factors (*shokabhaya-avaatsalya*)

The various natural herbs/drugs used in *Stanyakshaya* are as follows

- Milk, oil, *Ghrita*, coconut, *shashtika*, *Shali* and *ikshu* etc. having *Madhura rasa*, *Sheetaveerya* and *Madhuravipaka* which enhance *rasa dhatu* and *stanyavardhaka* effect.
- Consumption of milk and milk exuding herbs like *ksheerayukta* plants may help in *stanyakshaya*.
- Drugs such as; *Shunthi*, *Pippali* and *Haritaki* help in formation of *dhatu* and *upadhatu* by stimulating *jatharagni* & *rasa dhatvaagni*. These drugs also clean *rasavahi srotas* and their *ushna veerya* and *madhuravipaka* stimulant *deepana-paachana*, *srotosodhaka*, *vatanulomaka* and *dhatuvar dhaka* effects therefore help in *stanyakshaya*.
- Drugs such as; *Dugdhika*, *Maricha*, *Hingu*, *Lashuna* and *Krishna Jeeraka* having *Ushnaveerya* and *katuvipaka* therefore offers *Srotoshodhaka*, *Agnivardhaka*, *Deepana*,

paachna, *Balya* and *Stanyajanana* effect. These drugs stimulate formation of *rasa dhatu* and *upadhatu* (*stanya*). These herbs possessing *sroto-shodhaka* property thus induce the process of galactokinesis and stimulate hormone action.

- *Kusha*, *Yava* and *Veerana* provide *Dhatuwardhaka*, *Vrishya*, *Balya* and *Agnivardhaka* effect in *stanyakshaya*.
- *Shatavari*, *pippali*, *yashtimadhu*, *palandu*, *lashuna* and *yava* relieve deep rooted stress one of the major cause of *stanyakshaya*.
- Some herbs possessing uterine stimulant and oxytocic action such as; *shwetajeeraka* and *hingu*.
- Some drugs describe in *stanyakshaya* are *medhya*; e.g *shatavari*, *yashtimadhu*, *pippali*, *palandu*, *lashuna*, *yava* and thus may relieve the deep rooted stress, one of the main cause of *stanyakshaya*. Counselling and meditation along with drugs do play an important role to cure the problem.
- Most of the herbs have high nutritive value being rich in carbohydrates, amino acids, albumin, globulin (*shatavari*, *shringataka*, *vidarikanda*, *narikela*), calcium, iron, phosphorous (*yava*, *kusha*) thereby promote general health.
- Some herbs are carminative, stomachic, digestive.
- Some herbs are uterine stimulant and may have oxytocic action (*Krishna* and *shwetajeeraka*, *hingu*)
- Most of the herbs contain flavonoids and other antioxidants. Their role has been proved as a potent stress reliever and health promoter.
- *Shatavari* has steroidal saponins. Hypothesis states that phytoestrogenic property results from the hormone like action of these saponins and it has been observed to increase milk secretion in women suffering from hypoprolactenemia. The root powder of *shatavari* increases the prolactin levels and promotes the growth of mammary tissue.

Food may be used to increase breast milk

- *Oatmeal and Brown Rice*
- *Leafy Greens, Apricot and Figs*
- *Fenugreek*
- *Palm Dates*
- *Ginger*

- *Moringa*
- Sprouted green gram and wheat bread
- Meat and fruits.

Ayurveda formulations

- Decoctions of *ikshuvalika*, *kusha*, *darbha* and *Kasha*.
- Formulation of *shatavari* and garlic
- Bhumikusmanda khanda

Pathya for Stanyakshaya

- Avoid hard work
- Excessive sex
- One should proper rest
- Happiness
- Avoid sorrow, anger, fear and stress
- Excessive fasting to be avoided.

CONCLUSION

Breast milk is a complete source of nutrition for new born and it is like nectar in quality because it is composed of all the good nutrients along with digestive enzymes, anti-bodies and immunoglobulin's. Thus breast milk provides complete nourishment and also prevents from infectious diseases especially gastrointestinal infections.

According to WHO adequate lactation has been defined as secretion of 300ml (10 ounces) daily by the 5th day and 480ml (16 ounces) by the 10th day. If these amounts are not achieved a baby of normal weight will not be adequately fed and such a situation is termed clinically as Lactational deficiency.

Breast feeding is an essential duty of all women; it enhances emotional bonding between mother and baby and also maintains normal growth and development of neonate.

WHO recommended exclusive breast feeding for 6 months and even sips of water is not recommended for the neonate.

Breast feeding is not only beneficial to baby but also beneficial to mother by providing natural contraception, weight loss, hormonal balance and long term health benefits like prevents coronary heart disorders.

According to *Ayurveda*, Breast milk is the essence of *Rasadhatu* which is formed from the digested food circulating in the whole body, when it gets collected in breast it is termed as *Stanya*. As it is formed from Prasad Bhaga of ahara rasa it contains best of all nutrients needed for the child. Hence, *Stanya Kshaya* is associated with *Rasadhatu Kshaya*.

The cause of *Stanya Kshaya* includes both *Shareerika* and *Manasika nidanas* as *Shrama*, *Langhana*, *Rukshannapana*, *Krodh*, *Shoka*, and not having affection towards child which can be compared same in modern, Prolactin reflex i.e; milk secretion and Oxytocin reflex i.e.; milk ejection respectively.

According to modern metacloperamide drug used for increasing breast secretion but it has its own side effect like anxiety, depression, fatigue and extra pyramidal effects.

There are many proven drugs to normalise *Stanya kshaya* without any side effect, treatment principle include *Rasa dhatu vrdhi* and *Stanyajanana dravyas*. Use of *Shodhana* and drugs like *Shatavari*, *Yashti Madhu*, *Karpasa Beeja*, *Vidari*, *Stanya Janana Gana* also *Vrshya dravyas* indicated for *Stanya vrdhi*.

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