

## STHANYAKSHYA IN AYURVEDA: A CONCEPTUAL ANALYSIS OF HETU, LAKSHAN, AND CHIKISTA

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### ABSTRACT

Sthanyakshaya is the term used to describe the decrease or loss of breast milk production in nursing mothers, which can be caused by a number of physiological and psychological causes. The purpose of this study is to examine the idea of Sthanyakshaya, including its causes, clinical signs, and Ayurvedic treatment. In order to address the issue and restore lactation, the article explores the importance of Ayurvedic remedies, which include herbal treatments, dietary modifications, and lifestyle improvements. The research offers a comprehensive method for comprehending and treating Sthanyakshaya by drawing on traditional Ayurvedic literature.

### INTRODUCTION

All of the classical Ayurvedic texts place a high value on breastfeeding, stating "matureva pibyatstanyam" (recommending mother's milk as a first choice). Breast milk provides numerous benefits to both mother and child. According to WABA, WHO, and UNICEF, breastfeeding should begin within the first hour of delivery and be encouraged for six months, followed by the use of suitable supplemental foods for two years.<sup>[1][2]</sup> Western lifestyles and stress cause Stanya Kshaya, affecting children's health. Breast feeding promotes close bonding, better parent-child adjustment, and development, making it crucial for lifelong health and well-being.<sup>[2]</sup>

Sthanya is Rasa Dhatu's Updhatu. Through Pushti and Jeevan, its primary functions, Ayurveda explains the significance of Sthanya. Addidhatu, or Prathamdhatu, is addressed with Rasa Dhatu. Disruption of the Rasa Dhatu creation also affects its Updhatusthanya.

Dhatukshaya and Dushti are the causes of Kshaya in Stanyakshaya. Sthanyakshaya, a condition in Ayurveda, refers to a decrease in breast milk production, affecting maternal and infant health, and offering comprehensive explanations and treatment options. In the current study, "Sthanyakshaya's conceptual study," The aim is to examine and assess the entire idea, the etiopathogenesis of Sthanyakshaya, and the Ayurvedic therapy approach.

### Prevalance rate

Low milk supply ( stanyakshaya ) is common issue among sutikas now a days. It is alarming as its incidence has been reached to a range of 10% - 25% <sup>[3]</sup> This incidence had been estimated to range from 23% to 36% during the first 4 months after delivery In Asian and Tropical countries like India, prevalence of lactational deficiency may be 30–40% and range from 23% to 63% globally.<sup>[4]</sup>

**METHODOLOGY:** Stanya Kshaya's material was sourced from various sources including articles, literature, textbooks, authentic websites like PubMed and NCBI, journals, Ayurvedic and modern texts, and manuscripts.

### RESULTS

**Table No 1: Benefits of Breastfeeding.**

a. For Baby	b. For Mother
It contains nutrients which are needed for normal growth and development of baby	Breastfeeding soon after birth helps in uterine involution.
Lactose in breast milk helps in absorption of calcium and enhances growth of lactobacilli in intestine	Reduce chance of post partum hemorrhage
Water and electrolytes– Breast milk contains 88% of water so no need of additional water even in summer.	It has contraceptive effect on mother
Immunological superiority– It contains immunoglobulin IgA. Breastfeed babies less likely to develop infections.	Helps in shedding extra weight gained during pregnancy
Enhance maturation of intestinal cells thus reduce risk of allergies in later life.	Reduce risk of cancer of breast and ovary. <sup>[5]</sup>
Higher IQ.	
Helps to increase bonding between baby and mother. <sup>[6]</sup>	

### Hetu of Sthanyakshaya

**Physical Causes:** Poor nutrition, dehydration, inadequate rest, excessive stress, illness, or metabolic disturbances can all contribute to reduced milk production. Excessive Shodhana Karma

**Psychological Causes:** Ayurveda emphasizes the mind-body connection in understanding health disorders. *Aacharya Vagbhata* mentioned emotional factors like stress, anger, lack of affection towards baby. factorsThe psychological and behavioral elements Krodha (anger), Shoka (grief), Bhaya(fear), Kaama (excessive coitus), and avatsalya (lack of affection for the infant).<sup>[7]</sup>

**Dietary and Lifestyle Factors:** Excessive consumption of ruksha(Dry edibles),Langhan (fasting),Karshana (emaciation), atyapatarpan(Excessive Fasting), annapana, and viharas during lactation can negatively impact stanya, leading to exhaustion of the mother.

### Others Factors

- Some people will naturally have less milk or no milk, which includes Swabhavika stanyakshaya, or stanyanasha.<sup>[8]</sup>
- Late to start breastfeeding after birth.
- Breastfeeding not done frequently.
- Supplementary breastfeeding.
- Some previous breast surgeries affect milk production.
- Premature birth, maternal diabetes mellitus, obesity, PIH.
- Conceiving next child while lactating (re-pregnancy) Punagarbhadhaaran<sup>[9-11]</sup>
- Stress, early resumption of work following delivery, sheehan's syndrome<sup>[12]</sup>, retained placenta<sup>[12]</sup>, improper breastfeeding techniques like poor latch, undrained milk from breast, unnecessary use of supplemental formula are also some causes. There are also some medical conditions in infant that result in weak sucking that causes low milk supply e.g. tongue tie<sup>[13]</sup>, prematurity<sup>[13]</sup>, down syndrome<sup>[14]</sup> etc.

### Purvaroop

Stanapushti alpata- stanyakshaya doesn't have the sensation of stana gourav normally as normal lactating mother. Piyush atyalpata-30-90 ml quantity of piyush,which is secreatewd immediately delivery,quantity less than normal consider as piyush alpata

### Roop

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

Stanyakshay- (3) Lakshanas (sings) 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.

**Stanyakshaya Samprapti (pathogenesis)**<sup>[15]</sup>

Apathy sevana(atyaapatarpana, rukshaanna, shoka, bhaya, krodha)



vatapradhanatridosha prakopa



Rasadhatu kshaya



upadhatukshaya (stanyakshaya)

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

b) **Sthansashraya**- Stana

c) **Dosha**- vataprapkop

d) **Dushya**- Rasa, Rakta, Mans, Meda

e) **Marga**- Bahyamarga

f) **Bala**- Hetu, Rogi n Mana sapekshya

g) **Swabhav**- Ashukari

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

### Treatment

The Ayurvedic treatment for Sthanyakshya aims to restore the body's milk production capacity and balance doshas, using various drugs and preparations as described in given below.

- Veeran, shaali, shashtika, ikshuvaalika, darbha, kusha, kasha, gundra, itkata, and ktrina roots are decocted. Substances that contain sheera (apparent latex), such as gdugdhika.<sup>[16]</sup>
- Milk that has been medicated with a stanyajanana medicinal decoction.<sup>[17]</sup>
- Maricha, pippalimoola, maagadhi (pippali), shunthi, pathya (haritaki), and gur and ghrita are used to medicate milk.<sup>[18]</sup>
- Vaajikar and drug-treated milk also promotes lactation

- Milk medicated with latex-producing tree stem barks, sauwarchala, salt, jaggery, and ghrita is consumed with cooked shaali rice, promoting lactation even in dried breasts.<sup>[19]</sup>
- A mixture of vidaarikanda, shringataka, and vari (shatavari) juice or powder in milk.<sup>[20]</sup>
- Vajrakanjika, a preparation of pippali, pippalimoola, chavya, shunthi, yawanika, shweta, krishanjirakas, haridra, daruharidra, and sauwarchala salts cooked with kaanji, has digestive power, appetite-inducing properties, and aamavata cure.<sup>[21]</sup>

### 1. *Stanya-janana Mahakashaya*

*Veerana, Shali, Shasthik, Ekshuvalika, Darbha, Kusha, Kaasha, Gundra, Ithkata, Katruna.*<sup>[22]</sup>

**Table 2: Ayurvedic Pharmacological Properties and Action of Drug.**<sup>[23]</sup>

Sr. No	Name	Latin name	Guna	Rasa	Vipak	Veerya	Karma
1	Veerana	<i>Vetiveria zizanoides</i>	Laghu, snigdha	Tikta, Madhur	Madhura	Sheeta	Vaat - pitta shamak, Pachan, Stanyajanan, Dahashamak
2 & 3	Shali and Shasthik	<i>Oryza sativa</i> a species of rice	Guru, snigdha	Madhur, Kashay	Madhura	Sheeta	Tridoshaha, Shukral, Brihana, Balya, Mutrala, Varnakrit, Swarya, Ruchya, Chakshushya, Hridya, Stanyajanan
4	Ekshu-valika	<i>Astercantha longifolia</i>	Pichila, Snigdha	Madhur, Amla, Tikta	Madhura	Sheeta	Vaat – pitta hara, Balya, Stanyajanan, Shukrashodhana
5	Darbha	<i>Imperata cylindrica</i>	Laghu, Snigdha	Madhur, kashay	Madhura	Sheeta	Trodoshahara, Rasayana, Stanyajanan, Mutravirechaniya, Pipasahar, Kusthaghna, Dahaprashamak
6	Kusha	<i>Desmostachya bipinnata</i>	Laghu, Snigdha	Madhur, Kashay	Madhura	Sheeta	Kapha – pitta hara, Mutrala, Stanyajanan
7	Kaasha	<i>Sacharum spontaneum</i>	Sara	Madhur, Tikta	Madhura	Sheeta	Vaat – Pitta hara, Balya, Stanyajanan, Vrishya, Ruchya, Shramahara
8	Gundra	<i>Typha angustata</i>	Guru	Kashay, Madhur	Madhura	Sheeta	Vaat – Pitta hara, Stanyajanan, Stanyashodhak
9	Itkata	<i>Typha elephantina</i>	Madhur	Laghu Snigdha	Madhura	Sheeta	Pitashamak, Vrishya, Mutral
10	Katruna	<i>Cymbopogon schoenanthus</i>	Katu Tikta	Laghu Ruksh	Katu	Ushna	Kaph-pitahara Balagarhnashan

### 2. Single Herbal drug Treatments

- **Shatavari:** Among the best herbs for encouraging breastfeeding, Shatavari is well-known for its restorative qualities.
- **Vidari:** This plant is frequently used to improve milk production and strengthen the body.
- **Jeeraka:** A herb with a carminative effect that aids in digestion and is said to increase milk production.

- The administration of various salts, including pippali, pippalimoola, chavya, shunthi, yawanika, shweta, and krishanjirakas, along with haridra, daruharidra, and sauwarchala salts prepared with kaanji, enhances digestive capacity.<sup>[24]</sup>
- Sheetaveerya-madhuravipaka, ushnaveerya-madhuravipaka, and ushanveerya-katuvipaka are drugs with galactagogue action.<sup>[25]</sup>
- Drugs like dhatunpushtikara, balya, and deepanapaachana can repair Rasa dhatukshaya, Agni mandhyata, and Stanavahasrotoavrodha, somatic causes of stanyakshaya.<sup>[26]</sup>
- Bhumikushmanda ksheerapaka, a type of lactagogue in Ayurveda, is considered a stanya vriddhikara in Yoga Rathnakara.<sup>[2]</sup>

### 3. Oil Treatments

- **Abhyanga (Oil Massage):** Using warm medicinal oils to massage the entire body helps to balance Vata and encourage relaxation, both of which are critical for lactation.
- **Shirodhara:** Applying warm oil to the forehead relieves stress, balances hormones, and calms the nervous system.

### 4. Panchakarma

- **Basti (Medicated Enema):** This therapy aids in balancing the Vata dosha, which frequently plays a significant role in Sthanyakshya. Basti helps to restore lactation by cleansing and nourishing the body from the inside out.
- **Virechana (Purgation):** By removing excess Pitta from the body through controlled purgation, this method of detoxification enhances general health.

### 5. Dietary Recommendations

A well-balanced diet with proteins, healthy fats, and hydrating liquids is essential for lactation. Use milk, ghee, sesame seeds, Brimhana, Snigda, Madhura treatments, Sleshmavardhaka dravyas, Sura, Shaalianna, Maansa, cow's milk, Sharkara, Asava, and Curd. Milk production promotes a diet including sweet, sour, salt, rasa, meat soup, ghrita taila, leafy vegetables, and Naadishaka cooked with jaggery, hingu, and jatiphala. Foods like narikela, lashuna, palandu, Yava, and wheat also contribute.<sup>[27]</sup>

### 6. Lifestyle Changes

An important part of the therapy strategy is regular relaxation, less physical activity, and emotional support. Restoring lactation is also aided by lowering anxiety and promoting healthy mental health behaviors.

## DICUSSION

Ayurveda treats the underlying causes of Sthanyakshya, providing a thorough and all-encompassing method of treatment. The emphasis on dietary practices, emotional well-being, lifestyle modifications, and dosha imbalances emphasizes how closely physical, mental, and emotional health are related. In order to manage milk depletion and promote the health of mothers and infants, Ayurveda provides a well-rounded approach that includes herbal therapies, cleansing methods, and supportive treatments. This study demonstrates how Ayurvedic treatments, lifestyle modifications, and psychological support can all greatly increase milk production. Additionally, comprehending Ayurveda's profound link between the mind and body provides important insights into how emotional health directly affects physical health, particularly lactation.

## CONCULSION

Sthanyakshya is a complex illness that needs to be managed holistically. Ayurveda offers a thorough framework for treating this illness because of its emphasis on balancing the doshas, treating mental issues, and regaining physical health through herbal treatments, therapies, and lifestyle modifications. Ayurvedic remedies may be incorporated into contemporary healthcare procedures with additional study and clinical confirmation, providing a substitute or enhancement to traditional approaches to lactation problems.

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