

**STANYAKSHAYA (LACTATION DEFICIENCY): AYURVEDA PERSPECTIVE****Shubhangi B. Shinde\*, Samhita Siddhanta and Archana V. Kokate**

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Article Received on  
23 Nov. 2023,

Revised on 13 Dec. 2023,  
Accepted on 03 Jan. 2024

DOI: 10.20959/wjpr20242-30978



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**ABSTRACT**

Breast Milk is the ideal form of nourishment in neonates and infants till 6 months Breast feeding promotes close physical and emotional bonding between mother and child. Stanya is the first food of a child from which all necessary nutrients required for life, growth and development of child provided from mother. According to Ayurveda Stanyakshaya occurs due to rukshannapan, krodha, shoka, karshana, kama. In Stanyakshaya, kshaya occurs due to dhatukshaya and dhatu dushti.

**KEYWORDS:**— Stanyakshaya, Stanya, Lactation deficiency, Breast milk.

**INTRODUCTION**

Breast Milk is the ideal form of nourishment in neonates and infants till 6 months Breast feeding promotes close physical and emotional bonding between mother and child. Stanya is the first food of a child from which all necessary nutrients required for life, growth and development of child provided from mother. Stanya is the updhātu of rasa dhātu. Ayurveda explains the importance of stanya through its main function i.e. pushti and jeevan. Rasa dhātu is said to be the *addi dhātu* i.e. pratham dhātu. If rasa dhātu formation is disturbed, its updhātu, stanya also gets disturbed.

Breast Milk is the Essence of Rasadhātu. Stanya is the first food of a child from which all the necessary nutrients required for life, growth and development of child are provided from mother. In short it is sarabhaga of rasadhātu which is formed from the prasada bhaga of aharasa consisting of all the necessary nutrients for building the immunity of child.

Adequate lactation has been defined as secretion of 300 ml milk daily by 5<sup>th</sup> day and 480 ml by 10<sup>th</sup> day after delivery. If this amount is not supplied to a baby of Normal weight and is not adequately feed then such a situation is termed clinically as 'Lactational deficiency'.

### **Importance of breast feeding**

The breasts are bilateral glandular structures and in female constitute accessory reproductive organs as the glands are concerned with lactation following child birth.

Breastfeeding is one of the best and effective way to ensure child health and survival. Breast milk is composed of IgA, fat immunoglobulin, proteins, carbohydrates, minerals and antibodies. Exclusive breast milk is ideal form of nourishment in infants and neonates till 6 months. Adequate lactation is defined as secretion of 300 ml daily by 5<sup>th</sup> day and 480 ml by 10<sup>th</sup> day. If this amount is not achieved, a baby of normal weight will not be adequately fed and such situation is termed as lactation deficiency. In Asian and tropical countries like India, prevalence of lactation deficiency may be 30-40%.

Breastfeeding provides protection against infection. It promotes close emotional and physical bonding between child and mother. It is always perfectly clean, fresh and right. Breastfeed babies have lower risk of asthma, obesity, type 1 diabetes and sudden infant death syndrome (SIDS). Breastfeeding can reduce the mother's risk of ovarian and breast cancer, high blood pressure, type 2 diabetes and osteoporosis. During lactation period oxytocin is released which helps to contract uterus back to its pre-pregnancy size.

### **Physiology of lactation**

There are four processes involved in lactation. They include

#### **1. Preparation of breast during pregnancy (Mammogenesis)**

This in fact is the final phase in the breast development to prepare for their real function of lactation.

#### **2. Synthesis and Secretion from breast alveoli (Lactogenesis)**

Milk production is initiated after delivery of the child. It occurs usually within 24 to 48 hours after delivery.

#### **3. Ejection of milk (Galactokinesis)**

Milk ejection involves what is known as the let down or draught reflex.

#### 4. Maintenance of lactation (Galactopoiesis)

If the mother continues breast feeding, adequate milk production must be maintained. This is called galactopoiesis.

#### **Stanyakshaya – Hetu** (Causes of Stanyakshaya or Cessation of Milk Formation)

##### **Mansik hetu**

Krodha (Anger), Shoka (Grief), Avatsalya (Absence of affection for the child), Bhaya (Fear), kama (Atyadhik maithum)

##### **Aahara janya hetu**

Rukshannapan (Consumption of dry foods and drinks)

##### **Anyah hetu**

Laghan (Fasting), vyayam (Excessive exercise), atishodhan chikista (Excessive use of purifying agent), repeated pregnancy.

#### **Clinical features of stanyakshaya**

##### **Lakshana of stanyakshaya in mata (Mother)**

Laxity of breast along with decrease quantity or absence of milk secretions are the clinical features.

##### **Lakshanas of stanyakshaya in balaka (Baby)**

If baby does not get adequate breast milk, he will have the following symptoms.

- |                |   |                                |
|----------------|---|--------------------------------|
| 1) Atrupty     | : | Hunger                         |
| 2) Aptarpan    | : | Failure to gain normal weight. |
| 3) Kuposhan    | : | Malnutrition                   |
| 4) Nidranasha  | : | Disturb Sleep                  |
| 5) Adhik Rodan | : | More crying                    |

#### **Failure of lactation**

##### **Definition**

Lactation failure is defined as low milk output in mother, inadequate to meet baby's requirements. It may be primary since delivery or secondary after successful initiation of breast feeding at birth, partial or complete, transient or permanent and true or perceived. Breast milk is the only food that a baby needs upto first 4-6 months of life and gives the best

possible nutritional start to the neonate. Exclusive breast feeding means that the neonate gets only breast milk and nothing else like honey, juices, water, vitamins (unless medically indicated) or any other animal milk.

### Causes of failure of lactation

1. Psychological causes: Lack of self-confidence, primi gravida and teen mothers (Inexperience), unsuccessful breast feeding in earlier pregnancy and inadequate antenatal counselling.
2. Physical and mental stress: mental anxiety and worry, physical stress like working women, wrong advice and counselling from family.
3. Incorrect breast feeding practices (Prolactin activity).
4. Insufficient secretion due of lack of sleep, fatigue, anxiety and inadequate fluid intake.
5. Ill formed breasts and nipple.
6. Breast problems like mastitis, galactocoele, excessive breast engorgement and cracked nipple.
7. Elderly Primigravida.
8. Maternal illness (Ill health of mother).
9. Apprehension and distaste for breast feeding.
10. Premature baby.
11. Extreme maternal under nutrition.
12. Extremely sick mother.

### Management of stanyakshaya

1. Use of articles (Dravyas) capable of increasing the shleshma cure stanyakshaya like Shali, Cereals, Meat, Cow's milk, Sugar, Asava, Curd cure stanyakshaya.
2. Stanyajanana drugs or the drugs increasing quantity of milk.  
Roots of virana, Shali, Shashtika, Ikshuvalika, Darbha, Kusha, Kasha, Gundra, Itkataka and Trina are ten stanyajanana drugs.

These may be used in the form of decoction.

### CONCLUSION

In India most of women are facing many problems due to modern lifestyle, in which Stanyakshya is major a one faced by mother after delivery. It is often associated with infrequent, irregular breastfeeding or incomplete withdrawal of milk residue. Other causes

include inadequate quantity and quality of nutrition, psychic trauma, insufficient sleep, over exhaustion and lack of fresh air. Since breastfeeding is hormonal, physical, emotional and dietary phenomenon bound to be effected by all these components. Care must be taken in all these aspects. In allopathic system of medicine, no specific and effective treatment is given, but in Ayurveda number of styanyavardhak drugs, aahar and bhava have been described by acharyas.

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