

**A CRITICAL REVIEW ON STANA SHARIR, STANYA & STANA
ROGA ACCORDING TO AYURVEDA SAMHITAS****¹*Dr. Ankush Dattatraya Khedkar and ²Dr. Prasad Prabhakar Pande**¹(PhD Scholar and Assistant Professor in The Department of Rachana Sharir At PMT's
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Maharashtra).**INTRODUCTION**

Ayurveda is not only the medical science but it is the science of life. In Ayurveda, there is no such single disease, which resembles Cancer. Acharya Charaka, who was expert in medicine, has clearly mentioned that a physician should not bother too much to understand name of the disease, but one should have proper perspective of the disease. There are various diseases which show simili to cancer. Arbuda is one such disease. Vata, Pitta, Kapha having got aggravated in any part of the body and afflicting the Mansa dhatu, produce a circular, fixed, slightly painful, big, broad based slow growing non-suppurating and dense elevation (swelling) of mansa. The same is called as "Arbuda" by the scholars. 1 Acharya Charaka has also mentioned that Physician should understand Vikaraprakruti (State of vitiated dosha, dhatu & mala causing disease), Adhishtanantarani (Site of - vitiated Dosha) & Samutthan Vishesh (Cause of vitiation of dosha) thoroughly. One, who treats the disease by the knowledge of these three things, achieves

success in the treatment. Because a vitiated dosha can exhibit various diseases according to different causes of vitiation & different sites.

According to physiology of Ayurved, Stana (Breasts) is the site of Stanya (Breast milk), which is mentioned as Upadhatu of Rasa dhatu. Stanya & Artava being Upadhatu of Rasa, monthly menstrual cycle helps to prevent dushti of associated Upadhatu of Rasa i.e. Stanya. It ultimately prevents dushti of sthana of Stanya i.e. Stana (Breast).

LITERATURE REVIEW

Literature Review of Stana, Stanya & Stana Roga

- **Nirukti and Paryaya of Stana**

According to Amarkosha, Cuchauo is the synonyme of Stana. Stana, Urasija, Vakshoj, Payodhara, Cucha (Rajnighantu) Stana (Breast) is one of the pratyanga (Organ) among 56 pratyangas.

There is a difference in male & female breast. In puberty, breasts become well developed in females than males. During pregnancy & after delivery, breasts filled by breast milk.

- **STANA SHARIRA**

A. Bahirmukha Srotasa (External orifices)

Bahirmukha srotasa (External orifices) are two in the nose, two in the ears, two in the eyes, one in the rectum, one of the mouth & one of the urethra. In females, there are three more srotasa, two in the breasts & one in the raktapatha (Vaginal tract).^[13]

B. Ashaya

Females have three more ashaya as compared to male i.e two breasts & one uterus.^[14]

C. Peshi (Muscles)

Females have twenty more muscles. Out of these, ten muscles are found in the breasts each having five muscles which enlarge during youth. Four muscles are found in the genietal tract out of which two spread inside & two being circular spread outside as its mouth. Three muscles are situated at the opening of the Uterus & three more muscle are meant to bring together the sperm & Ovum. The Uterus is situated between the gall bladder & the intestine, where the foetus lie.

D. Marma (Vulnerable Areas)

Below the breasts, on both sides the two “Stanamula” marmas having two fingers breadth are situated. Injury to them causes filling up of chest with Kapha leading to death from Cough & dyspnea.

Above the nipples, on both sides, the two “Stanarohita” marmas having two fingers breadth are situated. Injury to them causes filling up of chest with blood (Haemothorax) leading to death from Cough & dyspnea.

E. Avyadha Sira

There are fourty siras in the thorax & out of these following fourteen siras should be avoided – two in the pericardium, two in each Stanamula, eight on the sides of Stanrohita, Apalap & Apastambha.

F. Dhamani (Artery)

Twenty Dhamanis are originated from Nabhi (Umbilicus)

Out of all these twenty four, ten dhamanis run upwards & ten dhamanis run downwards & four obliquely runs.

Ten Urdhvaga Dhamanis after reaching the Hrudaya (Heart) divide to three branches each & becomes thirty in total. Out of them, two for the flow of Stanya (Breast milk) from the breast in females & the corresponding once carry the semen (internally) from the breasts in male.

A. Stana Sampada (Excellence of breasts)

The excellence of breasts consists of breasts not too high, too long, or too corpulent; having nipples of appropriate size & easy in sucking.

a. Physiology of Stanya (Breast milk)

Madhura Aahara Rasa, which is formed by well digested food & accumulated from all over the body, enters in breast, which are essence of Rasa Dhatu, is called as Stanya.

Stanya produced in women similar that of Shukra originating from food extracts & induced due to touching, seeing, remembering or taking the child into laps. Here constant affection has been mentioned as the cause of milk secretion.

b. Functions of Stanya (Breast milk)

1. Stanya (breast milk) increases the size of the breast & are the source of nourishment to infant.
2. Stanya (breast milk) is nourishing & health giving.
3. Breast milk of mother is highly nourishes thus the child should be feeded on mother's breast milk.

• Causes of Vitiatio

Stanya (breast milk) get vitiated in the females having dietary causes like indigestion, over

eating as well as psychological causes like mental ill health, anxiety & anger.

DISCUSSION

- **Literature review of Stana Roga (Diseases of Breast)**

Whatever the types causes of gati & (Sinuses), the same are the types & causes of breast diseases in women.

The openings of the ducts located in the breasts of girls are closed, thus the doshas can not spread & breast diseases do not occur in them.

They are possible only in those women who have delivered & pregnant as the same ducts open out physiologically in them.

- **The Pathogenesis of Stana roga (Diseases of Breast)**

The doshas having reached the breasts of women whether lactating or non-lactating & then having vitiated the blood & muscles produce diseases of Breasts.

- **Lack of incidence Stana roga (Diseases of Breast) in Kanya**

The openings of the ducts located in the breasts of girls are closed thus the doshas can not spread & hence breast disease do not occur in them.

The breast disease is possible only in those women who have delivered & in the pregnant as the ducts open out physiologically.

- **Stana Roga (Breast Diseases According to Kashyap Samhita)**

If lactating mother eats foreign body with food, it does not get digested in pachyamanavashtha and pakavashtha. Undigested foreign body get converted in kled, and traveled to mammary gland with Rasa dhatu and Vata dosha. This causes obstruction of srotasa and acute disease of breast.

1. Stanakilaka

Symptoms of 'Pitvajra' are indigestion, palpitation, giddiness, body ache, anorexia, joint pain, headache, redness of eyes or sneezing, nausea due to kaph, fever, excessive thrust, loose motion, obstruction of urine, stiffness and secretion in breasts, veinulas, inflammation, pain, tenderness and burning sensation of breasts. Clever physician named it as 'stan vidradhi' (mammary abscess) as it causes obstruction in body as nail.

- **Stanakilaka according to Dosha dominance**

If Pitta dosha gets aggravated then this Mammary abscess (stankilak) gets inflamed and bursts open at an early stage. If Kapha is vitiated then instead of proceeding towards inflammation it forms a chronic abscess whereas because of vitiation of Vata Dosha the abscess increases in size.

During such circumstances if the child is breastfeed then there is a possibility of the stankilak or in other words the foreign body within the abscess gets excreted through the ducts or lacteals in the form of pus and blood.

- **Treatment of Stanakilaka**

The first line of treatment is Internal Oleation with clarified butter (Ghrutpan). Due to this treatment the tracts often becomes smooth internally thereby facilitating easy removal of the stankilak. Regular expulsion of breast milk should be done by proper massaging.

Next part of treatment being, application of cold compress and medications over the breast, induction of medicated purgation (virechan) and strict dietary regimen to keep a check over the doshas.

With the help of this treatment if the abscess is in primary stage then it gets healed or else it has to be treated with Incision and drainage.

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