ORIGINAL RESEARCH PAPER

Ayurveda

A LITERARY REVIEW ON STANYAJANAN KARMA W.S.R. TO SOME STANYAJANAN DRAVYAS

KEY WORDS:

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Pramana

Amount of Stanya is 2 Anjali (As. Hr. Sharir 5/98, 3/81)

The variability of milk secretion among individuals, emphasizing that the total quantity of milk produced can differ significantly due to various factors such as health, diet, and physiological conditions. However, the reference to two Anjali as a standard or approximate measure for a healthy woman in one sitting is insightful connecting traditional Ayurvedic measurements to practical observations, this serves as an average baseline, recognising the body's natural variability while proposing a functional, approximate quantity from normal excretion.

Qualities of Stanya

1. Sushrut describes pure milk as cold free from impurities, and whitish yellow in colour. When added to water, it mixes evenly without froth, streaks, or floating, resembling the whitish hue of conch shell. Such milk Such milk is sweet in taste, free from discolouration, and settles harmoniously in water. Sushruta highlights its role in ensuring robust physical health, strength, growth, and development in children.
2. Vagbhatas align with Sushruta observations, emphasizing that pure milk should remain un affected by Doshas (vitiating factors).
3. Kashyapa, focusing on milk's impact rather than physical characteristics, refer to pure milk as one that promotes unobstructed growth of strength, Various body parts, longevity, and overall health for both the child and the wet nurse, without causing discomfort or harm.
4. Harita expands the definition by including its contribution to achieving Satwa and beauty, emphasizing the holistic benefits of pure milk.
5. Later the texts like Madhavnidana, Yogaratnakar, and Bhavaprakasha maintain consistency by adhering to Sushrut's definition.

Clinical Features of Stanya Kshaya or Stanya Nasha:

The clinical presentation includes breast sagging coupled with a marked reduction or complete absence of milk production.

Treatment

The treatment includes use of Shali, cereals, meat, cow's milk sugar curd and use of desired things.

Stanyajanana Dravyas

Roots of Viran, Shali, Shastika, Ikshwaku, Darbha, Kusa, Kasa, Gundra, Itkata and Katran are ten Stanyajanana Dravyas. These may be used in the form of decoction. Some other Dravyas that may be used as Stanyajanan Dravyas like Shatavari, Narikel, Vidarikand etc.

Sushruta and Bhavaprakash, in their classical texts, have comprehensively described the clinical features and treatment of Kshaya affecting various Dhatus and Updhatus including Stanya. They also discuss the clinical features and remedies

Macronutrients in Breast milk: The Foundation of Infant Nutrition

Breast milk, a remarkable source of nutrition, is a complex fluid composed of water (87%), followed by carbohydrates (7%), Fat (3.8%), and Protein (1%), along with essential minerals and bioactive factors that promote growth and development of infant.

Water: Comprising approximately 87% of breast milk, water ensures hydration and supports the body's essential fluid.

Carbohydrates: Lactose, the primary carbohydrate in breast milk serve as a key energy source while facilitating calcium absorption. Additionally, human milk oligosaccharides play a crucial role as probiotics, nurturing beneficial gut bacteria in fats like triglycerides, breast milk provides infants with a dense energy supply, essential for growth and brain development.

Protein: An array of protein such as casein, alpha-lactalbumin lactoferrin, secretory immunoglobulin A (IgA), lysozyme and serum albumin work synergistically to bolster immune defences and promote healthy growth.

Micronutrients and Bioactive Components in Breast Milk

Breast milk a remarkable source of essential nutrients and bioactive factors that nurture and protect infants during their crucial early stages of development. Its composition is perfectly tailored to meet the nutritional and immunological needs of growing babies.

Minerals: Vital minerals such as sodium, potassium, calcium magnesium, phosphorus, and chlorine are present in breast milk, playing critical roles in bone development, electrolyte balance and overall metabolic health.

Vitamins: A rich supply of vitamins, including A, D, E and K, ensures health growth, support immune function and aids in process like vision development and blood clotting.

Human milk oligosaccharides (HMOs): Unique to breast milk, HMOs serve as probiotics, encouraging the growth of beneficial gut microbiota and playing a protective role against harmful pathogens.

Lactoferrins: This protective protein binds iron, inhibiting the growth of harmful bacteria and fortifying the infant's defences against infections.

Antibodies: Immunoglobulin A (IgA) and other antibodies in breast milk provide a vital shield against infections, fostering a robust immune system.

Growth Factors: Compounds like epidermal growth factor (EGF) and insulin-like growth factor-I (IGF-I) drive infant growth and support the maturation of developing tissues.

Ayurvedic Insights into Pharmacological Principle for Enhancing Breast Milk Production:

The study of Ayurvedic pharmacological principle reveals that many medicinal plants possess attributes such as Madhura Rasa (Sweet Taste), Madhura Vipaka (Sweet post digestive effect), and Sheeta Veerya (Cooling potency). These properties contribute to their Kapha Vardhaka (Kapha enhancing) nature. Which is crucial in managing Rasadhatukshaya- the primary factor behind Stanyakshaya (insufficient breast milk production).

According to Ayurvedic principles, substances with physical qualities and pharmacological attributes analogues to body elements or tissues promote growth, development, and augmentation of corresponding body components (Saravada Sarva Bhavanam Samanya Vriddhi Karanam). Many of these plants, particularly those from Trinavarga group and latex-secreting species, exhibit properties similar to breast milk, enhancing Stanya production.

Among Dashemani group of milk drugs, one stand out with its Rooksha (dry), Teekashna (Sharp), and Laghu (light) qualities, aliong with Katu Tikta Rasa (pungent and bitter taste), Katu Vipaka (pungent -spost digestive fire)

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The essence of Rasa Dhatu derived from digested food and inherently sweet is known as Stanya (Breast milk). When it reaches the breasts from the entire body. Stanya is comparable to Sukra, as it is presented throughout the body and cannot be isolated even if the body is dissected. The flow of the Sukra is influenced by sight, remembrance, hearing the voice, touch, and love for desired woman resulting in a calm and pleasant state of mind. Similarly, Stanya is produced from the essence of food and flows in response to the touch, sight, remembrance and physical contact with the child. Uninterrupted love from the mother towards the child is primary cause for the flow of breast milk.