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Stanyajanan Mahakashaya and its Utility for Mother and Child in Breast Feeding

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ABSTRACT:

Stanyapana (breastfeeding) is essential for new-born infants as well as for mothers. Breastmilk provides nourishment to infant that is needed for overall growth and neurological development. Human breast milk serves as a source of nutrition which is uncontaminated by environmental pathogen. Multiple immunological factors like IgA produced by the mother's immune system are transported to infant through breast milk and are associated with a protective role against infection in children. It reduces the incidence of infantile diarrhoea, allergic/hypersensitivity diseases, and development of Type 1 (insulin dependent) and Type 2 (non-insulin dependent) diabetes mellitus. In Ayurvedic classics acharya Charak has described ten herbs for improving breast milk under the name "*Stanyajanana Mahakashaya*" which can be utilized for mother and child's preventive and therapeutic aspect. The purpose of this work is to present a conceptual analysis of *stanyajanan mahakashaya* and its utility for mother and child in breast feeding.

Keywords- Breastmilk, Hormones, *Mahakashaya*

INTRODUCTION

For a baby's growth and development to occur throughout the first two years of life, good nutrition is crucial. It is widely accepted that nursing provides human new borns with the greatest and most complete nourishment. Both mother and baby gain many health advantages from nursing. Additionally, it fosters a close bond between the mother and the child.¹ In their samhitas, Acharya in Ayurveda also discussed the value of breastfeeding. However, different Acharyas have varying viewpoints on when to start nursing. *Stanyakshaya*, or lactation failure, is a significant problem that has several potential reasons. Difficulties with the mother's physical health, diet, and

emotions are all included.² Give particular therapy for physical problems, seek counselling and support for emotional problems, and, if necessary, use an appropriate food plan and medications to make up for any nutritional deficiencies. Ayurveda offers risk-free and efficient ways to boost breast milk production.³ WHO celebrates breastfeeding week from 1-7 August over hundreds of countries. Breastfeeding is an ideal food for a normal neonate. It is a best gift that a mother can give to her baby. Breastfeeding is beneficial to baby as well as mother. Lactation is the secretion of milk from breasts.⁴ It is an infant's privilege & a mother's pleasure to breastfeed. It is



a natural phenomenon which benefits to both the mother and a baby and should not be avoided. For early first six months of a child development of brain and better immunity breast milk plays an important role. At the time of breastfeeding mother transfer all positive energy to her child due to love and satisfaction bonding between mother and child occurs.

MATERIAL AND METHOD

Material related to *Stanyajanan mahakashaya* is collected from Ayurvedic text including Brihattriye, Laghutrye and text book of modern medicine respectively. The index, non-index medical journals has also referred to collect information of relevant topic.

Conceptual study

Ayurvedic view of lactation:^{5,6,7,8}

- **Stanya Formation:** Acc.to *Aacharya Charak, Sushruta* and *Vagbhata stanya is updhatu of rasa* it is formed from 'rasa' (rasa Prasad bhaga). Acc.to *Aacharya Kashyapa stanya is updhatu of rakta* and it is formed from 'rakta' during pregnancy period. According to *Acharya Charaka* and *Kashyapa* when the pregnant lady eats the *shada rasyukta aahar*, it is then divided into 3 parts.⁷⁻⁸ The 1st part is utilized for nourishment of her own body, 2nd part is used for formation of breast milk and 3rd part is for development and nourishment of foetus. Due to (*pakwa aahar*){digested food}, the *madhura*, Prasad part of rasa flows into whole body by *vyana vayu* & through arteries that Prasad part of rasa reaches into breast and breastmilk secrets.
- **Stanya Pravrutti:** *Aacharya Sushruta* stated that milk ejection result as thought, sight, touch, of child but affection for child is mainly important.⁹
- **Shudha stanya:** According to *Aacharya Charak* the milk which is normal in colour, smell, taste, touch, mix evenly when pour into water is known as pure milk. This milk provides nourishment and good health to baby. *Aacharya Sushruta reported stanya* as sheet, clean, free from impurities, *shankhabh*, sweet in taste, mix evenly in water, not producing any froth or streaks when mixed in water. This quality of ideal breast milk provides good health, strength, growth and development of the baby.¹⁰

Modern view of lactation:

Physiology of Lactation Milk produced as a result of interaction between hormones and reflexes – 1) Prolactin reflex 2) Oxytocin reflex.

- Prolactin reflex: Baby sucks nipple → nerve endings on nipple carry message to → anterior pituitary → release

prolactin → act on alveolar glands in breast → stimulate milk secretion.¹¹ Thus, more and earlier baby sucks breast, greater and sooner this reflex initiated. Therefore, it is important for mother to feed early, frequently and completely empty the breast.

- Oxytocin reflex: Thought, sight, sound of baby or sucking → stimulate nerve endings in nipple → posterior pituitary → produce oxytocin hormone → contraction of lactiferous glands → ejection of milk into lactiferous sinuses → into lactiferous duct → secretion of milk.¹²
- Many mothers suffering from *stanyakshya* are very common day by day. This can be treated by some change in daily activities, favourable state of mind of mother, dietary modifications and with certain ayurvedic medicine.¹³ Ayurveda explained many drugs which are safe and effective in lactating mothers. Specially 10 drugs in *stanyajanan mahakashaya* explained in *Charak samhita sutrasthan*. Table no 1. Ayurvedic pharmacological properties and action of drugs.¹⁴

How to use these drugs:

In this *mahakashya* two drugs are used as *aahar draya*, *Shali and Shasthik* are a variety of rice that are used in daily diet of mother. Rest of the drugs used in the form of *kwath Kalpana*.¹⁵

DISCUSSION

Breastfeeding advantages are described in Ayurvedic scriptures. According to *Acharya Kashyapa*, adequate breastfeeding results in a child's good development, strength, longevity, and health as well as the absence of any problems or disorders.¹⁶ It is widely accepted that nursing provides human infants with the finest nutrition. Beginning breastfeeding as soon as possible after delivery is recommended.¹⁷ Breastfeeding has numerous advantages for both the baby and the mother. Breast milk contains all of the nutrients that a newborn requires in the first six months of life for appropriate growth and development, including carbs, lipids, proteins, vitamins, minerals, and water.¹⁸ Due to rule of "*samanyavradhikaranama*" *Stanyajanan Mahakashaya* (lactation failure) has the gross galactagogues action in females complaining of deficient milk secretion.¹⁹ The medications in *Stanyajanan dashemani* have been thoroughly studied, and it has been demonstrated that the pharmaceuticals contain pharmacological qualities and actions that make them effective galactagogues and function by regulating *rasadhathukshaya*. The medications are safe to use in nursing mothers. It also assists the mother in achieving

dhatu stability, which is commonly impaired during pregnancy and delivery.²⁰

CONCLUSION

The drugs of *stanyajanan mahakashaya* (lactation failure) are used for *stanyaviridhi* and maintain the quality of breast milk, the drugs act on *mutravah sansthan* by this they regulate the homeostasis of body and expel out the toxins from body. These drugs also provide nourishment to the child through breast milk. by virtue of this drugs is useful for both mother and child health.

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Table no 1. Ayurvedic pharmacological properties and action of drugs.¹⁴

S.No	Name	Latin name	Rasa	Guna	Veerya	Vipak	Karma
1	Veerana	<i>Vetiveria Zizanoides</i>	tikta, madhur	Laghu Snigdha	Sheeta	Katu	Kapha - pitta shamak, pachan, stanyajanan, dahashamak.
2& 3	Shali and Shasthik	<i>Oryza sativa</i> a species of rice	madhur, kashay	guru, snigdha	Sheeta	Madhur	Tridoshahara, shukral, brihana, balya, mutral, varnakrit,ruchya, hridya, stanyajanan
4	Ekshuvalik a	<i>Astercantha longifolia</i>	madhur, tikta	pichila, snigdha	Sheeta	Madhur	Vaat – pitta hara, balya stanyajanan, shukrashodhana
5	Darbha	<i>Imperata cylindrica</i>	madhur, kashay	laghu, snigdha	Sheeta	Madhur	Tridoshahara, rasayana, stanyajanan, mutral pipasahar,
6	Kusha	<i>Desmostachya bipinnata</i>	madhur, kashay	laghu, snigdha	Sheeta	Madhur	Kapha-pittahara, mutrala, stanyajanan.
7	Kaasha	<i>Sacharum spontaneum</i>	madhur, Kashya	Laghu snigdh	Sheeta	Madhur	Vaat –pitta hara, balya, stanyajanan, vrishya, ruchya, shramahara
8	Gundra	<i>Typha angustata</i>	kashya Madhur	Guru	Sheeta	Madhur	Vaat-pittahara, stanyajanan, stanyashodhak,
9	Itkata	<i>Typha elephantina</i>	Madhur	Laghu Snigdha	Sheeta	Madhur	Pitashamak vrishya mutral
10	Katrana	<i>Cymbopogan schoenanthus</i>	Katu Tikta	Laghu Ruksh	Ushan	Katu	Kaph-pitahara Balagarhnashan