

STANYA-SHODHANA(GALACTODEPURANT) GANA OF ACHARYA SUSRUTA

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ABSTRACT

Ayurveda is Science of life, which gives priority to maintain healthy life. Success of any science depends upon its basic principles. Fundamentals of Ayurveda are *Tridosh* (three biomarkers of life, *Vata, Pitta and Kapha*) Siddhant and *Dhatu* (Tissue) and *Upadhatu* of body. *Rasa dhatu* is one of most important *Dhatu* (tissue) in the body which is precursor to all the six (*rakta, mansa, meda, asthi majja, shukra*) *Dhatu*. *Stanya* (Breast milk) is *Upadhatu* of *Rasa* Which is very important for growth of every human being. In early stage of life. World health organisation recommends exclusive breast feeding for children under 6 months of age, but due to lifestyle disorder, stress, and late marriage many women face breast milk ejection, volume, and consistency problem. Here formation of *Stanya*, its relation with *Kapha*, *Dushit stanya* and its treatment mention by Acharya Sushruta is explained. *Haridradi Gana* is one of the best combination for the treatment of *Stanyadushti*.

KEYWORDS: *Stanya*, *Upadhatu*, *Haridradi gana*.

INTRODUCTION

All species in the world are divided into many categories and those which produce milk are known as mammals. Acharya Susruta explained 8 types of breast milk cow, she-goat, camel, ewe buffalo, mare, woman and she elephant. Milk of these animals is sweet, slimy vitalizer, cold, smooth and is suitable for all living being.^[1] *Stanya* (Breast milk) is only source of

nutrition in early stage of infant life. Breast milk improves mental, physical growth of an infant.

Various awareness programs like annual breast-feeding week (1-7th August of every year) and Mother's absolute affection program are run by organizations like WHO and UNICEF to ensure exclusive breast feeding for first six months. Ayurveda scholars have also recommended exclusive breast feeding for six months.^[2] The importance of breast milk in growth and development of baby was well appreciated by Ayurveda scholars as the best source of nutrition for baby. They have also recommended that the breast feed by wet nurse (Dhatri) as a substitute in condition of lactation failure or deficient lactation of mother of baby. Stanya Milk and its related disorders are well explained by Acharyas. They also explained reasons of loss of lactation as anger, grief absence of maternal love etc.^[3] Now-a-days lifestyle disorder, stress, elderly primi mothers all are facing milk ejection, consistency, and quantity problem.

Acharya Susruta explained. According to classics *Stanya(Breast Milk)* Is *upadhatu* of *Rasa*. Its formation take place from *Garbhavastha* to *Prasutavastha*. During this period if mother consumes unwholesome diet, then *Kapha* dhatu will get vitiated and ultimately *stanya* (Breast milk) will get vitiated. Our acharyas explained various treatment modalities according to vitiation of *Dosha*.^[4]

Vitiated *Dosha* travels through blood vessels, and it vitiates *rakta* and *mamsa dosha* and form vitiation of *Stanya*. Drugs *Dravya* which act as *Stanya* purifies (*Galactopurifier*) also cleanses *Rakta* and pacifies *Vata pitta* and *Kapha*.

MATERIALS AND METHOD

A Literary survey was conducted for *Stanya shodhana Gana*. Acharya Susruta explained two *Ganas* (Group of drugs) for *Stanya shodhana* that is *Vachadi Gana* and *Haridradi Gana* and here a small attempt to put light on *Haridradi Gana* and its mode of action based on *Panchabhautik* constitution and by its chemical constituents.

Table no 1: Drugs with Their Habitat, Doshakarma and Chemical Constituents.






Drug	Habitat	Doshakarma / Action	Chemical constituents	Pictures
Haridra	Small annual herb	Kaphavatashamak, Anti inflammatory	Curcumin, Terpene	
Daruharidra	Rigid erect spinous deciduous shrub	Antimicrobial activity	Diterpenes	
Kalashi	Small herb	Anti-inflammatory	Rhoifoline	
Indrayava	Seeds of Kutaj a medium sized tree	Antiamoebic	Holarosine A, B Holarricine, Holantosine- A, B,C,D,E,F Kurchiphyllamine Kurchaline, Kurchiphylline	
Madhuk	Herbaceous perennial shrub	Antioxidants nutritious	Oestrogens, tannins, phytosterols (sitosterol and stigmasterol), coumarins, vitamins (B1, B2, B3, B5, E, and C), and glycosides	

Table no 2: Drugs of Haridradi Gana.

Drug	Latine name	Family	Rasa	Virya	Vipaka	Guna
Haridra	<i>Curcuma longa</i> (Linn)	Zigeberaceae	Katu/Tikta	Ushna	Katu	Ruksha
Daruharidra	<i>Barberis aristanta</i> DC	Zingiberaceae	Katu/Tikta	Ushna	Katu	Laghoo
Kalashi	<i>Uraria picta</i> (Desv.)	Fabaceae	Madhur/Tikta	Ushna	Katu	Laghoo
Indrayava	<i>Hollarrhina antidysentrica</i> L Wall	Apocynaceae	Katu/tikta /kashay	Sita	Katu	Guru
Madhuk	<i>Glycerria glabra</i> Linn.	Fabaceae	Madhur	Sita	Madhur	Snigdha

DISCUSSION

Haridra is *Tikta* rasatmak and *Ruksha guna*, due to *Ruksha guna* it absorbs *Kleda*. Chemical compounds Curcumine present in Haridra act as act as Antiinflammatory and Analgesic.

Daruharidra is *laghu* Guna, due to *Laghoo* Guna it act as *sukshma srotogami*, and it act as *Kaphahara*. (*Laghoo pathyam param proktam kaphaghna*). Diterpines present in the Daruharidra shows anticancerous activity that's why used in the Breast cancer.

Kalashi (*Uraria picta* Desv.) Due to *laghoo* Guna it acts as *Kaphahara*.

Indrayava seeds of (*Holarrhena antidysentrica* Linn.) are of guru gunas and due to which act as *vatashamak*.

Madhuka (*Glycerrhiza glabra* Linn.) due to Guru and Snigdha guna. It gives strength to body and repairs damaged parts of the body. Chemical constituents present in Liquorice are Tannins, Phytosterols which act as Nutritive to Nourishing mother.

Further clinical and experimental study should be conducted for same.

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