

## ASSESSMENT OF HERBAL MEDICINAL PLANTS IN MANAGEMENT OF *STANYA DUSHTI* – A REVIEW

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### ABSTRACT

Proper care for nutrition of child is our prime liability however, it is even more important for newborn babies as they are completely dependent on mother's milk. Nowadays due to modern life style, daily routine and diet pattern is also disturbed in pregnant women because of these most of the women have to deal with many minor and major diseases during pregnancy ultimately the child has to face many diseases from the vitiated milk (*Stanya*) of the mother. Causes, types and diseases due to vitiated milk are depicted in our classical literature and also mentioned various herbal drugs to treat *Stanya Dushti*. Herbal medicines are safe for both mother and child. In this review article we compiled information regarding *Stanya Dushti* and *Stanyashodhana Dravya*. As expected which will be useful multidimensionally.

**KEYWORDS:** *Stanya*, *Stanyadushti*, *Stanyashodhaka dravya*, vitiated milk.

### MATERIAL AND METHODS

For this review article all the classical literature, text books, modern literature and journals related to the subject were thoroughly studied.

### AIMS AND OBJECTIVES

1. To know the causes and types of *Stanya Dushti*.
2. To understand *Stanyadushtijanya roga*.
3. To emphasis role of herbal medicine in *Stanyashodhan*.

## INTRODUCTION

Due to adaption of western life style and more expose towards anxiety and stress the women facing many problems from them *Stanya Dushti* is a major problem which affects the health of both the mother and the child, but the newborn is more affected by it.

The child should always be provided only pure(normal) breast milk, because vitiated(abnormal) milk can produce various disorders in the child. *Charaka* has described properties and examinations of pure milk, according to its physical properties. The normal milk must be of natural colour, smell, taste and touch, and should be mixed completely in water. Normal milk provides health and strength. However, *Charaka* has not mentioned the natural colour of milk. But *Sushruta* opines that pure milk must be *Pandura*(yellowish white) in colour and *Madhura*(sweet) in taste.<sup>[1]</sup>

*Acharya Charaka* has mentioned a group of drugs that is *Stanyashodhaka Mahakashaya* containing 10 useful drugs that is- *Patha, Mahoshadha, Devdaru, Nagarmotha, Murva, Guduchi, Indrayava, Kiratikta, Kutki, Sariva* for purifying vitiated breast milk.<sup>[2]</sup>

## FORMATION OF BREAST MILK

After delivery the breast – milk is formed, which nourishes the child, is like a nectar, and very important for growth and development of the child, the mother feeds the child with her breasts. The *Rasa Dhatu* reaching breasts is transformed as breast-milk, thus breast- milk is said to be essence or *Upadhatu* of *Rasa*, it is a seat of life(*Pranayana*); after delivery on third of fourth day the milk appears in breasts due to dilatation of their blood vessels, the quantity of breast milk(excerted at one time) is two *Anjali*(about 1 ounce). Affection to the child is most important for milk ejection.<sup>[3]</sup>

## General Etiopathogenesis of *Stanya Dushti*

Due to indigestion, consumption of non – congenial, incompatible food, over – eating, use of over salty, sour, hot, alkaline, humid or putrified articles, diseases of body or mind, day-sleeping, use of wine, lack of exercise, trauma, anger, over use of cleansing measures etc. various causes, the *Doshas* get aggravated, then moving through milk carrying channels vitiate the milk.<sup>[4]</sup>

Types of *Stanya Dushti* As Per Various *Acharya*<sup>[5]</sup>

<i>Samhita</i>	<i>Dosha</i>	<i>Types</i>		
Charaka	Vataj(3)	Virasa	Phensanghata	Rukshta
	Pittaj(2)	Vivarnata	Daurgandhya	-
	Kaphaj(3)	Atisnigdha	Pichchila	Guruta
Harit	Vataj(1)	Alpakshirata		
	Pittaj(2)	Ushnakshirata	Amlakshirata	
	Kaphaj(2)	Ghanakshirata	Ksharashirata	
Ashtanga Hriday	Vataj			
	Pittaj			
	Kaphaj			
	Sannipataj			

Diseases Caused By Various *Stanyadushti* As Per *Charak Samhita*<sup>[6]</sup>

<i>Dosha</i>	<i>Types of Stanyadushti</i>	<i>Disease Caused By Stanyadushti</i>
Vataj	Virasta	Krish(thin), obstructed growth
	Phensanghat	Kshamswara (low pitch of voice), Baddhavinmutrata (obstruction in urine and stool), Sirahshoola (headache), Peenas (cold)
	Rukshta	Balahani (low immune power/weakness)
Pittaj	Vaivaranya	Vivarnagatra (discolouration), Trisha (Thirst), Nityaushnasharir (hot in touch), loose stool, sweating
	Daurgandhya	Pandu (anemia), Kamla (jaundice)
Kaphaj	Snigdha	Chhardi(vomiting), Lalasrava (salivation), Swasa (difficult breathing), Kasa(cough), Tamak swasa(asthma)
	Pichhila	Lalasarava(salivation), swelling on face and eyes
	Guru	Hridaroga(heart diseases)

Pharmacognosy of Drugs Under *Stanyashodhak Mahakashaya*<sup>[7]</sup>

<b>Drugs</b>	<b>Latin Name</b>	<b>Family</b>	<b>Synonyme</b>
Patha	<i>Cissampelos pareira</i> Linn	Menispermaceae	Ambastha, Vartikta
Shunthi	<i>Zingiber officinale</i> Rosc.	Zingiberaceae	Mahoshadha, Nagar
Devdaru	<i>Cedrus deodara</i> (Roxb.) Loud.	Pinaceae	Bhadradaru, Surbhurhu
Nagarmotha	<i>Cyperus rotundus</i> Linn.	Cyperaceae	Motha, Mustak
Murva	<i>Marsdenia tenacissima</i>	Asclepiadaceae	Tiktavalli
Guduchi	<i>Tinospora cordifolia</i>	Menispermaceae	Amruta, Vatsadini
Indrayava	<i>Holarrhena antidysenterrica</i> (Linn)Wall.	Apocynaceae	Vatsak, Girimallika
Kiratikta	<i>Swertia chirayita</i> Roxb.	Gentianaceae	Kirata, Chirayta
Kutki	<i>Picrorhiza kurroa</i> Royle ex Benth	Picrorhiza	Katurohni, Matsyashakla
Sariva	<i>Hemidesmus indicus</i>	Asclepiadaceae	Utpalsariva, Gopvalli

Pharmacodynamics of Drugs Under *Stanyashodhaka Mahakashaya*<sup>[8]</sup>

Drugs	Rasa	Guna	Veerya	Vipaka	Doshakarma	Chemical constituents
<i>Patha</i>	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridoshashamaka</i> especially <i>Kaphapittashamaka</i>	Pelosine or Bebeerine, Cyclein
<i>Shunthi</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kaphavatashamaka</i>	Zingiberene, Gingerin, Shogaol
<i>Devdaru</i>	<i>Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatashamaka</i>	Sesquiterpene
<i>Nagarmotha</i>	<i>Tikta, Katu, Kshaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittashamaka</i>	-
<i>Murva</i>	<i>Tikta, Kashya</i>	<i>Guru, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridoshashara</i>	-
<i>Guduchi</i>	<i>Tikta, Kshaya</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshashamaka</i>	Berberine, Giloin
<i>Indrayava</i>	<i>Tikta, Kshaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittashamaka</i>	Conessin
<i>Kiratikta</i>	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridoshashamaka</i> especially <i>Kaphapittashamaka</i>	Mangiferin, Gentianine
<i>Kutki</i>	<i>Tikta</i>	<i>Ruksha, Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>	Picrorhizin, Kutkin
<i>Sariva</i>	<i>Madhura, Tikta</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Tridoshashamaka</i>	P-Methoxy salicylic aldehyde, B-sitoserol

## DISCUSSION

In *Stanyashodhan Mahakashaya* nine out of ten drugs having mainly *Tikta Rasa*. According to *Acharya Charaka Tikta Rasa* act as a *Stanyashodhaka*.<sup>[9]</sup> In etiopathogenesis of *Stanyadushti* Indigestion, overeating etc. plays important role which has been previously described. *Acharya Charaka* also mentioned *Deepan, Pachana Karma* of *Tikta Rasa* so *Tikta Rasa* plays important role in *Stanyashodhana* and breaks the pathogenesis of *Stanyadushti*. In *Stanyashodhana Mahakashaya* majority of drugs having *Ushna Veerya* and *Katu Vipaka*. We discussed *Stanya* is vitiated by *Tridosha*. Although symptoms of *Kaphaj Stanyadushti* is more common. In *Stanyashodhana Mahakashaya* five drugs act as a *Tridoshashamaka* in which two is especially mentioned as *Kapapittashamaka*, total five drugs depicted as *Kaphapittahara* here only two drugs especially act as a *Kaphavatashamaka*.

## CONCLUSION

Diseases due to *Stanyadushti* is very common in children who depends on mothers milk. Only *Ayurveda* gives a safe and effective way to treat them by the help of *Stanyashodhaka Dravya* of *Stanyashodhana Mahakashaya* we can save childs easily from diseases caused by *Stanyadushti*.

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