

**STANAVAHA SROTASA AND STANYAVAHA SROTASA:
CONCEPTUAL STUDY**

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ABSTRACT

Ancient *Acharyas (vaidhya's)* have been used 2 terms, *Stanavaha srotasa* and *Stanyavaha Srotasa*. The *Stanyavaha Srotasa* is one of the orifice (opening) of females explained by *Acharyas Sushruta, Sharangdhara & both Vagbhata* which comes under *Bahirmukha Strotasa*. The word *stana* means breast, diseases related to breast are *Stanakilaka, Stanvidradhi* etc but this disorders do not occurs in young girls and in women who have never conceived due to constricted *Stangata Dhamanis*. The hormones estrogen & progesterone influence in breast development. The second one is *Stanyavaha strotas*. It is milk carrying channels in the breast of lactating mother. *Acharya Kashyapa* in *Kashyapa Samhita* mentioned that "*Payovahini srotansi*" means channels carrying milk during lactation. In the modern view we can

correlated *Stanyavahi Sira* or *Dugdhavahini Sira* with mammary ducts. Behind nipples, lactiferous duct dilates to form Ampula where the milk is stored & lactiferous sinus carry milk during lactation. These *Stanya Pravrutti* also proved Ancient *Acharya* like *Sushruta* in *Sushrut Samhita* mentioned a *Shloka*.

KEYWORDS: *Payovahini srotansi, Stanyavahi Sira, progesterone, lactiferous sinus & duct, oxytocin, prolactin.*

INTRODUCTION

Our Ancient *Acharyas* mentioned nine *Bahirmukh Srotasa* which called as *Randhra* (opening & holes) & in females 12 *Bahirmukh Srotasa* found out of extra 3 *srotasa* 2 found in *Stana* (breasts) & one in each breast & one *srotasa* found in *Raja* (*Rajavaha Srotasa*).^[1]

Stanyavaha srotasa are found only in females which are important *Srotasa* & are two in numbers, these *Srotasa* carries milk during the lactation period only so its importance expose only when mother is lactating.^[2] In women who have never conceive & in young girls the *Stanagata Dhamanies* are constricted due to these *Doshas* do not travel. Due to constrictions or narrowness of *Dhamanies* of breast, milk secretion does not occurred.^[3] On the other hand in pregnant or puerperal women the *Doshas* are facialated to move and due to natural dilation of orifices of the *Dhamanies* (which carries milk) of breast milk secretion and lactation begins.^[4]

This might be the reason to mention *Yogvahi Srotasa* as by any ancient *Acharyas*.

स्तन्य प्रवर्तन :-

तदेवापत्यसंस्पर्शाद्यर्शनात् स्मरणादपि ।

ग्रहणाच्च शरीरस्य शुक्रवत्संप्रवर्तते ॥

स्नेहो निरन्तरस्तत्र प्रसवे हेतुरुच्यते ।

.....सु.शा १०/२२^[5]

As mentioned in Abstract *Acharya Sushruta* proved in above *Shloka* that affection towards child (*Prem, Sneha*) is the main cause of ejection of milk, in modern science *Sneha* can be correlated with oxytocin, hormone oxytocin is responsible for love & affection. Prolactin is milk producing hormone.

Stanvaha Srotasa

Stana - Nirmiti – *Matrija avayava*.

Situation – *Uraha* (chest),

Dosha- *Kapha*,

Dhatu – *Rasa*,

Updhatu – *Stanya* (milk).

Mula – Lactation glands.

Marga- Lactiferous ducts.

Mukha- Nipples.^[6]

Stana meant for breast tissue or itself breasts. Our Ancient *Acharayas* described disease related to this is *Stanavidradhi*, *Stanakilaka (Stanashotha)*.^[7] According to *Sushruta Acharya* *Stana* itself “*Moola*” of *Shukravaha Srotasa*.

The breast (*Stana*) are bilateral (2 in number) & accessory reproductive organs as the glands are concerned with lactation following child birth. *Stana* containing *Dugdhavahini Nadi* Constitutes *Bahirmukh Srotasa*. Each *Stana* contain 5 muscles which develops in adolescence. Women posses 2 *Dhamanies* to carry *Stanya* the breasts similarly to those carry *Shukra* (sperms) in males.^[8] Breast tissue is sensitive to the cyclic changes of hormones estrogen & progesterone. Estrogen & progesterone help to develop breast. Due to this in postmenopausal women the breast lobules & ducts atrophy because of reducing estrogen.^[9]

Stana are rudimentary in males but in females they enhance their beauty & have importance as sexual organ.

Stanyavaha Srotasa

Though *Stanyavaha Srotasa* is not described by our ancient scholars but its presence studied by many references specially by *Acharya Kashyap* mentioned term “*Payovahini srotansi*” means channels (*Srotas*) carrying milk during lactation.^[10]

- *Sushruta* mentioned 12 *Bahirmukha Srotasa*.^[11] *Stanyavaha Srotasa* for milk carrying channels. *Sushruta* says due to *Vikruta kaphasa* milk *dushti*, *srotasa* filled fully causing *Shwasa*, *Kasa*, *Chardi* in child also mentioned synonymes for milk *Ksheera Stanya*.^[12]
- *Acharya Harita* mentioned that pressure causing birth of child during parturation purify “*Strotasa*” and channels of milk ejection.^[13]
- *Acharya Charaka* describe 8 types of defects in *Stanya roga & doshas* reaching the milk carrying channels & affected milk.^[14]
- *Jeevaka* says when a wet nurse swallows the *Vajra* means any foreign body then this *Vajra* is neither pre-digested nor digested reaches milk carrying vessels of breasts due to dilations of *srotasa (Stanyavaha Srotasa)*. This *Varja* produces abnormality in breast. This *Vajra* gets moistened by giving *Ghee* to patient & propelled by suction (*Vajra*) alone with *Rasa*.^[15]

- In surgical treatment of *Stana Vidradhi* instrumentation should be done protecting *Dugdhavini nadis*, areola & nipples mentioned by *Sushruta*.^[16]

Hence from above references it is cleared that *Stanyavaha sira* or *Dugdhavahini Sira* are the *Mulas* of *Stanyavaha Srotasa*.

Oxytocin (correlation with *Sneha*)

Oxytocin hormone is actually related in “*Sneha*” factor. *Sneha* factor correlated with oxytocin in modern view oxytocin hormone is related with love & affection in human beings.^[17]

Therefore affection towards child the main cause of ejection of milk during lactation which produced due to hormone oxytocin (*Sneha*).

Affection towards women causes semen ejaculation in men due to hormone oxytocin.

CONCLUSION

1. *Acharya Kashyapa* mentioned “*Payovahini srotansi*” are milk carrying channels & *srotansi* by different *Acharyas* These *Srotas* activated following delivery, when women start lactation. *Stanyavaha Sira (Dugdhavahini Sira)* is the *Moola* or origin of *Stanyavaha Srotasa* proved by different references.
2. *Stana* words refer to breast tissue. Due to its sexual importance *Stana* is *Moola* of *Shukravaha Srotasa*. According to *Sushruta & Vagbhata* *Stanvaha Srotasa* is comes under *Bahirmukh Srotasa* & it also has importance as sexual organ in females & anatomical point of view as well. *Sneha* is responsible for ejection of milk produced by hormone oxytocin. Oxytocin is hormone which produce affection towards child causes ejection of milk, similarly like this concept of *Stana Pravriti* mentioned by ancient *Acharayas* is very scientific. Similarly affection towards women cause semen ejaculation in men is also due to hormone Oxytocin which is responsible for affection & love in mammals or human being.

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