

**STANYAJANAN DRUGS IN BHAVPRAKASHA NIGHANTU - A REVIEW
ARTICLE**

Dr. Chitrarekha S. Uike*¹ and Dr. S. T. Landge²

P.G. Scholar¹, H.O.D. & Assistant Professor²,

Department of Dravyaguna, Shri Ayurved Mahavidyalaya, Nagpur.

Article Received on
25 June 2019,

Revised on 15 July 2019,
Accepted on 04 August 2019,

DOI: 10.20959/wjpr201910-15645

***Corresponding Author**

Dr. Chitrarekha S. Uike

P.G. Scholar, Department of
Dravyaguna, Shri Ayurved
Mahavidyalaya, Nagpur.

ABSTRACT

Lactation mean's the secretion of milk from the breast. Milk production is essential for optimal feeding of baby. It gives lifetime immunity, growth and essential development through its nutrition. Now a day's *Stanyakshaya* is a very common problem faced by no of young ladies. Malnutrition, Bowl problem infectious, Morbidity, Childhood obesity, Type 1and Type 2 diabetes and Sudden Infant death syndrome like conditions suffered by neonates. In *Ayurvedic* texts "Amrut" word is used as synonym of "Stanya" which itself denotes the importance of *stanya*. Also *Ayurvedic* classics book is very well quoted for

importance of breast milk for the neonates. In this review article my attempt is to present a portion of *Stanyajanan* drugs mentioned in *Bhavprakasha nighantu* and highlight the need of that drugs as well as understand concepts of action of *stanyajanan dravya*.

KEYWORD: *Stanya*, Growth and development, *Stanyakshaya*, *Stanyajanan* drugs, *Bhavprakasha nighantu*.

INTRODUCTION

Women are support system of each and every family. Mother milk is the best nutrition for every neonate as well as child and it contains all the nutrients for well development of baby. It is a best god gift for neonates and children. Impact of western lifestyle, dietary habits and misconception among young ladies that due to breast feeding she become fatty and less beautiful this triggering factors leads she not to feed own baby. Due to these causes stress and strain induced a hormonal imbalance which readily results into much dangerous conditions such as *stanyakshya*.

Meaning of *Stanya*

“*Rasaprasado madhuraha pakvaaharnimittajaha |*

Krutsandehatsanoo prapya stanyaityabhidiyate ||”

- *Su.Su.10/18*

In *sadhyaprasuta* the sweet essence part of this *rasa* circulating in the whole body gets collected in the breast and is termed as *stanya*.

Properties of *Shudha Stanya*

“*Avyahatbalaangaayurrogo vardhate sukham/*

Shishudhatrayornapatiha shudhakshirasya lakshanam||”

- *Ka. Su. 19 Pu.*

Milk which without any interruption in her baby's energy, all organs development *Aayu* as well as disease free stage increases and child feel happy during and after feeding, are the properties of *Shuddha Stanya*.

Distribution of *Stanya*

“*Striya hyapanann garbhayastridhaa rasaha pratipadyate|*

Swasharirpushatye stanyay garbhavrudhaye cha||”

- *Ca. su. 6/23*

The properties for lactation starts during pregnancy. The *aahar* consumed by *Garbhini* is utilised for three main functions: *Swasharirposhana*, *stanya* formation and *garbhaposhana*.

In *Ayurvedic* classics it can be derived that *stanyakshaya* is a condition occurring due to four main factors:-

1. *Rasa Dhatukshaya*
2. *Agni mandyata* (*Jatharagni* and *Rasdhatvagnimandhyata*)
3. *Stanavaha strotoavrodha*
4. *Maansik abhava* (*Shoka*, *Bhaya*, *avaatsalya*)

Causes of *Stanyanasha* / *Stanyanasha*

“*Kroodhashokaavatsalyaadinhishach striyaha stanyanaasho bhavati |*”

- *Su. Sha. 10/30*

Kroodha, *shoka*, *avatsalya* are causes of *stanyanasha*.

Symptoms of Stanyanasha

“*Stanyakshaye stanayamlanata stanya sambhavoalpata va* |

- *Su. Su. 25/16*

Apart from absence or decrease also quantity of *stanya*, Acharyas have also enumerate *stanyamalnta* as a symptoms of *stanyakshaya*.

MATERIAL AND METHODS

Stanya which is secreted through *stanya*.

Nirmiti – *Matruj avayava*.

Dosha – *Kapha*.

Dhatu – *Rasa*.

Updhtu – *Stanya*.

Strotasa – *Rasa, Rakta, Stanyavaha*.

Stanya is formed by all above factors according the classics text *stanya* is *updhatu* of *rasa dhatu*. After proper digestion and utilization of *aahar* by *jaatharagni* and *dhatvagni* *rasa* is formed.

List of Stanyajanan drugs and Pharmacological properties in Bhavapraksha nighantu.

Sr.No	Drug name	Latin Name	Family	Rasa	Guna	Veerya	Vipaka
1.	<i>Karpasi</i>	<i>Gossypium herbaceum</i> , Linn.	<i>Malvaceae</i>	<i>Madhur (Beeja)</i>	<i>Snigdha</i>	<i>Kinchita Ushna</i>	<i>Madhur</i>
2.	<i>Gundra</i>	<i>Typhaangustata</i> Bory and Chaub.	<i>Typhaceae</i>	<i>Kashaya, Madhur</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Madhur</i>
3.	<i>Vidarikanda</i>	<i>Pueraria tuberosa</i> , DC.	<i>Fabaceae</i>	<i>Madhur</i>	<i>Snigdha, Guru</i>	<i>Sheeta</i>	<i>Madhur</i>
4.	<i>Shatavari</i>	<i>Asparagus Racemosus</i> , Wild.	<i>Liliaceae</i>	<i>Madhur, Tikta</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhur</i>
5.	<i>Kadamb</i>	<i>Anthocephalus cadmba</i> , Miq.	<i>Rubiaceae</i>	<i>Madhur, Kashaya</i>	<i>Guru, Ruksha, Sar</i>	<i>Sheeta</i>	<i>Madhur</i>
6.	<i>Nyagrodha</i>	<i>Ficus bengalensis</i> , Linn.	<i>Moraceae</i>	<i>Kashaya</i>	<i>Guru, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>
7.	<i>Udumbar</i>	<i>Ficus glomerata</i> , Roxb.	<i>Moraceae</i>	<i>Madhur, Kashaya</i>	<i>Ruksha, Guru</i>	<i>Sheeta</i>	<i>Katu</i>
8.	<i>Ashvathaa</i>	<i>Ficus religiosa</i> , Linn.	<i>Moraceae</i>	<i>Kashaya, Madhur</i>	<i>Guru, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>
9.	<i>Parisha</i>	<i>Thespesia populnea</i> , Soland.	<i>Malvaceae</i>	<i>Root-Madhur Fruit- Aaml, Majja-Kashya</i>	<i>Snigdha, Laghu</i>	<i>Sheeta</i>	<i>Katu</i>
10.	<i>Plaksha</i>	<i>Ficus infectoria</i> , Roxb.	<i>Moraceae</i>	<i>Kashaya</i>	<i>Guru, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>

DISCUSSION

By studying all these drugs it is shown that *Jeevaniya gana*, *Medamahameda* and enlisted above drugs it can be interpreted that some drugs are *Madhur rasa* and *Kashaya rasa*. Almost all drugs are *Madhur vipaka* only *Panchavalkal* are *Katu vipaki*. All drugs possess *Shetaa veerya* except *Karpasa* which is *Ushana (Kinchit) Veeryatmak. Guru, Snigdha* are properties of most of these drugs.

Stanya is the *Updhatu* of *Rasa dhatu*. In *stanyakshaya* there is *kshaya* as well as *dushti* of *rasa dhatu*. *Madhur rasa* have *guru, sheeta, snigdha* properties. It acts as *Vatshamak* with its *guru, snigdha guna*. It is *Saptadhatuwardhaka, Balyakar, Brihana*, so ultimately it increases *Stanya* results into *Stanyavidhi*.

Drugs which having *Katu vipaka* and *ushan veerya* induces *agnidipan, aampachan* and also *dhatva agnidipan* by this *strotoshodan Guna* ultimately *dhatu poshan* has been occurred in mothers. In this way proper and *shuddha nirmitti* of *stanya* has been placed which ultimately results into lowering the worst conditions related to PPH and most importantly forming a lifelong bond between mother and her child.

CONCLUSION

Stanyajanan drugs are safer and effective as they are herbs in origin. These drugs are used in *stanyakshya* cases due to its properties, promotive effect and stimulant of breast milk. Due to these drugs; *shudhha stanya* resulting into in build immunity of children's which indirectly leads to good progeny.

These drugs have no side effect so it can be used in lactating mothers. Efficacy of these drugs would further be elaborated through Pre-clinical and Clinical studies; which may prove beneficial to the Community.

REFERENCES

1. Chunekar Krishnachandra. Bhavaprakash Nighantu. Rev. ed. Varanasi, Chaukhambha Bharti Academy, 2010.
2. Agnivesha, Charaka, Dridhabala, Charak Samhita, Edited by Ravidatta Tripathi, Reprint edition, Chaukhamba surbharti prakashan, Delhi, 2011.
3. Dr. Anantram Sharma, Sushrut Samhita (Susrutavimarshani- Hindi commentary) Chaukhambha Surbharati Prakashan, Varanasi, 2001.

4. Harishastri Paradakara Vaidya, Ashtangahridayam, Sarvanga sundari commentary of Arunadatta and Ayurveda rasayana commentary of Hemadri, 9th Edition, Varanasi: Chaukhambha Orientalia, 2005.
5. Pandit Hemraj Sharma, Kashyap Samhita (Vruddhya Jivkiya Tantra) Poorvakhanda, Chaukhambha Sanskrit Sansthan, Varanasi.
6. Yadunandan Upadhyaya, Madhav nidana, 31st edition, Chaukhambha Sanskrit series, Varanasi, 2002.
7. Gogate VM, Ayurvedic Pharmacology and Therapeutic uses of medicinal plants (Dravyagunavigyana), Mumbai: Bharatiya Vidhya Bhavan, 2000.
8. Sharma P.V., Classical uses of Medicinal Plants, 1st edition, Varanasi: Chaukhambha Visvabharati Prakashana, 1996.
9. Priyavrata Sharma, Dravyaguna vigyana, IInd part, Chaukhambha Bharti Akadami, Varanasi, 2013.