



ISSN 2456-3110

Vol 8 · Issue 9

September 2023

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

Indexed

# Role of *Stanya Shodhana Mahakashya* in the treatment of *Stanyadushti* - A Case Report

Neha Dixit<sup>1</sup>, Poonam Choudhary<sup>2</sup>

<sup>1</sup>PhD Scholar, Dept. of Prasuti Tantra evum Stri Roga, National Institute of Ayurveda, Jaipur, Rajasthan, India.

<sup>2</sup>Assistant Professor, Dept. of Prasuti Tantra evum Stri Roga, National Institute of Ayurveda, Jaipur, Rajasthan, India.

## ABSTRACT

**Background:** Breast milk is a prime source of nourishment and immunity of the baby. The concept of "*Stanya Dushti*" refers to the impact of diet and activities of a mother on quantity and quality. *Sushruta* describe that the pure milk is cold, clean or free from impurities, whitish yellow or white free from discoloration. If *Stanya* exhibits abnormalities in its color, smell, taste it will be impure and may be referred to as *Dushta*. This *Stanya* can't provide nourishment and good health to child. **Methodology:** A 34 years old second gravida patient deliver an alive full term male child of weight 2.82 Kg. extracted as vertex presentation on 19/4/2023 by caesarian section. During breast feeding, she noticed that her milk was blackish in color and her child regurgitate this milk just after feeding, so she stopped breast feeding. On her complaint breast milk culture was advised which was found normal. She was treated with *Stanya Shodhanagana Kashya* for 3 days in the 20 ml dose BD. **Result:** Her breast milk appeared white only after 3 days of treatment and baby has not regurgitated milk again. **Discussion & Conclusion:** *Stanya Shodhana Mahakashya* includes 10 herbs - *Patha, Shunthi, Devdaru, Musta, Murva, Guduchi, Vatsakphal, Kiratatikta, Katurohini & Sariva*. Mainly its contents possess *Tikta, Katu Rasa* which has *Deepana Pachan* properties thus help in proper function of *Agni* & facilitate proper *Ahara Pachan Kriya*. Proper *Utpatti* of *Rasadi Dhatu* facilitates adequate *Utpatti* of *Updhatu Stanya*. So, it can be concluded that *Stanya Shodhanagana Kashya* is beneficial in improving the quality of breast milk as its name suggests.

**Key words:** *Stanya, Stanyadushti, Stanyashodhana Mahakashya*

## INTRODUCTION

Breast milk is the only source of nutrition for newborns. Human milk contains many hundreds to thousands of distinct bioactive molecules that protect against infection and inflammation and contribute to immune maturation, organ development, and healthy microbial colonization.<sup>[1]</sup> Due to ability to offer adequate nutrition and a variety of bioactive health

elements, human breast milk is considered as the ideal for newborn. Many studies suggests that Infants who are breastfed tend to have better health and immunological development, fewer gastrointestinal disorders, and lower death rates than those who are fed formula.<sup>[2]</sup> Althuneyyan DA *et al.* study demonstrate that the breast fed group showed a great number of average IQ test scores and better SI scores compared to bottle fed group.<sup>[3]</sup> These studies show that breast milk is essential and initial source of nutrition in newborn babies. Perhaps this is the reason *Piyush* (Nectar) is a synonym of breast milk. The value of breast milk has been outlined by numerous Acharyas in Ayurveda.

*Kashyap Samhita* states that pure breast milk gives unimpeded strength, longevity, growth, and development to child and also to the mother or wet nurse.<sup>[4]</sup> Acharya Charak has been described qualities of normal breast milk under the heading "*Shudha Stanya*". The milk that is normal in colour, smell, taste,

### Address for correspondence:

Dr. Neha Dixit

PhD Scholar, Dept. of Prasuti Tantra evum Stri Roga, National Institute of Ayurveda, Jaipur, Rajasthan, India.

E-mail: nehadixit0411@gmail.com

Submission Date: 06/07/2023

Accepted Date: 17/08/2023

### Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: [10.21760/jaims.8.9.30](https://doi.org/10.21760/jaims.8.9.30)

and touch dissolves entirely in water, is healthy for infants, and can be regarded as normal breast milk, according to Acharya Charak.<sup>[5]</sup> Ayurveda classics have emphasized on the aspect of abnormalities of breast milk and their consequences on infants and as well as on mothers. Vitiating in the normal qualities of *Stanya* is described as *Stanya Dushti*. In this study a case of *Stanya Dushti* is explained which is successfully treated with *Stanya Shodhana Gana Kashya*.

## CASE REPORT

This is a case report of 34 years old second gravida patient who delivered an alive full term healthy male child of weight 2.82 Kg. extracted as vertex presentation on 19/4/2023 by caesarian section. On 1<sup>st</sup> and 2<sup>nd</sup> day of post CS, she complained to pediatrician that her baby is not satisfying with her milk and dripping the milk during feeding. The baby was not diagnosed as any metabolic disorder or milk intolerance by pediatrician. So, the baby was initially on breast milk and formula milk. On 3<sup>rd</sup> day of Post CS she noticed that her milk was blackish in color and her child regurgitated this milk just after feeding, so she stopped breast feeding. On her complaint breast milk culture was advised on 22/4/2023 in which no pathogenic microorganism grown in culture which was quite obvious because patient was on IV antibiotic at that time.

On detailed history, she revealed that the milk was slightly discolored on first and second day, but she thought it was normal and would get better on its own. But when it started getting darker or blackish in colour she got scared and after that she informed. The patient's first child was also delivered by cesarean section and she not face any such problem in that pregnancy.

## Therapeutic intervention

On 1 and 2 day of Post CS, patient was on routine allopathic IV medication which include broad spectrum antibiotics. On 3 day of post CS, her IV line was stopped and she shifted to oral allopathic medication which included broad-spectrum antibiotic and analgesics. With this medication, on her complaint *Stanya Shodhana Gana Kashya* was advised morning and evening in 20 ml dose.

## Follow-up and outcome

From the second day of treatment, the color of milk started getting less dark and on the third day of treatment, the milk was completely turned into white in colour. After that patient not suffer with this problem. After 3 days, *Stanya Shodhana Gana Kashya* was stopped and on 7 day of post CS, patient was discharged. Patient visited OPD on seventh day after being discharged and she never had suffered this problem again.

## DISCUSSION

Elements of the body which are derived from *Dhatu* and which are not further subjected to any transformation are called *Upadhatus*.<sup>[6]</sup> The finest product of *Dhatu* metabolism is *Updhatus* and *Stanya* (Breast milk) is considered an *Updhatu* of *Rasa Dhatu*. According to Ayurveda, ingested *Aahara* converted into vital essence known as *Aahara Rasa* with the help of *Jatharagni* and this *Aahara Rasa* provides nourishment for these *Dhatu*. To metabolize the nutrients each of the seven *Dhatu* in the body has its own *Agni*. When *Aahar Rasa* arrives to *Rasa Dhatu*'s abodes through *Srotas*, by the action of *Rasdhavagni* it's provided nourishment to the *Rasa Dhatu* and its *Updhatu* i.e., *Stanya* and *Raja*, and also helpful in formation of next *Dhatu*. So, *Jatharagni* and *Dhatwagni* plays major role in *Dhatu* and *Updhatu* metabolism. Vitiating in *Jatharagni*, *Dhatwagni* and *Srotas* level lead to improper formation of *Rasa Dhatu* and its *Updhatu*.

Acharya Charaka has described the unique concept of *Maha Kashayas* which include 50 groups of decoctions. Each decoction comprise 10 herbs used to induce that action mentioned in the name of decoction. *Stanya Shodhana Mahakashya* is also one of them and as its name suggests it is effective in the management of *Stanya Vikruti* or we can say it is a galacto purifier. *Stanyashodhana Gana* consist *Patha* (*Cissampelos pareira* Linn.), *Shunthi* (*Zingiber officinale* Rosc.), *Devdaru* (*Cedrus deodara* (Roxb.) Loud.), *Mustak* (*Cyperus rotundus* Linn.), *Murva* (*Marsdenia tenacissima* W. &A.), *Guduchi* (*Tinospora cordifolia* (willd)), *Vatsakphal* (*Holarrhena antidysenterica* (Linn.) Wall.), *Kiratatikta* (*Swertia chirayita* (Roxb. Ex Flem.)

Karst.), *Katurohini* (*Picrorhiza kurroa* Royle ex Benth) and *Sariva* (*Hemidesmus indicus* R.Br.). Ingredients of *Stanya Shodhana Gana* possess *Tikta*, *Katu Rasa* and *Laghu Ruksha Guna* which has *Deepana* and *Ama Pachana* properties thus help in proper function of *Agni & Samyaka Ahara Pachana Kriya*. Proper *Utpatti* of *Rasadi Dhatu* facilitates proper *Utpatti* of *Uttarrotar Dhatu & Updhatu Stanya*. *Sariva* is also indicated in *Agnimandya* and *Aamvisha* condition. Acharya Vagbhatta has mentioned *Stanya Shodhana Karma* of *Tikta Rasa*. *Katu Rasa* is also having *Deepana*, *Pachana*, *Shodhana* and *Srotas Vivronti* properties which facilitate the proper formation of *Stanya*.

Most of the drugs of *Stanya Shodhana Gana* like *Guduchi*<sup>[7]</sup>, *Sariva*<sup>[8]</sup>, *Kutaki*<sup>[9]</sup>, *Kutaj*<sup>[10]</sup>, *Patha*<sup>[11]</sup>, *Shunthi*<sup>[12]</sup>, *Mustak*<sup>[13]</sup> and *Devdaru*<sup>[14]</sup> having anti-inflammatory, anti-bacterial, antifungal, anti-microbial, anti-oxidant and immunomodulatory activities which facilitates the detoxification of vitiated breast milk.

**CONCLUSION**

The unique concept of *Mahakashya* given by Acharya Charaka is the best possible drugs combination for that particular disease condition and *Stanya Shodhan Mahakashya* is one of them. On the basis of this study it can be concluded that *Stanya Shodhana Mahakashya* is effective in the treatment of *Stanya Dushti*, justifying its name.



On 1st Day of Treatment



On 2nd Day of Treatment



On 3rd Day of treatment

PATIENT TEST REPORT	
Patient Name : [REDACTED]	Registered On : 22-04-2023 12:28PM
Lab No. : JPB643571	Collected On : 22-04-2023 12:29PM
Age/Gender : 34 YEARS / FEMALE	Authorized On : 24-04-2023 10:20AM
Ref. Doctor :	Printed On : 24-04-2023 10:20AM
Date of Birth :	Barcode :
Passport No. :	LIS Number : 2101643571
Case Number :	
Client Name : National Institute Of Ayurveda Hospitals Jaipur	Page 1 of 1
MICROBIOLOGY	
Investigation	Result
Specimen	milk
<b>CULTURE FOR PYGNC.ORG. ROUTINE</b>	
Organisms Grown.	No pathogenic micro-organism grown in culture after 48 hours of aerobic incubation at 37 C.
<b>Interpretation:</b> Sensitive : Zone diameter is more than that mentioned in chart for particular drug. Intermediate : Zone diameter falls in between mentioned in chart for particular drug.(Partial) Resistant : Zone diameter is less than that mentioned in chart for particular drug. <b>Definitions:</b> Sensitive : Isolates are inhibited by the usually achievable concentration of anti-microbial agent when the recommended dose is used for the site of infection. Intermediate : It implies that isolates will be inhibited in body sites where the drugs are physiologically concentrated ( e.g. quinolones in urine) or when a higher than normal dosage of a drug are be used. Resistant : Isolates are not inhibited by the achievable concentration of the agent with normal dosage schedule.	
End of Report	

## REFERENCES

- Ballard O. and Morrow A. Human Milk Composition: Nutrients and Bioactive Factors, *Pediatr Clin North Am.* 2013 February; 60(1): 49–74.
- Lynos KE. et al. Breast Milk, a Source of Beneficial Microbes and Associated Benefits for Infant Health, *Nutrients.* 2020 Apr 9;12(4):1039. doi: 10.3390/nu12041039. PMID: 32283875; PMCID: PMC7231147.
- AlThuneyyan DA et al. The Effect of Breastfeeding on Intelligence Quotient and Social Intelligence among Seven- to Nine-Year-Old Girls: A Pilot Study. *Front Nutr.* 2022 Feb 18; 9:726042. doi: 10.3389/fnut.2022.726042. PMID: 35252287; PMCID: PMC8894195.
- Kashyapa samhita by Vrddha jivaka with sanskrita introduction by Pandit Hemaraja Sharma with vidyotini hindi commentary by Srisatyapal Bhisagacharya, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint 2013, Sutrasthana, chapter 19.
- Chraka samhita of Agnivesa with hindi commentary by kasinatha sastri, Chaukhambha Sanskrit Sanskrit sansthan, Varanasi, Reprint 2012, Sharirasthana C.Sh. 8/54, Page no. 848
- Saini M. et al. PHYSIOLOGICAL ASPECT OF UPDHATU AND FORMATION OF AARTAVA FROM RASADHATU, *WORLD JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH*, 2021,7(2), 119-124)
- Dhama K. et al. Medicinal and Beneficial Health Applications of *Tinospora cordifolia* (Guduchi): A Miraculous Herb Countering Various Diseases/Disorders and its Immunomodulatory Effects, *Recent Patents on Endocrine, Metabolic & Immune Drug Discovery* 2016, 10, 96-111
- Meena V. et al. SARIVA (HEMIDESMUS INDICUS): AN ANCIENT MIRACULOUS BREAKTHROUGH TO CURE ACNE VULGARIS, *world journal of pharmaceutical research*, 2017, 6(16).
- Manan N.M. et al. A review of the Ethano-pharmacological properties of kutaki (PICRORHIZA KURROA) with particular reference to the unani system of medicine, *The journal of oriental research madras*, August 2021, [Vol. XCII-XLVI]
- Mrinal and Navjeet singh. A Review on Pharmacological Aspects of *Holarrhena antidysenterica*, *Sch. Acad. J. Pharm.*, Dec, 2018; 7(12): 488-492)
- Singh S. and Nistheswar K. Review on *Cissampelos Pareira* & *Cyclea Peltata* (Patha Dwaya) - Phyto-Pharmacological Perspectives, *International Journal of Ayurvedic Medicine*, 2013, 4(4), 282-289
- Naik S.S. et al. SUNTHI (ZINGIBER OFFICINALE) - A MIRACLE DRUG, *World Journal of Pharmacy and Pharmaceutical Sciences*, 2021,11(1):2081-2092
- M. Nagarajan et al. Pharmacology of *Ativisha*, *Musta* and their substitutes, *Journal of Ayurveda & Integrative Medicine* | April-June 2015 | Vol 6 | Issue 2 (121-133)
- Gupta S et al. Phytochemistry and Pharmacology of *Cedrus Deodera*: An Overview, *IJPSR* (2011), Vol. 2, Issue 8,2010-2020

**How to cite this article:** Neha Dixit, Poonam Choudhary. Role of Stanya Shodhana Mahakashya in the treatment of Stanyadushti - A Case Report. *J Ayurveda Integr Med Sci* 2023;09:183-186.

<http://dx.doi.org/10.21760/jaims.8.9.30>

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*