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***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 Proffessor2, Department of Dravyaguna, Shri Ayurved Mahavidyalaya, Nagpur.

# ABSTRACT



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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 nutrion. 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



**\*Corresponding Author Dr. Chitrarekha S. Uike**

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

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. | *Karpasi* | Gossypium herbaceum, Linn. | *Malvaceae* | *Madhur (Beeja)* | *Snigdha* | *Kinchita Ushna* | *Madhur* |
| 2. | *Gundra* | Typhaangustata Bory and Chaub. | *Typhaceae* | *Kashaya, Madhur* | *Snigdha* | *Sheeta* | *Madhur* |
| 3. | *Vidarikanda* | Pueraria tuberosa, DC. | *Fabaceae* | *Madhur* | *Snigdha, Guru* | *Sheeta* | *Madhur* |
| 4. | *Shatavari* | Asparagus Racemosus, Wild. | *Liliaceae* | *Madhur, Tikta* | *Guru, Snigdha* | *Sheeta* | *Madhur* |
| 5. | *Kadamb* | Anthocephalus cadmba, Miq. | *Rubiaceae* | *Madhur, Kashaya* | *Guru, Ruksha, Sar* | *Sheeta* | *Madhur* |
| 6. | *Nyagrodha* | Ficus bengalensis, Linn. | *Moraceae* | *Kashaya* | *Guru, Ruksha* | *Sheeta* | *Katu* |
| 7. | *Udumbar* | Ficus glomerata, Roxb. | *Moraceae* | *Madhur, Kashaya* | *Ruksha, Guru* | *Sheeta* | *Katu* |
| 8. | *Ashvathaa* | Ficus religiosa, Linn. | *Moraceae* | *Kashaya, Madhur* | *Guru, Ruksha* | *Sheeta* | *Katu* |
| 9. | *Parisha* | Thespesia populnea, Soland. | *Malvaceae* | *Root-Madhur Fruit- Aaml,*  *Majja-Kashya* | *Snigdha, Laghu* | *Sheeta* | *Katu* |
| 10. | *Plaksha* | Ficus infectoria, Roxb. | *Moraceae* | *Kashaya* | *Guru, Ruksha* | *Sheeta* | *Katu* |

# 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 *Saptadhatuvardhaka, Balyakar, Brihana*, so ultimately it increases *Stanya* results into *Stanyavridhi*.

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 nirmiti* 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.

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