

## EFFECT OF KARPURADI CHOORNA IN STANYAKSHAYA - A SHORT CASE REPORT

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### ABSTRACT

Stanya khaya is the most common threat to a newborn and its lactating mother. This incidence had been estimated to range from 23% to 36% during the first 4 months after delivery<sup>[3]</sup> Due to hectic and stressful life many lactating mothers are facing problem of Stanyakshaya (Lactation insufficiency/Deficiency). Due to it, many mothers use alternative food/milk instead of breast milk which is harmful to health of babies. Case Study: A 33yr old female, Housewife by occupation suffering from stanyakshaya and she was given 5gm of Karpuradi choorna treated with a glass of 100ml Godugdha, Cow's milk twice a day. In mother Stanamlanata and Stanya praman parameters were assessed, while in baby Malapravrutti, Sharira bhara vrudhhi, Rodan, Dehydration and Nidra parameters were assessed. Results & Discussion: Parameters improved gradually and at the end of day 30 all parameters in mother and baby were found within normal limits. Drug used for treatment were having Katu rasa, katu vipaka, ushna virya, effects on tridosha, balances kapha and vata, Stanyajanana etc. Properties which helped to nourish impaired Rasa dhatu and to increase stanya pramana (lactation). Conclusion: Rasa dhatwagnimandya and Rasa dhatukshaya are most common factors in samprapti of Stanyakshaya and same should be corrected to increase Stanya pramana as Stanya is upadhatu of Rasa dhatu. Same treatment plan may not be helpful in each and every patient of Stanyakshaya.

**KEYWORDS:** Stanyakshaya, Karpuradi choorna, Stanamlanata, Stanya praman.

### INTRODUCTION

Breast milk is the nector to the child, which gives many benefits to both mother and child. WHO recommends exclusive breastfeeding for the first six months of life, after which "infants should receive nutritionally adequate and safe complementary foods while Breastfeeding continues for up to two years of age or beyond. Furthermore, "Breastfeeding should be continued for at least the first year of life and beyond for as long as mutually desired by mother and child. Breast feeding promotes close physical and emotional bonding between the mother and child leading to better parent-child adjustment. It is clean, uncontaminated, contains several anti infective factors that protect baby from infection. It enhances development and intelligence. Breast feed infants have higher intelligence, social & psychomotor capabilities.<sup>[1]</sup>

In Ayurveda Classics, Stanya has an Irreplacable importance and is also termed as Dugdha, Kshira, Payas, Stanya, Balajivan.<sup>[2]</sup> Various Acharyas have opined their views on the Formation of Stanya, as the the opinion of

Acharya Sushrut, After digestion of food the rasa is formed. Sweet essence, a part of this rasa, circulating though entire body by the action of vyana vata reaches breasts and is termed as stanya. Rasa and stanya both are derived from essence of rasadhatu<sup>[3]</sup> However, In Astangasangraha while describing garbhaphoshana, said that from the ahararasa itself stanya is formed.<sup>[4]</sup> Raja and stanya both are the derived from the essence part of rasa and stanya is upadhatu of rasadhatu.<sup>[5]</sup> So in the above description, formation of stanya from ahara-rasa and rasa dhatu is mentioned. Thus, It is the best gift a mother can give her baby. Breast feeding is the ideal form of infant feeding and is crucial for lifelong health and well being However, Due to adaptation of Western culture, women get exposed to stress and strain., leading to Lactation Deficiency. It is well known that, Lactation is the process associated with psychosomatic condition and life style, Lactation Deficiency i.e Stanya kshaya is the one of the most common problem in day to day life of PNC women due to stress and busy Schedule. In Asian & Tropical countries like India prevalence of lactational deficiency may be 30-40%. In poor socio

economic, illiterate community of India, feeding can be make the difference between the life and death of baby. The infection rate is high in top feed (bottle feed) babes. Once the baby is malnourished, falls in more often and the infectious are more severe. Diarrhea and respiratory disease are more common causes of the largest number of the death.<sup>[11]</sup> In these circumstances, galactogogue drugs can play vary valuable role in medicine field. Keeping this in mind, a study has been planned to analyse and evaluate the complete concept and its Sthanyakshaya and the efficacy of one of the best Galactogogue drug i.e Karpuradi choorna in Stanyakshaya.

**CASE REPORT**

A 33 year Old Housewife of low-socioeconomic status suffering from Stanyakshaya arrived at the OPD of our Institute with the main complaint of very few and scanty secretion of Breastmilk. Since, She was Pale with anorexic and Generalised weakness, Accompanied by baby of 15 days Old bearing 2600gms of weight at the first visit. Her Detailed History ids as follows.

1. Chief Complaints-less secretion of milk since 15 days, generalised weakness, pale and anorexia.
2. Past Complaints-Patient was healthy with no complaints of any significant illness but after her delivery, the symptoms started to appear gradually with infant not sucking milk due to not enough milk secretion, weight loss after 15 days.

3. a)Menstrual and Obstretician History.

**Plan of work**

Sr.no	DRUG	DOSE	KALA	ANUPANA
1	<b>Karpuradi Churna</b> (Karpooora, Yashtimadhu Jatiphala,Daruharidra Shunthi, Ajamoda Jeerak)	5 gm BD	Bhojanottar(After meals)	Godugdha

**Treatment Protocol**

- 1.The lady was informed regarding the treatment in detail. Awritten consent form was filled by the patient in her best understandable language.
2. The drug to be administered was prepared as per the guidance and supervision of the Head of the Department of Rasashastra and Bhaishjya Kalpana.

- Pratham Rajo Darshan(Menarche)-14 years of age
- Ritucharya –Regular
- Raja Kala avadhi(menstrual cycle)-2-4 days with normal flow and at regular intervals

b) Obstretics History

- LMP-11 months ago
- G1p1L1AD0
- Mode of Delivery-FTND with episiotomy.

Examination-After taking complete detailed history mentioned above, the lady was examined for samanya rugna parikshan for agnimandya, sama jivha, asamyaka maa pravritti, krura koshta, vta pradhan nadi with sakashta chankraman etc.

Also, Tempreture, Pulse, Blood Presure were within the normal Limits. CBC, RBC, Differential Eukocyte Count, Platelets, ESR, Urine Routine were Carried out In Laboratory of Hospital. Thus after all the examinations and evaluation of the patient, the patient was diagnosed as a case of stanyakshaya and was enrolled for the study.

The Treatment Protocol for the disease was decided which included ayurvedic authentic group of drugs having indigeneous qualities and pharmacological properties for the required treatment of the disease.

- 3.The drug was given to the patients in small packets with all the instructions labelled on it. Also, oral intructions were also provided simultaneously.
- 4.The patient was asked to follow up to the hospital every 14 days till two consecutive months long with her Child.
- 5.The following Assessment Criteria was used to assess the efficacy of the formulation provided as the treatment in stanyakshaya.

**1. Mother**

Sr no	Parameter	Follow up				
		Day 1	Day 15	Day 30	Day 45	Day 60
1	Stanamlanata	1	1	0	0	0
2	Stanya-Prama	2	1	0	0	0
3	Stanya Pidinata	1	1	0	0	0

**2.Child (Infant)**

Sr no	Parameter	Follow up				
		Day 1	Day 15	Day 30	Day 45	Day 60
1	Mala Parikshan	2	2	1	0	0
2	Sharirbhar Vruddhi	2	2	0	0	0
3	Rodan	2	1	1	0	0

4	Nidra	2	2	1	0	0
5	Agni(abyavaran shakti)	2	1	0	0	0

### Subjective and Objective Parameters with Gradation

#### Subjective Parameters

##### 1. Stanyamalanata

Adhik	Grade – I
Madham	Grade – II
Alpa	Grade – III

##### 2. Stana pidina (Breast Engorgement)

Mild	Grade – I
Moderate	Grade – II
Severe	Grade – III

##### 3. Stanya Praman

Milk Ejection	Scored
No	0
Drop by Drop	1
With stream	2
With force	3

#### Objective Parameters

#### Objective Parameter of Baby

##### 1. SharirBhar (Upchaya)

Kshay	Grade – I
Madhyam	Grade – II
Prakrut	Grade – III

##### 2. Mala Parikshan

Prakrut	Grade – I
Drav-malpravrutti	Grade – II
Malbaddhata	Grade – III

##### 3. Rodan(Cry)

Prakrut	Grade – I
Muhurmuhu	Grade – II
Nitya	Grade – III

##### 4. Dehydration

Mild	Grade – I
Moderate	Grade – II
Severe	Grade – III

##### 5. Nidra(sleep)

Prakrut	Grade – I
Alpa (khandit)	Grade – II
Adhikya	Grade – III

#### DISCUSSION

Stanya and Artava are upadhatus of Rasa. By definition, Upadhatus are those which get nourished by corresponding dhatu and they do not nourish other entities. That means there is no further transformation of that entity. Rasa dhatu is the ultimate outcome of food which possess all following criteria; It should include pancha bhoutika constitutes. It should include chaturvidha anna(bhojya, bhakshya, lehya & peya),

Shadrasayukta food., Foods constituting dwi-vidha & ashtavidha veerya., Food which include many properties sufficient to maintain the tridoshic balance. Such food after digestion becomes two parts, Sara and Kitta, the tejo rupa saara bhaga which is micro in size known as Rasa. Hence any defect in above criteria obviously vitiates rasa dhatu and further it vitiates its upadhatus namely Raja and Stanya causing one of the very common but serious issue called as Stanyakshaya.

Varieties of modes of therapies are available to correct the lactation. In Ayurveda (In Yoga Rathnakara and Sahastrayoga, Karpuradi Choorna is said to be stanya vriddhikara i.e. Lactagogue. Karpoora, Yashtimadhu, Jatiphala, Daruharidra, Shunthi, Ajamoda, Jeerak etc are the ingredients which are used to make Karpuradi churna, which is drug of choice for Stanya janana. Keeping these aspects in mind, this study has been undertaken. It is an attempt to verify the claim that Karpuradi Choorna is a Galactagogue.

#### The mode of action of Karpuradi Choorna with in Stanyakshaya

Karpuradi Churna<sup>[9]</sup>, Madhu<sup>[6]</sup> and Rasadhatu carry the same properties. Stanya is Updhatu of Rasadhatu. In Stanyakshaya, there is Kshaya as well as Dushti of Rasadhatu. Due to Madhur, Tikta and Kashayrasa of Karpuradi churna, it works as a Rasa dhatuvaradhak, Dhatuposhak, Agnideepak and Stanyashodhak. It is also Bruhana, Rasayana and Stanyajanan.

**Madhurrasa:** Madhur rasa is Guru, Sheet, Snigdha, Madhur vipaki, Sheet veerya. It acts as Vatashamak with its Guru, Snigdha guna. It acts as Pittashamak with Guru, Sheet, and Snigdha guna. It is Saptadhatuvaradhak, Brihana; it has same Guna as in Rasadhatu. Therefore it is Rasa Dhatuvaradhak. So ultimately it is Stanyavardhak.<sup>[1,3,12]</sup>

**Balya:** Sarvadhatuvaradhak and improves quality of Dhatu, Therefore Balyakar. It is Dhatuposhak and Dhatu shodhak, therefore useful in Dhatukshinata and Dhatudushti. Therefore it improves and increases the quality of Stanya with its above all properties.

#### Doshagnata

It acts as Vatshamak as well as Pittashamak. Karpuradi choorna helps in Dhatukshinata and improves the process of galactogenesis and poiesis.<sup>[9]</sup>

#### OBSERVATIONS AND RESULTS

At first week 5gm of Karpuradi choorna with 100 ml of Godugdha was given twice a day. At the end of first week, Stana mlanata in mother was reduced slightly. Mild improvement in Sharir bhara (baby weight) and Nidra (sleep) in baby was observed. Stanya pramana in mother and Mala pravrutti, Rodan in baby was almost same as day 1.

With same treatment patient was assessed further on day 15 and day 30. Stana mlanata and Stanya pramana was found prakrut (normal) and in baby increase in weight was found within normal limits on day 15. On day 30, all parameters in mother and baby were within normal limits as expected. Same treatment was continued till 60 days.

Follow up wise effect of treatment is shown in Table No. 2 and Table No. 3. In present study a typical case of Stanyakshaya successfully treated with Ayurveda management is discussed.

### CONCLUSION

Godugdha as anupana is effective to increase Stanyapramana. Rasa dhatwagnimandya and Rasa dhatukshaya are most common factors in samprapti of Stanyakshaya and same should be corrected to increase Stanya pramana as Stanya is upadhatu of Rasa dhatu. Since in all the symptoms, after treatment given to respondents shows better results. We conclude that there is increase in Stanya after application of drug "Karpuradi choorna" given in Stanyakshaya. This treatment does not show any toxicity. This drug does not show any side effects during the follow up. This remedy is economical and easy to use, store and carry. This can easily be used by poor class women also. Results of this study are very encouraging. As per study, there is significant increase in, Feeding frequency of baby per day, Urine frequency of baby, Sleep of baby, Stanya Pravantan after the treatment of drug "Karpuradi Choorna" For stronger evidence clinical trials are expected on this topic as a single case study only opens dimensions for research and not provide evidence. Ayurveda is treasure of medicines and previous studies have shown that if patient is treated as per samprapti and samprapti ghataka involved in it, Vaidya (Ayurveda physician) will definitely get success in treatment.

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