

Ayurveda View on Stana ROGA and Their Management: A Review

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Abstract- Breasts are also the seat of all types of shothas(Inflammation), granthis and arbudas etc. The dilation of orifices of StanaDhamanis facilitate doshas due to which Stana becomes susceptible for breast problems.Symptoms of Stanaroga include stiffness, Discharges, Inflammation, fever, tenderness, painetc. Mansa and Raktadhatu mainly get vitiated in Stanaroga . The therapeutic regimen of breast disorders includes uses of local application of drugs,internal medicines, avoidance of causative factors and conduction of rules of PathyaAhara-Vihara.Present article described ayurveda view on Stana roga, their causes and Management.

Key Words: Stana Roga, Stanagranthi, Stanavidradhi.

I. INTRODUCTION

धीयते सर्वस्मिन् इति |

According to Ayurveda, 'dhatu' means to assist or nourish.

That which supports *Sharir* (body), *Mann* (mind) and *Prana* is *Dhatu*.

यदपत्यानां मूलं नार्यः परं नृणाम् च चि ३०/५

The Ayurvedic lifestyle encourages women to embrace their femininity and express their feminine energy. 'Stree' is the *mula* of reproduction as *Garbhadharana*, *Garbhaphoshana*, and giving birth to the infant, following which the mother provides sustenance and care for the child¹.

स्तन्यम् रजो वसा स्वेदो दन्तः केशा स्थितैव च ।भा प्र पू ३

Stanya is the *Updhatu* of *Rasa Dhatu*. *Rasa dhatu* is referred to as *aadi dhatu* (*pratham dhatu*). *Stanya*

(Breast Milk) is important in Ayurveda because of its primary functions, *pushti* and *jeevan* (growth and life). If *Rasa dhatu* creation is disrupted, the *Updhatu* *stanya* will also be affected².

Breast milk is divine gift to a neonate no other food can be a better option to a breast milk. It is primary source of nutrition to a neonate and crucial for baby's health and wellbeing.³⁻⁵

In *Sushrutsamhita*, *Madhavnidan* and *Bhavprakash* a disease with name of *stanroga/stanvidhradhi* described while in *Kashyapsamhitastanvajra* or *stankilak* name given. *AcharyaSusruta* described *Vata*, *Pitta*, *Kapha*, *Sannipata* and *Abhigata* as main responsible factors for breast disorders.

Classification of Breast Disorders/Stanoaga

- According to *Sushrutsamhita* and *Madhavnidan* (5 types given)

1)Vataj 2)Pittaj 3) Kaphaj 4)Sannipataj 5)Abhigataj

- According to *AcharyaVagbhata*- 6 types given

1)Vataj 2)Pittaj 3) Kaphaj 4)Sannipataj 5)Raktaj 6)Abhigataj

- According to *Acharyakashyap*

Has not given any classification of *stankilaka* however has described clinical features of *stankilaka* due to *vata*, *pitta* and *kapha* .

- According to *AcharyaSharnghdhar* and *YogratnaKara* 5 types given

1)Vataj 2)Pittaj 3) Kaphaj 4)Sannipataj 5)Kshta / Angantuj.

Local Features:

1. Vataj Stanroga

Colour – Krishna (black) or Aruna (reddish), hard, stiff, rough pain- severe, piercing or tearing. size and shape – swelling is uneven or increase and decrease it alternatively. pulsation – present. Discharge- after bursting thin discharge comes out. General features – bhrama (giddiness) and anaha (flatulence). According to Kashyap – stankilaka due to vata increases very fast.

2. Pittaj Stanroga

Color and shape – resemble ripen fruit of udumbara (Pakwaudumbarasankasha) Suppuration – very fast. Discharge- after bursting pitasrava (yellowish) comes out. General features – trishna (thirst), moha (confusion), jwara (fever) and daha (burning sensation). According to Kashyap – It suppurates and bursts quickly.

3. Kaphaj Stanroga

Colour – resembles earthen pot, pandu (yellowish white). Touch – sheeta (cold), stabdha (stiff). Pain – alpavedana (mild) Itching – present. Suppuration – gradually or lately. Discharge – white (sheetasrava) after rupture. General features – utklesha (nausea), aruchi (anorexia), gaurava. According to Kashyap samhita – stankilaka of kapha troubles for longer duration ‘kaphatchiramkleshayati’.

4. Sannipataja – colour – multiple colour (black, yellow or white) nanavarnarujasrava”. Pain- different types (piercing, burning, tearing etc) Size and Shape – Vishma (irregular), mahana (big). Suppuration – Vishma (irregular). Discharges – nanasrava (thin, yellow or white). Vagbhata says that it has mixed symptoms.

5. Abhigataja – similar to pittaja and raktaja types (in this all vata, pitta and Rakta all are vitiated).

6. Raktaja – (only by vaghbhatta) is covered with black blisters and other features of pittaja (burning, fever etc).

Etiopathogenesis

According to Acharya Sushruta :

Doshas vitiated due to their specific causes are or causes described under abscess in general reach the breasts, specially in dilated siras of lactating or non lactating women vitiate rakta and mamsa and produce hard swelling characterized with features of 5 types of external abscesses.

According to Acharya Vagbhata

1. Consumption of Atiushna, Ruksha, Vidahi and suskabhojan

2. Sleeping over uneven bed

3. Abnormal conducts

Which aggravate Rakta, the inflammation is produced.

According to Kashyap

When a wet nurse swallows the vajra (a piece of grass / stone insect, fly, hair, wool) then it's neither digested or metabolised gets moistened & is propelled by vayu along with rasa, reaching milk carrying channels of breast & produces abnormality immediately.

Doshas – Vata, pitta, kapha

Dushyas – Mamsa and Rakta

Strotas – Ksheervahadhamani

Srotovikara – Siragranthi

General clinical features of stankilaka General Symptoms:

- Indigestion, uneasiness, pain without any specific cause.
 - Anorexia, bodyache, headache
 - Severe pain in joints, stiffness of body
 - Burning sensation in eyes or sneezing
 - Fever, thirst, diarrhoea, retention of urine.
 - In Breast : Stiffness, Discharges, Inflammation
- Severe pain and burning sensation are present. Net of vessels appear all around the breast and these become highly tender.

Treatment Principle:

Treatment of general ascess, vranasotha (inflammation) and vrana (ulcer) should be prescribed according to their respective stages as follows-

1. Apakkwavastha Amavastha vranasothavata chikitsa, Pacchymānavastha vidradhivata chikitsa, Pakkwavastha and after bhedana (its rupture)- vranavata chikitsa. 2. Repeated squeezing (dohana) should be done in all stages. 3. Use of pittaghna and sheeta dravyas 4. Rakta mokshana with the help of leeches. Treatment according to the different stages-

Even in the beginning of suppuration, poultice (upnah) should not be used. Suppuration should be enhanced with oral use of appropriate drugs or diet, because the poultice produces very quick putrefaction of whole breast tissue as these are composed very soft mamsa due to this putrefaction, the abscess bursts spontaneously.

1. Āmāvasthā (before its suppuration)- at this stage characterized by inflammation (sotha) so the treatment prescribed in vranasotha (except upnāha/ poultice) should be used. Lepa (anointment) abhyanga (massage) pariseka (irrigation) → raktamokshana (venesection) in sequential orders.

During this stage constant sheetaupachara (cold treatment) are given in the form of lepa, pariseka etc. Vātaja- irrigation with luke warm ghreeta, taila, mamsarasa and decoction of Bhadradaru. Paste of devadāru, rasna and agnimantha for lepa. Pittaja raktaja/ abhigāhataja- irrigation with milk, ghreeta, lukewarm decoction of madhura group or ksheerivriksha (or cold decoction). Paste of vashimadhu., sukta or with decoction (hot) of kaphaghna drugs. Paste of ajagandha, ajasringi, manjisthā

Pacchamānāvasthā (stage of suppuration)- This stage should be treated by vidradhivata chikitsa mentioned under general abscess. Vātaja- thick lepa with vātaghna drugs mixed with ghreeta, taila and vasā. Swedana with vesabār, krisharā, pāyasa, dugdha or shigrumool kwath. Drink- decoction of dashamoola mixed with guggula and eranda taila. Pittaja- lepa with yasthimadhu, chandana, ushira, sārivā pasted with milk or with ksheerivriksha pestled with ghreeta. Irrigation with jeevaniya ghreeta. Drink- trivrit or triphala kwath (for purgation).

Kaphaja- lepa with istikā (brick) + bālukā + cowdung + cowurine. Swedana with heated istikā, bālukā, losta (stone), loha, cowdung etc. drink dashamoola kwath mixed with guggula and gomutra. Raktajal abhigāhataja- treatment prescribed in pittaja type. III. Pakkwāvasthā (after suppuration)- according to sushruta in this stage bhedana (incision) followed by sravana (drainage) is done. The bhedana of the suppurated abscess is done either medicinally or surgically. Medicinal- the aim is to incise the suppurated abscess. The karma known as daranakarma. Mainly ushna and tikshna lepana are applied over the abscess for bursting out the pus. Drugs used are- danti, dravanti, chitraka etc. Surgical- bhedana and visrāvana (incision and drainage) by vriddhipatra (scalpel), nakhashastra (nail cutter), mudrika shastra (finger knife) or utpal patra (lancet) . IV Pacchāta karmal treatment after rupture- the treatment applied is as varanavata chikitsa. After proper drainage the wound should be sterilized and washed out with vronasodhana drugs (medicaed oil, ghreeta, varti, rasakriya, kwath etc.) and then application of ropana (healing) drugs to heal up the wound. a. Irrigation with decoction of panchamoola (V), ksheerivriksha (P), ārogvadhā (K) b. Washing with neem or triphala kwath. c. Ropana medications- karanjādi ghreeta/taila, jātyādi taila etc.

In kasyapasamhita specific treatment for this condition is mentioned.

- First of all ghrita should givenorally,with this strotasas get softened,thusvajra slips out or is expelled.
- Careful and methodological milking, massaging and moistening should be done.
- Cold irrigations and ointments should be used.
- Purgation and pathyabhojan should be given. Giving due consideration to the status and strength of dosas and body, drainage before supparation should be done.

According to Bhavprakasha and YogratnaKara

1.Application of pestled root of visala relives pain of breasts.

2.Application of pestled Nisa and leaves of kanaka cures pain of breasts.

3.Application of pestled root of vandhyakarkotaki cures Stanaroga immediately.

4.Heated iron should be dipped in water , drinking of this water cures Stanaroga.

Pathya -Apathya :

Before supparation or at the stage of inflammation, the purgation, anointment ,sudation and bloodletting should be done.Oldsyamaka, kalama, kulattha, lasuna, raktasigru, punarnawa , sriparna , chitrakar and honey etc.and things described beneficial for inflammation also should be used as congenial diet.

After Supparation of abscess, instrumentation should be done or it should be incised.

Old raktasali , gheta ,oil, soup of mudga ,vilepi ,meatsoup of wild animals, kadali , patola ,karpoor ,chandana ,heated and then cooled water and other beneficial things prescribed for ulcers should be used.

II. DISCUSION

Role of Ayurvedic Drugs

Ayurveda drugs having Madhura Rasa, Mrudu and Snigdha Guna, Madhura Vipaka and Sheeta Virya can be used to relieve symptoms of breast diseases. Drugs having antimicrobial, antipyretic, anti-inflammatory and wound healing properties mainly employed for Stanya Roga.

Herbs like Tulsi, curcumin and Ashwagandha can helps especially in destroying breast cancer. Dashaang lepa is Ayurveda formulation, it is considered beneficial for such types of conditions. Dashaang lepa contains Yashtimadhu, Tagar, Shirish bark, Ela, Jatamansi, Daruharida, Haridra and Kustha, etc. These ingredients offer Vrana Ropana and Vrana Shodhna properties thus help to cure Stanakeela.Jatayadi taila is mentioned in

Sharangdhara Samhita which contains Nimba, Yashtimadhu, Harida, Manjishta, Daruharida, Katurohini, Lodhra, Haritaki, Padmaka and Nilotpala, etc. These all offers antimicrobial and healing activities, possess soothing action on skin lesions when applied topically, the anti-inflammatory and Vrana Ropana properties helps in woundhealing. Aragvadhadi kashayam another Ayurveda formulation which mentioned as Sodhanadigana and offers Shodhana effect. The Vranashodhana property is considered beneficial for Stanakeela. Drugs/herbs like Patali, Kakatika, Amruta, Madhusrava, Pata, Bhunimba, Sruvavriksha and Patola, etc. also recommended for treating Stanya dusti. Triphalaguggulu is also mentioned under the heading of Vidradhi chikitsa which offers healing property. It helps to sooth inflamed mucous layer and cure infection. This drug relives symptoms of inflammation and burning sensation⁷⁻⁹.

III. CONCLUSION

The breasts mainly get suffered by Sothas, Vranas, Granthis and Arbudas, etc. Mamsa, Rakta, Twak and Meda Dhatus mainly get affected in Stanya Roga. Stanakeela, Stanagranthi, Stanavidradhi, Stanashoph and Mastitis, etc. are common Stana Roga. Vitiating of Vata, Pitta, Kapha and Sannipata, etc. are considered as diseases triggering factors responsible for breast disorders. Abhigata, Ahara-Vihara and surgical trauma also play vital role in disease prevalence. As per modern science formation of a lump in breast, swelling or shrinking of breast, discharge from the nipple, itching and burning sensation, etc. are common features of breast disorders. The Ayurveda drugs possessing Vrana Shodhana and Vrana Ropana properties mainly advocated to treat the symptoms of Stanya Roga.

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