

Review Article

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AYURVEDA VIEW ON STANA ROGA AND THEIR MANAGEMENT: A REVIEW

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Abstract

Breasts are termed as *Stana* which are susceptible for developing pathological conditions like *Sothas*, *Vranas*, *Granthis* and *Arbudas*, etc. The dilatation of orifices of *Stana Dhamanis* facilitate woman the *Dosas* due to which *Stana* becomes susceptible for breast problems. The symptoms of breast problems include chills, fever, malaise, tenderness and pain, etc. *Mamsa* and *Rakta Dhatus* mainly get vitiated in *Stana Roga* along with *Meda Dhatu*. *Stanakeela*, *Stanagranthi*, *Stanavidradhi*, *Stanashoph* and *Mastitis*, etc. are common *Stana Roga*. The therapeutic regimen of breast disorders includes uses of local application of drugs, internal medicines, avoidance of causative factors and conduction of rules of *Pathya Ahara-Vihara*. Present article described ayurveda view on *Stana Roga*, their causes and management.

Key-Words: *Ayurveda, Stana Roga, Breast, Stanagranthi, Stanavidradhi*

Introduction

Sothas, Vranas, Granthi and Arbuda, etc. are common health adversity associated with *Stana* and becomes the major causes of *Stana roga*. *Acharya Susruta* described *Vata, Pitta, Kapha, Sannipata* and *Abhigata* as main responsible factors for breast disorders. *Stana Vidradhi* is common breast disease which also described as *Stanavajra* or *Stanakilaka* [1-4].

Etiological Factors:

- ✓ Consumption of *Atiushna, Ruksha, Vidahi* and *Suska Bhojan*
- ✓ Sleeping over uneven bed
- ✓ Abnormal or inappropriate sexual conducts
- ✓ Awful daily regimen and drug abuse
- ✓ Obesity and other metabolic disorders
- ✓ Post-menopausal conditions
- ✓ Exposure to radiation
- ✓ Hormone replacement therapy
- ✓ Uses of contraceptives of surgical trauma or injury

These all factors aggravate *Rakta* and produces inflammation, disturbs hypothalamus pituitary ovarian axis thus alter prolactin which affects milk secretion and may cause menorrhagia.

Samprapti:

- ✓ *Doshas:* *Vata, Pitta* and *Kapha*.
- ✓ *Dushyas:* *Mamsa* and *Rakta*.
- ✓ *Sthana:* *Gatra pradesha kvachideva*
- ✓ *Srotas:* *Ksheera vaha dhamani*.
- ✓ *Sroto vikara:* *Sira – grathi*

Stanya dusti is characterizes by abnormal colour, smell and taste of *Stanya* and their secretion. *Stanya dusti* make impure milk which is unable to provide nourishment to the child. Indigestion, consumption of salty, sour and hot food stuffs, stress, suppression of natural urges, trauma and drug abuse may cause vitiation of *Doshas*. Vitiating *Doshas* moves through *Kshiravaha siras* and vitiate the milk thus produces various types of disorders [4-7].

Vitiation of *Stanya* or *Stany* milk and their Effects:

- ✓ *Abhighataja stanya dusti* arises due to the trauma, symptoms appears as milk vitiated due to the vitiation of *Vata*.
- ✓ Similarly milk vitiated by *Shakuni graha* possesses hot and bitter property.
- ✓ If milk get vitiated by *Shakuni* and *Shasthi Graham* then it produces symptoms of *Tridoshas* vitiation.
- ✓ If milk of mother get vitiated by *Putana graham* then it possess sweet and hot property.
- ✓ *Kashaya rasa* predominant milk causes retention of urine and feces.
- ✓ Similarly *Madhura rasa* predominant milk causes excessive excretion of urine and feces.
- ✓ *Stanya* vitiated by *Amla anurasa* may leads symptoms of *Amlapitta*.
- ✓ *Stanya* vitiated by *Katu anurasa* may leads symptoms of vomiting and diarrhea.
- ✓ Vitiation of *Lavan anurasa* may lead *Visarpa* and *Kotha*
- ✓ *Stany* milk vitiated by *Guru Guna* causes lethargy and Coryza
- ✓ *Stanya* vitiated by *Pitta* leads feeling of cramps and pain in cardiac region.
- ✓ *Kapha* vitiation causes congestion, cough and cold, etc.

Modern science also described various pathological conditions associated with breast or breast milk which may affects women as well as breast feeding baby may also get affected. The common breast diseases as per modern science are depicted in **Figure 1**. The major pathological manifestation of disorders of breast as per modern science is as follows:

- Formation of a lump in breast
- Swelling or shrinking of breast
- Change of shape, size and color of nipple
- Discharge from the nipple
- Breast pain and swelling
- Itching and burning sensation
- Abnormal growth or lack of development

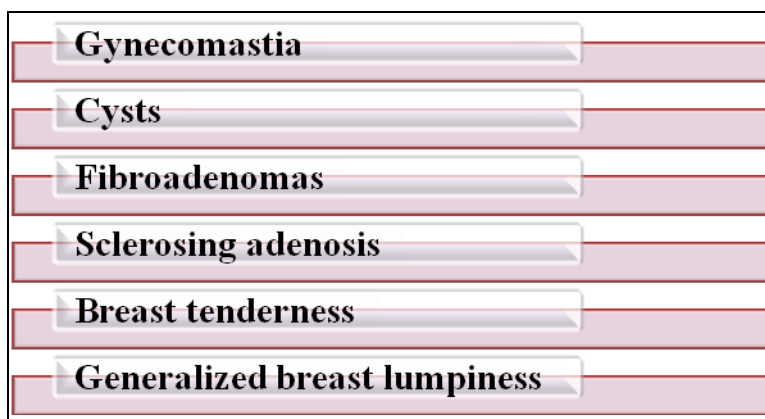


Figure 1: Common Breast Disorders as Per Modern Science

Treatment of *Stana Roga*:

1. Food containing vitamin D may be helpful for preventing *Stana Roga*.
2. Eggs, juices, fish and dairy products advise. It is also suggested to avoid consumption of hot, sour and salty food stuffs.
3. Walking, meditation and *Yoga* can relives life style related abnormality associated with breast diseases.

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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 help 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 wound healing.

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 soothe inflamed mucous layer and cure infection. This drug relieves symptoms of inflammation and burning sensation [7-10].

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. *Jatayadi taila*, *Dashaang lepa*, *Triphala guggulu* and *Aragvadhadiakashayam*, etc. are Ayurveda formulation can be used in *Stanya Roga*. The Ayurveda drugs possessing *Vrana Shodhna* and *Vrana Ropana* properties mainly advocated to treat the symptoms of *Stanya Roga*.

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