

## To Study The Efficacy of Bhumikushmand Churna in The Management of Stanyakshaya

Vd. Nitika S. Badhiye

Designation -Asst. Professor (Dept of Streeroga & PrasutiTantra)  
College - S.A. Ninghoji Ayurved Medical College, Dadegal, Koppal , Karnataka  
Email. – [nitikasbadhiye@gmail.com](mailto:nitikasbadhiye@gmail.com)

### 1. Introduction

In Ayurveda so many aacharyas explained the importance of stanya. Breast milk is the perfect food for a normal neonate Breast feeding is the ideal form of infant feeding. According to Ayurveda, Breast milk is the essence of Rasadhatu which is formed from the digested food circulating in the whole body, when it gets collected in breast it is termed as Stanya. The child should be breastfed exclusively for first six months after birth . Ayurveda describes decreased breast milk as ‘Stanya Kshaya ‘ i.e Stanya means breast milk and Kshaya means decrease.

### 2. Materials And Methods

BHUMIKUSHMANDA CHURNA –

- DRY KANDA OF VIDARI i.e. BHUMIKUSHMANDA (1 karsha)

Aacharya Yogratnakar mentioned the use of vidari kand i.e. bhumikushmand churna with sharkara and godugdha for the management of stanyakshaya in Ksheerdosha chikitsa adhyaya.

### Methodology

NO of Patients	30
Drug	Bhumikushmand Churna
Matra	6 gm
Anupan	Godugdha and Sharkara
Duration	45 days
Sevankal	Before meal (BD)
Follow-up	After 15 days
No of follow – ups	3

### Assessment Criteria of The Work –

Gradation of symptoms

- 1.Weight gain of child
- 2.Milk production volume
- 3.Breast feeding frequency
- 4.Frequency of micturition of baby

### 3. Result And Discusion

- In present study a typical case of Stanyakshaya successfully treated with Ayurveda management is discussed. Rasadhatu vrudhhi occurred and which was seen as symptomatic improvement. 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 will definitely get success in treatment.

### 4. 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 “Bhukushmand churna” 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.

### Bibliography

1. Ed.Brahmanand Tripathi.Charaksamhita wih commentary of chakrapani. varansi: chauhamba surbharati prakashan; 2005.

2. Ed.Kaviraj Dr.Ambikadas shastri. Surshutsamhita with Ayurvedatva sandipika. varansi:chauhamba Sanskrit sansthan;Reprint-2008.
3. Ed. Dr. D.C .Datta.,Textbook of obstretics, new central book agency , 8<sup>th</sup> edition. Ed.Fernando Arias,Practical Guide to High Risk Pregnancy & Delivery.
4. Ed. Premvati Tiwari, Ayurvedic prasutitantra avam streeroga , chaukhamba Sanskrit sansthan ,2<sup>nd</sup> edition 1936.
5. Ed. Ganesh krishna garde Ashtanghridaya, , anmol publication, reprinted 2005
6. Ed.Bhishakratna shri Brahmashankar shastri.Yogratnakar with commentary of Vd.laxmipatisastri vidyotinitika. varanasi: Chaukhamba Prakashan.

