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Review Article

DECODING *STANYA SHODHANA* DRUGS: A *GANA*-WISE REVIEW FROM THE LENS OF SUSHRUTA SAMHITA

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ABSTRACT

Breast milk (*Stanya*) is considered the ideal nourishment for newborns, providing essential nutrients and immunological protection. However, due to factors such as stress, poor diet, irregular sleep, and lifestyle changes in lactating mothers, the quality of milk may become vitiated (*Dushta Stanya*), potentially leading to health issues in the infant. Ayurveda describes eight types of *Stanya Dushti* and emphasizes the importance of *Shuddha Stanya* for the proper growth and development of the child. **Objective:** The present study aims to identify and analyze Ayurvedic drug groups (*Ganas*) mentioned in *Sushruta Samhita* that possess *Stanya Shodhana* (purifying) properties, and to determine the most suitable *Gana* for managing *Dushta Stanya*. **Methods:** A textual review of *Sushruta Samhita*, along with other classical Ayurvedic texts, was conducted to collect references related to *Stanya Dushti* and *Stanya Shodhana Dravyas*. The identified *Ganas* were critically analyzed based on their *Rasa, Guna, Virya, Vipaka,* and *Prabhava*, as well as their traditional therapeutic indications. **Results:** Several drug groups were found to possess *Stanya Shodhana* properties, notably *Vacadigana, Haridradigana* and *Mustadigana*. Among these, *Mustadigana* demonstrated the most balanced properties, including *Dosha-Shamaka*, and *Dugdha-Prasadaka*, making it the most suitable for managing *Dushta Stanya*. **Conclusion:** The study highlights the relevance of *Mustadigana* as a preferred choice for *Stanya Shodhana*. This can serve as a foundation for developing effective formulations to promote lactational health and infant well-being in clinical practice.

INTRODUCTION

According to *Acarya Sushruta*, after digestion, *Rasa Dhatu* is formed, and its sweet essence, propelled by *Vyana Vayu*- a subtype of *Vata Dosha* responsible for the circulation of substance throughout the body, reaches the breasts to become *Stanya* (breast milk).[1]

This physiological transformation reflects the intricate coordination between digestive and circulatory process described in Ayurveda. As per the National Family Health Survey-6, [2] stunting and wasting affect 35.5% and 21.0% of Indian children, largely due to nutritional deficiency. *Stanya*, essential for infants' nourishment and immunity, also fosters maternal bonding. However, emerging research and classical Ayurvedic texts both acknowledge that various contemporary lifestyle-related stressors-including maternal anxiety, poor diet, and physiological imbalances-can impair lactation. These disturbances lead to a pathological state called *Stanya Dushti*, characterized by altered *Varna* (color), *Gandha* (smell), *Rasa* (taste) of the milk. The diseases; such as *Peenasa*, *Shirahshula* (due to *Vata Dosha*), *Dravamalapravṛtti*, *Pandu, Kamala* (due to *Pitta dosha*), *Tamakshvasa, Hṛdroga* (due to *Kapha Dosha*) caused by eight types of *Stanya Dushti* in children are well documented in Ayurvedic texts.[3] Pure breast milk supports the baby's overall growth and protects against illness, while also promoting the mother's physical and emotional well-being. The aim of the paper is to draw an inference on the *Gana* best suited for *Stanya Shodhana* purpose. This review explores classical *Ganas* indicated for *Stanya Shodhana*,

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highlighting their relevance and novelty in managing lactation-related issues from an Ayurvedic perspective.

MATERIAL AND METHODS

Concept of *Stanya Dushti* along with the S*tanya Shodhana* drugs mentioned in *Vacadigana*, *Haridradigana* and *Mustadigana* was reviewed from *Sushruta Samhita*. Articles published in various national and international journals were also consulted.

Stanya Dushti refers to vitiation of breast milk due to *Doshic* imbalance, improper diet/lifestyle which affects both mother (emotional distress, local and systemic diseases like fever) and infant (impaired growth, digestive issues etc.). Importance of *Stanya Shodhana gana* is to detoxify milk, improves quality of milk and prevent diseases. Infants have immature digestive fire leads to *Ama* formation due to consumption of vitiated milk. In mother *Dosha Sancaya* (accumulation) in *Stanya* leads to *Sthanika* (local) and *Sharirika* (systemic) diseases.

Literature Search Strategy

A thorough review of classical Ayurvedic texts and modern research publications was conducted. The primary classical source consulted was the Sushruta Samhita, focusing specifically on references to *Stanya Dushti* (vitiated breast milk) and *Stanya Shodhana* (milk-purifying) drugs. In addition, articles from national and international peer-reviewed journals were reviewed to understand contemporary perspectives and applications.

Database searched: PubMed, Google Scholar, Research Gate.

Inclusion criteria: Classical Ayurvedic texts and peer-reviewed journal articles directly mentioning *Stanya Dushti* or *Stanya Shodhana*.

Exclusion criteria: Non-Ayurvedic sources, articles lacking full text or those unrelated to milk disorders or the specified drug groups.

Selection Rationale

Among various drug groups *(Ganas)* mentioned in Ayurvedic texts, *Vacadigana*, *Haridradigana*, and *Mustadigana* were specifically selected based on their repeated mention in relation to *Stanya Shodhana* in *Sushruta Samhita*. These groups are described to possess *Dosha*-pacifying, *Ama-Pacana*, anti-inflammatory, and milk-purifying properties, which are directly relevant to the management of vitiated breast milk.

In *Sushruta Samhita*, several *Ganas* are described for various therapeutic purposes, but when it comes specifically to *Stanya Sodhana* (purification of breast milk), only three groups are clearly attributed with this property *Vacadi Gana*, *Haridradi Gana*, and *Mustadi Gana*.

Because these three *Ganas* alone are explicitly mentioned by *Acarya Sushruta* for this indication, they naturally became the focus of the present study. Their members are described with actions that directly address the causes and effects of *Stanya Dushti*, making them not only textually relevant but also therapeutically significant.

Evaluation Approach

A textual analytical method was employed:

Step 1: All drugs listed under the three selected *Ganas* were compiled from *Sushruta Samhita*.

Step 2: *Rasa* (taste), *Guna* (qualities), *Virya* (potency), *Vipaka* (post-digestive effect), and *Prabhava* (specific action) for each drug were extracted from *Sushruta Samhita*, *Caraka Samhita, Bhavaprakasha*, *Dravya-guna Vijnana* and various *Nighantus*.

Step 3: The therapeutic roles and *Rasapancaka* characteristics were concluded through direct textual review of these authoritative sources and, where necessary, logical inference based on classical Ayurvedic principles.

Step 4: Where modern pharmacological data was available, it was used to cross-validate the classical descriptions, enhancing the interpretative accuracy.

RESULT

A total of six drugs from *Vacadigana*, five drugs from *Haridradigana*, and sixteen drugs from *Mustadigana* as described in the *Sushruta Samhita* were reviewed for their *Rasapancaka* properties and therapeutic relevance in *Stanya Shodhana*.

The *Stanya Shodhana* drugs are used for *Stanya Shuddhi* (purification) and maintain the quality of breast milk. These drugs are useful for child and mother health. Drug which acts on *Vata-Pitta Stanya Dushti* is *Madhuka*. Drugs which act on *Pitta-Kapha Stanya Dushti* are *Nagakeshara, Daruharidra, Katurohini*. Drugs which act on *Kapha-Vata Stanya Dushti* are *Vaca, Ativisha, Citraka, Bhallataka, Hemvati, Kushtha, Haridra, Mushtaka, Indrayava, Devadaru*. Drugs which act on *Sannipataja Stanya Dushti* are *Kalsi, Haritaki, Amalaki, Bibhitaki, Patha, Dravidi*. Hence, the entire *Stanya Shodhana Gana* of *Sushruta* possesses beneficial properties and can be used in different types of *Stanya Dushti* judicially.

In Ayurveda, *Stanya Dushti* (vitiation of breast milk) is considered *Doshaja* in origin, primarily due to maternal lifestyle and dietary factors that lead to vitiation of *Vata, Pitta,* or *Kapha*. Therefore, the therapeutic strategy focuses on selecting drugs that pacify the specific *Doshas* responsible for the vitiation.

Table 1: *Vacadigana*

Drugs (Botanical Names)	Family	*Rasapancaka.*[4]					Part used	Chemical compositions	Properties
		Rasa	***Guna***	***Virya***	***Vipaka***	***Doshakarma***			
1.*Vaca (Acorus calamus* Linn.)	Acoraceae	*Katu, Tikta*	*Laghu, Tikshna*	*Ushna*	*Katu*	*Kaphavata Shamaka*	Dry rhizome	Alpha asarone, Beta asarone, acorin, eugenol, sesquiterpenes, choline, Flavone, Acoradine, galangin, acolamon	Anti-microbial, anti-inflammatory and immunomodulatory effect.[5] analgesic and antipyretics.[6] *Krimighna*, *Jantughna* (antimicrobial, antifungal), *Medhya* drug (nootropic activity)[7]
2.*Mushtaka (Cyperus rotundus* Linn.)	Cyperaceae	*Katu, Tikta, Kashaya*	*Laghu, Ruksha*	*Šita*	*Katu*	*Kaphavata Shamaka*	Bulbous root	Volatile oil-Sesquiterpenoids, Alpha cyperone, cyperene, cyperotundone, cyperol, beta selinene, beta caryophyllene, valerenal, alpha-copaene, patchoulene, trans-pinocarveol, kobusone, sugetriol, sitosterol, sugenol, isocyperol	Anti-inflammatory activity, wound healing activity, antimicrobial activity, antioxidant property.[8]
3.*Ativisha (Aconitum heterophyllum* Wall.)	*Ranunculaceae*	*Katu, Tikta*	*Laghu, Ruksha*	*Ushna*	*Katu*	*Kaphavata Shamaka, PittaShamaka*	Root	Atisine, atisenol, atidine, heterophylline, F-dihydroatisine hetratisine, hetisin.[11]	Anti-inflammatory, antifungal, antiviral.[9] antibacterial, antioxidant, immunobiological activity.[10]
4.*Haritaki (Terminalia chebula* Retz.)	Combretaceae	*Kashaya, Katu, Tikta, Aml, Madhura*	*Laghu, Ruksha*	*Ushna*	*Madhura*	*Tridoshahara*	Fruit	Chebulagic acid, chebulinic acid, corilagin, ellagic acid, gallic acid, luteic acid, tannins, anthraquinones.[12]	Antioxidant activity anticarcinogenic activity antimutagenic, chemoprotective activity antibacterial activity, antifungal activity, cytoprotective activity, antiviral activity, antiallergic activity, hypolipidemic

									activity, anti-inflammatory activity, wound healing activity, immunomodulatory activity.[13]
5.*Devdaru (Cedrus deodara*(Roxb.)ex D.Don) G. Don	Pinaceae	*Tikta*	*Laghu, Snigdha*	*Ushna*	*Katu*	*Kaphavata Shamaka*	Stem wood	Sesquiterpene, Deodarin, methylacetophenone, atantonl, 9-Hydroxy-Dodecanoic acid, Ethyl laureate, Shikimic acid, methyl coniferin, Ferulic acid, cedeodarin, cedrin and cedrinoside, lignin.[14]	Antifungal, insecticidal, anti-tubercular activity, anti oxidant activity, anti inflammatory activity, wound healing activity, anti allergic activity, immunomodulatory activity, [15]
6.*Nagkesar (Mesua ferrea* Linn.)	Calophyllaceae	*Katu, Tikta, Kashaya*	*Laghu, Ruksha*	*Ushna*	*Katu*	*Kaphapitta Shamaka*	Stamen	Mesuol, Mesuone, phenylcoumarins, xanthones, triterpenoides, linoleicoleic stearic, arachidic acid, musanic acid, mesu ferrone-A and B, mesuanic acid, mesua xanthone-A and B.[16]	Antioxidant activity, anti-inflammatory activity, analgesic activity, anti-microbial activity, antifungal activity, immunomodulatory property.[17]

This group comprised six drugs, predominantly having *Tikta* and *Katu Rasa*, *Laghu* and *Ruksha* Guna, *Ushna Virya*, and *Katu Vipaka*. Classical descriptions indicate strong *Vata-Kapha Shamaka* and *Ama-Pacana* activity.

Figure 1: *Vachadi gana*



***Figure 1.1 Acorus calamus* Linn.**



***Figure 1.2 Cyperus rotundus* Linn.**



Figure 1.3 Aconitum heterophyllum Wall.



Figure 1.4 Terminalia chebula Retz.



***Figure 1.5 Cedrus deodara*(Roxb.)(Loud.)**



***Figure 1.6 Mesua ferrea* Linn.**

Table 2: *Haridradigaṇa*

Drugs with Botanical Names	**Family**	**Rasapañcaka[4]**					**Part used**	**Chemical composition**	**Properties**
		Rasa	***Guna***	***Virya***	***Vipaka***	***Doshakarma***			
1.*Haridra (Curcuma longa* Linn.)	Zingiberaceae	*Tikta, Katu*	*Ruksha*	*Ushna*	*Katu*	*Kaphavatashamaka, Pittashamaka*	Dry rhizome	Curcumin, curcuminoids, alpha and beta turmerone, terpinolene, asparagine, glutamine, serine, glysine, arginine, proline, alanine, tyrosine, valine, methionine, leucine, sesquiterpenes.[18]	Antioxidant activity, anti-inflammatory effects, antiallergic activity, antifungal activity.[19]
2.*Daruharidra (Berberis aristata* DC.)	Berberidaceae	*Tikta*	*Ruksha*	*Ushna*	*Katu*	*Kaphapitta shamaka*	Root, stem, fruit	Berberine, Karachine, dihydrokarachine, Epi Berberine palmatine,	Anti inflammatory, antimicrobial, antifungal, anticancer,

								palmatine dehydro caroline, jatrorrhizine, columbamine, Acromaline, oxyacanthine, Pakistanine, Quercetin, Meratin, Rutin, E-Caffeic acid.[20]	antioxidant, anti-platelet.[21]
3.*Kalshi (Uraria picta* (Jacq.) Desv.ex.)	Fabaceae	*Madhura*	*Laghu,*	*Shita*	*Madhura*	*Tridoshahara*	Root	Pterocarpans, Steroids, Volatile oil, Phenylethylamine alkaloids, Phenolics, tannins, saponins, isoflavanones, Rhoifolin, Linoenic acid, palmitic acid, oleic acid.[22]	Antimicrobial activity, hypolipidemic activity, anti-inflammatory activity, antioxidant activity.[23]
4.I*ndrayav (Wrightia antidysenteric a* (Linn.) R.Br.)	Apocynaceae	*Tikta, Katu*	*Laghu*	*Ushna*	*Katu*	*Kapha vatashamaka*	Seeds	Conessin, kurchine, kurchicine, holarrhimine, conarrhimine, conain, conessimine, isoconessimine, conimine, holacetin, conkurchin, pubescine, norholadienetannin, volatile oil.[24]	Anti-amoebiasis activity, anti-amnesic activity, antibacterial activity, anti-inflammatory activity, analgesic activity, antimutagenic activity, anti-diabetic activity, neuroprotective activity.[25]
5.*Madhuka (Glycyrrhiza glabra* J.F.Gmel.)	Fabaceae	*Madhura*	*Guru, Snigdha*	*Shita*	*Madhura*	*Vata-pittashamaka*	Root	Glycyrrhizin, liquirtine, isoliquiritin, glucoliquirtin apioside, prenylicoflavone A., asparagine, estradiol, volatile oil.[26]	Antibacterial activity, antioxidant activity, antifungal activity, anti hyperglycemic activity.[27]

Comprising five drugs, the majority exhibited *Tikta-katu* and *Madhura Rasa, Laghu* and *Ruksha Guna, Ushna Virya*, and *Katu* and *Madhura Vipaka*, contributing to *Kapha-Pitta*, *Kapha-Vata Shamana* and *Stanya Shodhana* effects. Several also have documented anti-inflammatory property in modern literature.

Figures 2: ***Haridradi gana***



Figure 2.1 Curcuma longa **Linn.**



Figure 2.2 Berberis aristata **DC.**



Figure 2.3 Uraria picta **Desv.**



Figure 2.4 Holarrhena antidysenterica **(Linn.) Wall.**



Figure 2.5 Glycyrrhiza glabra **J.F.Gmel.**

Table 3: *Mustadigana*

Drugs with Botanical Names	Family	*Rasapancaka*[4]					Part used	Chemical composition	Properties
		Rasa	***Guna***	***Virya***	***Vipaka***	***Doshakarma***			
1.*Mushtaka (Cyperus rotundus* Linn)	Cyperaceae	*Katu, Tikta, Kashaya*	*Laghu, Ruksha*	*Shita*	*Katu*	*Kaphavatashamaka*	Bulbous root	volatile oil-Sesquiterpenoids, Alpha cyperone, cyperene, cyperotundone, cyperol, beta selinene, beta caryophyllene, valerenal, alpha-copaene, patchoulene, trans-pinocarveol, kobusone, sugetriol, sitosterol, sugenol, isocyperol. [8]	Anti-inflammatory activity, wound healing activity, antimicrobial activity, antioxidant property, anti cancer activity.[8]
2.*Haridra (Curcuma longa* Linn.)	Zingiberaceae	*Tikta, Katu*	*Ruksha*	*Ushna*	*Katu*	*Kaphavatashamaka, Pittashamaka*	Dry rhizome	Curcumin, curcuminoids, alpha and beta turmerone, terpinolene, asparagine, glutamine, serine, glysine, arginine, proline, alanine, tyrosine, valine, methionine, leucine, sesquiterpenes Vit.A. [18]	Antioxidant activity, anti-inflammatory effects, antiallergic activity, antifungal activity.[19]
3.*Daruharidra (Berberis aristata* DC)	Berberidaceae	*Tikta*	*Ruksha*	*Ushna*	*Katu*	*Kaphapittashamaka*	Root, stem, fruit	Berberine, Karachine, dihydrokarachine, Epi Berberine palmatine, palmatine dehydro caroline, jatrorrhizine, columbamine, Acromaline, oxyacanthine, Pakistanine, Quercetin, Meratin, Rutin, E-Caffeic acid.[20]	Anti-inflammatory, antimicrobial, antifungal, anticancer, antioxidant, anti-platelet.[21]
4.*Haritaki* (*Terminalia*	Combretaceae	*Kashaya, Katu,*	*Laghu, Ruksha*	*Ushna*	*Madhura*	*Tridoshahara*	Fruit	Chebulagic, Chebulagic acid,	Antioxidant activity,

chebula Retz.)		*Tikta, Aml, Madhura*						chebulinic acid, corilagin, ellagic acid, gallic acid, luteic acid, tannins, anthraquinones acid.[12]	anticarcinogenic activity, antimutagenic, chemoprotective activity, antibacterial, activity, antifungal activity, cytoprotective activity, antiviral activity, antiallergic activity, hypolipidemic activity, anti-inflammatory activity, wound healing activity, immunomodulatory activity.[13]
5.*Amalaki (Phyllanthus emblica* Gaertn.*)*	Phyllanthaceae	*Pancarasa (lavanrahit)*	*Guru, Ruksha*	*Shita*	*Madhura*	*Tridoshahara*	Fruit	Ascorbic acid, chebulagic acid, chebulinic acid, citric acid, emblicanin-A and B, ellagic acid, Gallic acid, Kaempferol, Phyllantidine Pedunculagin, Quercetin.[28]	Immunomodulatory activity, cytoprotective activity, anti-inflammatory and antipyretic activity, antibacterial activity, anticancer, antioxidant, neuroprotective.[28]
6.*Bibhitaki* (*Terminalia bellirica* (Gaertn.) Roxb.)	Combretaceae	*Kashaya*	*Laghu, Ruksha*	*Ushna*	*Madhura*	*Tridoshahara*	Fruit	Ellagic acid, Chebuliagicacid, beta -sitosterol, belleric acid, Tannin, gallic acid, catechol, coumarin, flavone, catechol, corilagin, glucogallin. [29]	Antioxidant, antimicrobial activity, antithrombotic activity, wound healing activity, anticancer activity, antispasmodic activity, immunomodulatory activity, antihypertensive activity.[30]
7.*Kushtha (Dolomiaea costus* (Falc.) Kasana & A.K. Pandey)	Asteraceae	*Katu, Tikta*	*Laghu*	*Ushna*	*Katu*	*Kaphavatashamaka*	Root	Volatile oil, Saussurine, Inulin, monoterpenes, sesquiterpenoids, flavonoids, lignans, triterpene-anethole, thymol, estragole,	Antiulcerogenic activity, anti-cancer activity, anti-inflammatory activity, antibacterial activity, immunomodulatory activity, larvicidal

								camphor, camphene, myrcenecineol, menthone, cryptone, ocimene, steroids.[31]	activity, angiogenesis activity, antihyperlipidemic activity.[31]
8.*Hemvati (Iris ensata* Thunb.)	Iridaceae	*Katu, Tikta*	*Laghu, Ruksha*	*Ushna*	*Katu*	*Kaphavatashamaka*	Root	Volatile oil, flavonoids, isoflavones (irigenin, nigricin, irisflorentin, irilon, iriflogenin), xanthones, quinines, triterpenoids, stilbene glycosides.[32]	Antioxidant, antimicrobial anti-inflammatory activity, anthelmintic activity.[32]
9.*Vaca (Acorus calamus* Linn.)	Araceae	*Katu, Tikta*	*Laghu, Tikshna*	*Ushna*	*Katu*	*Kaphavatashamaka*	Dry rhizome	Alpha asarone Beta asarone, acorin, eugenol, sesquiterpenes, choline, Flavone, Acoradine, galangin, acolamon	Antimicrobial, anti-inflammatory and immune modulatory effect.[5] analgesic and antipyretics.[6] *Krimighna, Jantughna* (antimicrobial, antifungal), *Medhya* drug (nootropic activity).[7]
10.*Patha (Cissampelos pareira* Linn.)	Menispermaceae	*Tikta*	*Laghu, Tikshna*	*Ushna*	*Katu*	*Tridoshahara*	Root, Stem	Pelosine or bebeerine, saponine, pareirubrines a and B, grandirubrine, isoimerubrine, Deyamittin, cissamine, cycleanine, menismine, pareirine, hayatinine, cycloanine, Cissampareine.[33]	Anti protozoal effect, antileukemic activity, anti-inflammatory activity, anti-ulcer activity, antioxidant activity, anti-hemorrhagic activity, diuretic activity, anti-tumour activity, immunomodulatory activity.[33]
11.*Katurohini (Picrorhiza kurroa* Royle ex Benth)	Plantaginaceae	*Tikta*	*Ruksha, Laghu*	*Shita*	*Katu*	*Kaphapittashamaka*	Root	Picrorhizin, Kutkin, kutkiol, D-mannitol, apocynin, phenol glucosides, androsim, Kutkoside, minecoside,	Anti-cancer activity, antimicrobial activity, anti-inflammatory activity, antioxidant activity, immunomodula

								cucurbitacins.[34]	tory activity.[35]
12.**SHarṅgashṭa* (*Stephanotis volubilis* Benth.)	Apocyanaceae	*Katu, Tikta*	*Laghu, Ruksha*	*Ushna*	*Katu*	*Tridoshahara*	Leaves	Glycoside, steroid, Flavonoids, sugars, phenols, linoleic acid, tannins, coumarins, anthocyanidins.[36]	Antimicrobial activity, antioxidant activity, antitumor activity, anti-inflammatory activity.[37]
13.*Ativisha* (*Aconitum heterophyllum* Wall. Ex. Royle)	Ranunculaceae	*Katu, Tikta*	*Laghu, Ruksha*	*Ushna*	*Katu*	*Kaphavatashamaka, Pittashamaka*	Root	Atisine, atisenol, atidine, Heterophylline, F-Dihydroatisine Hetratisine, Hetisin.[9]	Anti-inflammatory, antifungal, antiviral.[9] antibacterial, antioxidant, immunobiological activity.[10]
14.*Dravidi* (*Elettaria cardamomum* Maton)	Zingiberaceae	*Katu, Madhura*	*Laghu, Ruksha*	*Shita*	*Madhura*	*Tridoshahara*	Seed	Volatile oil-cineole, terpineol, terpenine, limonene, sabinene, alpha and beta pinene, myrcene, limonene, 1, 8, cineole, p-cymene, terpinolene, linalool, alpha terpinyl acetate.[38]	Antimicrobial effect, wound healing effect, antioxidant activity, anti-inflammatory activity, anti-cancer activity.[39]
15.*Bhallataka* (*Semecarpus anacardium* Linn.)	Anacardiaceae	*Katu, Tikta, Kashaya*	*Laghu, Snigdha, Tikshna*	*Ushna*	*Madhura*	*Kaphavatashamaka*	Fruit	Bhilawanol A and B, Semecarpol, anacardic acid, cardol, catechol, alkenyl catechols, semicarpetin, anacardol, anacardoside, oleic acid, linoleic acid palmitic acid, stearic acid arachidic acid, biflavonoids A, C.[40]	Analgesic activity, anticancer activity, neuroprotective Activity, anti-inflammatory activity, antioxidant activity, antimicrobial activity, hypolipidemic activity.[41]
16.*Citraka* (*Plumbago zeylanica* Linn.)	Plumbaginaceae	*Katu*	*Laghu, Ruksha, Tikshna*	*Ushna*	*Katu*	*Kaphavatashamaka*	Root bark	Plumbagin, free glucose and fructose, enzymes protase and invertase, chitranone, 3-	Antibacterial activity, antiviral activity, antioxidant activity, wound healing activity,

								chloro plumbagin, droserone, elliptinone, isozeylinone, plumbagic acid, B-sistosterol.[42]	anti-inflammatory activity, hyperlipidaemic activity.[42]

This group included sixteen drugs, many with *Tikta-Katu Rasa Laghu* and *Tikshna Guna, Ushna Virya*, and *Katu Vipaka*, aligning with *Pitta-Kapha Shamana* and *Tridosha-Hara* properties. Notably, *Sharṅgashta* (Figure 3.12) lacked direct *Rasapancaka* descriptions in classical sources; its attributes were inferred through Y*ukti* (logical reasoning) considering its described therapeutic actions.

Figures 3: *Mutakadi gana*



Figure 3.1 *Cyperus rotundus* Linn.



Figure 3.2 *Curcuma longa* Linn.



Figure 3.3 Berberis aristata DC



Figure 3.4 Terminalia chebula Retz.





Figure 3.5 Terminalia bellirica Roxb. Figure 3.6 Phyllanthus emblica Gaertn.





Figure 3.7 Dolomiaea costus (Falc.) Kasana & A.K. Pandey Figure 3.8 Iris ensata Thunb.





Figure 3.9 Acorus calamus Linn. Figure 3.10 Cissampelos pareira Linn.



Figure 3.11 Picrorhiza kurroa Royle ex Benth



Figure 3.12 Aconitum heterophyllum Wall.



Figure 3.13 Elettaria cardamomum Maton



Figure 3.14: *Semecarpus anacardium* Linn.



Figure 3.15: *Plumbago zeylanica* Linn.

Table 4: Types of *Stanya Dushti* according to *Sushruta* are presented in table 4.[43]

Vataja Stanya Dushṭi	Astringent taste and if put in the water, it floats
Pittaja Stanya Dushṭi	*Amla* and *Katurasa*; when put in water, it produces yellow streaks
Kaphaja Stanya Dushṭi	*Ghana Picchila* and settles down in water
Sannipataja Stanya Dushṭi	Physical character and symptomatology of all the *Dosas*
Abhighataja Stanya Dushṭi	Occur due of injury

Dosha-specific actions were determined primarily from textual references in the *Sushruta Samhita*, *Caraka Samhita*, and *Nighantus*. Where no explicit dosa-action was available, *Yukti*-based inference was applied, taking into account *Rasa, Guna, Virya, Vipaka*, and observed clinical indications.

DISCUSSION

Etiopathogenesis of *Stanya Dushti*

Due to indigestion of heavy, incompatible, vitiated food consumed by the mother, the *Doshas* become vitiated in her body and subsequently vitiate the *Stanya* (breast milk). The consumption of *Dushta Stanya* (vitiated milk) by the child causes various disorders including *Peenasa*, *Shirahshula*, *Dravamalapravṛtti*, *Pandu*, *Kamala*, *Tamakshvasa*, *Hṛdroga*, depending on the predominant *Dosha*. *Acharya Sushruta* mentioned five types of *Stanya Dushti*, i.e., *Vataja, Pittaja, Kaphaja, Sannipataja,* and *Abhighataja*.[44]

Among these, *Abhighataja Stanya Dushti* is managed primarily through surgical interventions. A comparative evaluation of pharmacological properties confirms that *Stanya Shodhana* drugs are held with anti-inflammatory, antioxidant, antipyretic, antimicrobial properties.

The fundamental treatments in Ayurveda are mainly based on the *Dosha Cikitsa*. *Stanya Dushti* is *Tridoshaja*. As we know after digestion, *Rasa Dhatu* is formed, and its sweet essence, propelled by *Vyana Vayu*, reaches the breasts to become *Stanya* (breast milk). The pharmacological basis of *Stanya Shodhana* therapy lies in *Rasa Cikitsa*, since *Stanya* is considered an *Upadhatu* of *Rasa Dhatu.*

According to *Acarya Caraka*, some drugs work through *Rasa*, some with *Karma*, some with *Virya*, some with *Vipaka*, and some with their specific potency (*Prabhava*). The primary pharmacodynamic attribute of a drug-whether it is *Rasa, Guna, Virya, Vipaka, or Prabhava*-determines its overall action.[45]

This study evaluated drugs from three *Ganas* mentioned in *Sushruta Samhita Vacadigana, Haridradigana*, and *Mustadigana*-with respect to their action on different types of S*tanya Dushti*.

Among these

Mustadigana (Table 3) contains drugs with broad-spectrum *Dosha Shamaka* properties due to their *Madhura, Tikta, Katu*, and *Kashaya Rasa*, making them suitable for *Tridoshaja Stanya Dushti*. Hence, based on the multi-*dosha* balancing nature and wide *Rasa-Virya* spectrum, *Mustadigana* emerges as the most effective group for *Stanya Shodhana* in clinical application. The majority of *Stanya Shodhana* drugs (mentioned in three of the *Ganas*) are *Kapha-Vata Shamaka* and are of *Katu, Tikta Rasa*, *Ushna Virya*.

Classical classifications

Sushruta classify by predominance (*Vata, Pitta, Kapha, Sannipata*) and *Abhighataja* (trauma-induced). Each is linked to specific infant presentations (e.g., *Pinasa, Panḍu, Kamala, Tamaka-Shvasa, Hṛdroga*). These describe milk qualities, not infant syndromes.

Pharmacological Rationale for *Stanya Shodhana*

Classical framework

Stanya is considered an *Upadhatu* of *Rasa*; thus, management principles are adapted from *Rasa-Cikitsa* and *Dosha-Shamana*. The *Rasa–Dosha* relationship guides drug selection:

Tikta, Kashaya, Katu → reduce *Pitta* and *Kapha*

Madhura → reduces *Vata* and *Pitta*

Selected classical herbs and modern pharmacology

***Haridra* (*Curcuma longa*)-** Curcumin inhibits NF-κB, COX-2, and TNF-α; potent anti-inflammatory, antioxidant, and antimicrobial activities demonstrated in vitro and in vivo. [Aggarwal & Harikumar, 2009].

***Musta* (*Cyperus rotundus*)-** Phenolic/flavonoid-rich; inhibits lipid peroxidation, suppresses inflammatory mediators, and exhibits antimicrobial action. [Kilani-Jaziri et al., 2011].

***Vaca* (*Acorus calamus*)-** Contains α- and β-asarone; reported antimicrobial and anti-inflammatory effects; safety caution due to β-asarone's genotoxicity and regulatory limits. [EMA, 2005].

***Katuki* (*Picrorhiza kurroa*)-** Iridoid glycosides (picroside I & II) confer hepatoprotective, antioxidant, and immunomodulatory actions. [Ansari et al., 2013].

Gana-wise Comparative Review

***Vacadi-gana* (Acorus-led group):** Listed by Sushruta among therapeutic groupings for *Kapha-Vata* disorders (S.S.Su. 38/17). Pharmacologically, β-asarone-rich Acorus chemotypes face safety restrictions in the EU and US.

***Haridradi-gana*:** Anchored by *Haridra*; classical use in *Pitta-Kapha* disorders. Modern pharmacology aligns with its anti-inflammatory and antimicrobial potential.

Mustadi-gana: Classical synopsis (Sushruta's commentary) uniquely states "purifies mother's milk" (*Stanya-Shuddhikara*) along with complexion and voice improvement. Members such as *Musta* have experimentally validated anti-inflammatory and antimicrobial effects, making this group textually and mechanistically consistent with *Stanya Shodhana* indications.

Probable Mode of Action

Classical perspective: Action determined by *Rasa, Guna, Virya, Vipaka, Prabhava*. *Tikta/Kashaya/Katu* herbs pacify *Pitta/Kapha*, correct *Rasa-Dhatu*, thereby normalizing *Stanya*.

Biomedical correlation:

Anti-inflammatory modulation- e.g., curcumin's suppression of NF-κB and COX-2 reduces mammary inflammation.

Antioxidant protection- polyphenols in Cyperus mitigate oxidative stress in inflamed tissue.

Antimicrobial effects- potential reduction of S. aureus load implicated in mastitis; mostly in vitro evidence.

Systemic support- hepatoprotection (Picrorhiza) relevant in pitta-dominant syndromes (e.g., kamala analogues).

Safety considerations

Acorus calamus preparations require chemotype and dose verification to avoid β-asarone toxicity.

Postpartum/lactation safety data are sparse for several herbs; caution and classical *Anupana* principles should be observed.

Clarification on surgical claims:

Abhighataja Stanya Dushti is distinct from *Stana-Vidradhi* (breast abscess). Surgery (incision & drainage) is indicated for *Vidradhi*, not for "milk purification."

Table 5: A comparative table showing *Rasa-Guna-Virya-Vipaka-Dosha Shamaka* and therapeutic use for each *Gana*

Gana	***Rasa-Guna-Virya-Vipaka–Dosha Shamaka***	**Therapeutic Actions**
Vacadigana	*Tikta & Katu- Laghu & Ruksha-Ushna Virya-Katu Vipaka- Vata-Kapha Shamaka*	Milk purification (*Vata-Kapha Shamaka)*
Haridradigana	*Tikta-Katu & Madhura-Laghu & Ruksha-Ushna-Katu & Madhura-Kapha-Pitta & Kapha-Vata*	Milk purification (*Kapha-Pitta & Kapha-Vata*)
Mustadigana	*Tikta-Katu& Madhura-Laghu & Tikshna-Ushna-Katu-Pitta-Kapha & Tridosha-hara*	Effective in all types of *Stanya Dushti*

CONCLUSION

Stanya Dushti in Ayurveda arises from maternal *Dosha* vitiation, requiring targeted *Dosha-Shamaka* therapy. *Mustadigana* contains drugs with *Madhura, Tikta, Katu*, and *Kashaya Rasas*, enabling balanced action against *Vata, Pitta*, and *Kapha* vitiations, including *Sannipataja* conditions. This broad-spectrum potential makes *Mustadigana* the most versatile group for restoring *Stanya Shuddhi* and supporting maternal-infant health. Clinically, *Mustadigana* may serve as the primary herbal cluster for all types of *Stanya Dushti*. Future research should focus on controlled clinical evaluations to validate these traditional indications.

According to *Acarya Caraka*, specific *Rasa* (tastes) exhibit selective *Dosha Shamana* (pacifying) effects: *Tikta* (bitter) and *Kashaya* (astringent) *Rasas* pacify *Pitta* and *Kapha*, *Katu* (pungent) *Rasa* pacifies *Kapha* and *Vata*, *Madhura* (sweet) *Rasa* pacifies *Vata* and *Pitta*. *Mustadigana* contains a combination of drugs having *Madhura, Tikta, Katu, Kashaya Rasa*. This broad spectrum makes the group effective in pacifying all three *Doshas*, especially in *Sannipataja Stanya Dushti*.

The *Rasa*-based *Dosha*-pacifying properties of *Mustadigana* drugs provide the broadest therapeutic coverage, making them the most effective group for correcting *Dushta Sanya* across all D*oshic* imbalances.

These drugs not only restore the normal qualities of *Stanya* (*Shuddhatva* in *Rasa, Varna, Gandha, Sparsha*) but also improve infant health and prevent disorders linked to *Dosha*-vitiated milk.

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