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An analytical review on *Kloma*

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ABSTRACT

The *Kloma* which is one of the root of *Udakavaha Srotas* is additionally an indefinite organ. A difference of opinion is found in Ayurvedic content with respect to the *Kloma*. While studying description related *Kloma* particularly through *Sushruta Sharira Sthana* it was seen that till date there is no conclusive sentiment about *Kloma*. The *Viddha Lakshana* (traumatic effects) of the *Udakavaha Srotas* is *Pipasa* (thirst) and *Marana* (death). So, to explain the anatomical area of *Kloma* and specify *Kloma* with the body organ was the prime plan to start this article. By the help of the patho-physiology of pancreas we correlate the organ *Kloma* with pancreas.

Key words: *Udakavaha Srotas, Kloma, Pancreas, Viddha Lakshana*

INTRODUCTION

Description of *Kloma* in various Ayurvedic Samhita's is different as it is said that *Kloma* is the *Moola* of *Udakavaha Srotas*. A difference of opinion is found in Ayurvedic texts regarding the *Kloma*. This article is a small step of direction in order to shine some light on the patho-physiological analysis of *Kloma* and pancreas.

MATERIALS AND METHODS

Major *Samhitas* of Ayurveda (*Charaka Samhita, Sushruta Samhita, Astanga Hridaya*) with their commentaries. Basic modern physiology books, articles from journals and relevant internet sites were availed.

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OBSERVATION

The identification of *Kloma* is uncertain and no unanimous opinion has emerged.

- According to *Sushruta Samhita Sharira Sthana* 4/31: by considering the anatomical situation of *hridaya*, and to the right are situated *Yakrit* and *Kloma*.
- Sushruta* while describing *Udakavaha Srotas* in *Su.Sha* 9/12 he named *Talu* (palate) and *Kloma* as the *moola* of this *Srotas* and injury to these gives rise to severe thirst and death.
- In *Su.Ni* 9/22 one of the symptoms of *Kloma Vidradhi* is profound thirst making the patient crave for more water.

Previous day scholars have Identified *Kloma* variously:

- Trachea by B.G Ghanekar in *Sushruta Samhita Sharira Sthana*
- Trachea by Gananath Sen in *Pratakahya Shariram* (volume -2)
- Gall bladder by D.G thatthe in *Ayurvediya Rachana Sharira*
- Pancreas by Ranjitroy Desai in *Ayurvediya Kriya Sharira*

DISCUSSION

By giving more emphasis to the function of *Kloma* as the site of production of thirst, it is an established fact now that neither the lungs, trachea, nor the gall bladder are concerned with production of thirst and maintenance of water balance in the body. Thirst is one of the important symptom of dehydration of the body. Dehydration is a state of pure deprivation of water leading to sodium retention and hence a state of hypernatremia (there is only loss of water without loss of sodium). Dehydration is a problem in diabetes mellitus.

Mechanism of dehydration

When a person is dehydrated



Extra cellular fluid volume is decreased



Concentration of sodium and other osmolar elements rise



Stimulation of thirst center (drinking threshold)



Person drink water and extra cellular fluid volume comes to normal, i.e., satiety (tripping mechanism)

Pancreas which is present in the abdomen, situated behind the stomach, on the left side is indirectly related to production of thirst and maintenance of water balance. Injury to the beta cells of the pancreas or diseases that impair insulin production can lead to type 1 diabetes. Insulin is released in to the blood by beta cells, found in the islets of Langerhans in the pancreas, in response to rising levels of blood glucose, typically after eating. Insulin is used about two-third of the body's cells to absorb glucose from the blood for use as fuel, for conversion to other needed molecules, or for storage. Insulin is also the principal control signal for conversion of glucose to glycogen for internal storage in liver and muscles cells. Lowered glucose levels results both in the reduced release of insulin from the beta cells. An insulin deficiency culminates in

diabetic ketoacidosis (DKA), accumulation of ketones and lactic acid in the blood and loss of electrolytes and water in the urine result in profound dehydration, hypovolemia, metabolic acidosis and shock.

Without insulin, diabetic ketoacidosis often develops which may result in comma or death. The *Viddha Lakshana* of *Udakavaha Srotas* is *Pipasa* and *Sadya Marana*. As these symptoms are also found in diabetic ketoacidosis, it will be more appropriate to identify *Kloma* as pancreas.

- We don't have any evidences for gall bladder to taking part in water regulation or balance. it is also not prone for more injuries, even if injured may not cause immediate death. As the *Viddha Lakshana* (traumatic effect) of *Udakavaha Srotas* (*Talu, Kloma*) is *Pipasa*, and *Sadya Marana*. Hence, it is concluded that it's not appropriate to consider *Kloma* as gallbladder.
- In the context of Su.Sha 5/31, *Maharshi Sushruta* described that *Hridaya Kloma Sambandhit Nadi's* are eighteen. Also, tracheal injuries are very rare. So, there is no evidential proof to consider *Kloma* as trachea.

CONCLUSION

symptoms of *udakavaha Srotas viddha lakshana* (*pipasa* and *marana*) resembles with the patho-physiology of pancreas. Thus, *Kloma* can be compared with pancreas.

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