Assessment of Rasavaha Srotasa

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ABSTRACT

Human body is mainly composed of three types of substances viz. Dosha, Dhatu and Mala. Although all these entities are present in body itself, but some kind of transportation system is required to carry these substances from the site of production to the site of action. For transportation mode of such body constituents, the special term ‘Srotasa’ is used which denotes a channel through which substances flow from one part to another part of body. Srotasa is a structural and functional unit of the body which comprises of two openings. From one opening it starts or begins the functioning and at the other opening it concludes it. Hence, for a Srotasa the two openings are connected to the body organs which are described as Srotomoola or Moola Sthana (root of Srotasa).

Key words: Body, Srotasa, Srotomoola, Dosha, Ayurveda.

INTRODUCTION

The term Srotansi refers to the body's internal delivery systems integration with the circulatory system. It depicts every stage of Poshya Rasa exchange and movement from Ahara Rasa to Jatharagni at the level of individual cells and tissues, from micro to macro. Today's out of routine lifestyle plays a major role in the development of Srotodushti (vitiation of circulatory channels) which fuels the advancement of illnesses. In fact, the food that has been digested contributes to form Rasa Dhatu, which carries out numerous essential bodily processes. The first Dhatu is Rasa Dhatu and Preenanam (nourishment) is its primary purpose. Rasa Dhatu is carried by Rasavaha Srotasa which gives Poshana (nutrition) to Rasa and Rakta Dhatus.

Rasa Samvahana

Vyana Vayu circulates Rasa Dhatu throughout the entire body. Hridaya (Heart) and Dasha Dhamanyah (Ten circulatory vessels) are the Mulasthana (place of origin) of Rasavaha Srotasa.

Clinical importance of Mulasthana of Rasavaha Srotasa

Every Srotasa’s operation is governed and overseen by its respective Mulasthana (place of origin). Therefore, we must highlight the Mulasthana of each Srotodushiti (manifestation of Dosha) in order to treat it or its sickness.

Properties of Rasa Dhatu

Like Snigdha, Guru and Shweta, it possesses the properties that are identical to those of the Kapha Dosha.
Number of Srotasa

यावन्तः पुरुषे मूतिमत्तो भावविषेषासांवन्त एवासिन सोतसा प्रकारविशेषः।

There are numerous Srotasas in a human body because each constituent in the body is a unique one. Acharya Charaka has enumerated following 13 Srotasas:

1. Pranahava Srotasa
2. Udakvaha Srotasa
3. Annavaha Srotasa
4. Rasavaha Srotasa
5. Raktavaha Srotasa
6. Mansavaha Srotasa
7. Medovaha Srotasa
8. Asthivaha Srotasa
9. Majjavaha Srotasa
10. Shukravaha Srotasa
11. Mutravaha Srotasa
12. Purishvaha Srotasa
13. Swedovaha Srotasa

While according to Acharya Sushruta, there are 11 types of Srotasas:

1. Pranahava Srotasa
2. Udakvaha Srotasa
3. Annavaha Srotasa
4. Rasavaha Srotasa
5. Raktavaha Srotasa
6. Mansavaha Srotasa
7. Medovaha Srotasa
8. Mutravaha Srotasa
9. Purishvaha Srotasa
10. Shukravaha Srotasa
11. Artavavaha Srotasa

Rasavaha Srotasa Dushti Hetu (Etiological factors)

गुरुशीिमतितिग्धमतिमात्र समश्निाम | रसवाहीतन दुष्यस्मन्त तिन्त्याना िातितिन्तनाि।

- Guru Ahara - excessive consumption of calorie dense foods including cheese, fast food and bakery goods.
- Sheeta Ahara - excessive usage of cold food products.
- Atisnigdham - Eating too much oil rich food makes the blood more viscous which blocks the arteries and slows the circulation.
- Samashana - taking wholesome and unwholesome diet together.
- Manasika Hetu - Chinta (stress/worry) leads to Rasavaha Srotodushi causing cardiac diseases, hypertension etc. and ultimately affects the body and mind.

Rasavaha Srotasa Dushti Lakshana (symptoms)

अश्रद्धा िारुतिश्िास्यवैरस्यमरसज्ञिा हृल्लासो गौरव साङ्गमदोों ज्वरस्तमः।

Following diseases are caused by vitiation of Rasa Dhatu:

- Ashraddha - unwilling to eat any type of food.
- Aruchi - Anorexia or a lack of interest in food.
- Aasyavairasya - dysgeusia
- Arasagyata - ageusia or loss of taste.
- Hrillaso - nausea
- Gaurava - feeling of heaviness
- Tanda - drowsiness
- Saangamarda Jwara Tama - fever with bodyache and fainting
- Pandu - anaemia
- Strotasaam Rodha - obstruction of channels of circulation
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Klaibya - impotency
Saada - asthenia
Krishangata - emaciation
Nashoagneyah - decrease power of digestion
Vali and Paalitya - premature appearance of wrinkles and grey hairs.

Chikitsa (management of Rasavaha Srotodushti)

Acharya Charaka mentioned the treatment for vitiated Rasa Dhatus as-

रसजना विकारणां सब्जः लघुनामोऽधृधम् |[10]

One should use all forms of fasting therapy to treat any type of illnesses developed on by the vitiation of Rasa Dhatus. Rasa Dhatus is carried through Rasavaha Srotasas. As a result the Dushti of Rasa Dhatus actually refers to the Rasavaha Srotasas. Rasa Dhatus is the initial Dhatu and Rasavaha Srotasas is the channel by which it travels. Hence Rasa Dhatus Dushti causes the other six Dhatus and their Srotasas to become tainted. Therefore, it is crucial to treat Rasavaha Srotodushti in order to prevent additional Dhatu Dushti and Srotodushti as well as Rasa Dushti.

Acharya Charaka explains the relation of Dhatu and Srotasas as -

तेत्ते प्रकोपात स्थानस्थावर्य मार्गिकत्व शतीरापातक प्रकोपमापिण्ये |[11]

The aforementioned Shloka states that vitiation of Srotasa results in vitiation of Dhatu. Therefore, the same treatment for vitiated Dhatu also works for vitiated Srotasa. Since Agnimandya and Ama are the primary culprits in Rasavaha Srotodushti, in such condition, Langhana is the first line of defence. Langhana is first therapy among Shat Upakramas. The purpose is to make the body light by relieving the heaviness.

Type of Langhana according to Acharya Charaka

चुलुक्कारा संशुष्कः पिपसा मार्गातपे | पाचनायुपवासश्रव व्यायामश्चेति लघुनाम |[12]

Four types of Panchakarma purifying therapies -
1. Vamana - vomiting
2. Virechana - purgation
3. Niruha Basti - decoction enema
4. Nasya - nasal drop having cleansing nature
5. Pipasa - controlling thirst
6. Maruta - exposure to wind
7. Atapa - exposure to sun
8. Pachana - administration of food and medicine that are Ushna Virya (hot in nature), helping in digestion
9. Upavasa - total fasting
10. Vyayama - physical exercise

All the above types work for the increase in digestive power.

Indication for Panchakarma therapy

Increased Doshas are removed from the body using Panchakarma therapy. It is advised when the patient’s health & the disease both are strong and in condition of increased Doshas (Bahudoshavastha).

Indication of Pachana treatment

Pachana is administered in Madhya Bala Roga (disease with moderate strength) or when Doshas are moderately vitiated.

Indication for control of thirst and fasting

Controlling thirst and hunger can help to heal ailments of a moderate type or those caused by weak ailments Doshas. The Doshas are better balanced as a result of this therapy.

Indication for exercise, sun & wind exposure

If a healthy person has a slight illness then physical activity, sun exposure and wind exposure can treat this slight illness.

Benefits of Langhana

- Removes obstruction in body tissues and micro channels.
- Improves metabolism
- Brings lightness and sense of healthiness in the body
Regresses the initial pathological processes

Strengthens the digestive system

In general, the Langhana treatment principle is used whenever there is a feeling of heaviness. The goal is to make the body lighter, to open up body channels, to enhance circulation and eventually to promote good health. Both Deepana and Pachana are types of Langhana.

Nidana Parivarjana

This means avoiding the causes of the ailment or Dushti Hetu. In Ayurvedic medicine, Nidana Parivarjana is supposed to be crucial. It focuses mostly on addressing dietary and lifestyle changes that are contributing to the disease. To avoid contracting such ailments, one should always eat healthy foods.

CONCLUSION

Srotasa is found to be the main functioning centre. Any kind of vitiation of Srotasa either directly or through its Dhatus leads to the vitiation of its Mula and when Srotomula is affected it leads to the vitiation of Srotas. The first Dhatus is Rasa Dhatu and Preenanam is its primary purpose. Every Srotasa is governed by its respective Mulasthana (place of origin). Therefore, we must highlight the Mulasthana of each Srotasa in order to treat it or its sickness. Langhana helps in removing obstruction in body tissues & channels, improves metabolism, regresses the initial pathological processes, and strengthens the digestive system. Langhana is considered as first line treatment to cure Rasavaha Sroto Dushti.

REFERENCES


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