



ISSN 2456-3110

Vol 8 · Issue 7

July 2023

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Assessment of *Rasavaha Srotasa*

Abhishek Dhadhich¹, Pallavi Choudhary², Rakesh Kumar Sharma³, Navneet Dadhich⁴

^{1,2}Post Graduate Scholar, Department of Rachana Sharir, Post Graduate Institute of Ayurveda, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan, India.

³Associate Professor, Department of Rachana Sharir, Post Graduate Institute of Ayurveda, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan, India.

⁴Assistant Professor, Department of Rachana Sharir, Post Graduate Institute of Ayurveda, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan, India.

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 *Mulasthanas* (place of origin) of *Rasavaha Srotasa*.

Clinical importance of *Mulasthanas* of *Rasavaha Srotasa*

मूल इति प्रभवस्थानम् ।^[3]

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

Properties of *Rasa Dhatu*

रसो अपि श्लेष्मावत् ।^[4]

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

Address for correspondence:

Dr. Abhishek Dhadhich

Post Graduate Scholar, Department of Rachana Sharir, Post Graduate Institute of Ayurveda, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan, India.

E-mail: dr.abhidadhich11@gmail.com

Submission Date: 14/05/2023 Accepted Date: 21/06/2023

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.8.7.15

Number of Srotasa

यावन्तः पुरुषे मूर्तिमन्तो भावविशेषास्तावन्त एवास्मिन् स्रोतसा प्रकारविशेषा।^[5]

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* ^[6]

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. *Swedavaha Srotasa*

While according to *Acharya Sushruta*, there are 11 types of *Srotasas*.^[7]

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. *Purishavaha Srotasa*
10. *Shukravaha Srotasa*
11. *Artavavaha Srotasa*

Rasavaha Srotasa Dushti Hetu (Etiological factors)

गुरुशीतमतिस्निग्धमतिमात्र समश्नताम । रसवाहीनि दुष्यन्ति चिन्त्याना चातिचिन्तनात् ।^[8]

- *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 Srotodushti* causing cardiac diseases, hypertension etc. and ultimately affects the body and mind.

Rasavaha Srotasa Dushti Lakshana (symptoms)^[9]

अश्रद्धा चारुचिश्चास्यवैरस्यमरसज्ञता हल्लासो गौरव तन्द्रा साङ्गमदो ज्वरस्तमः ।

पाण्डुत्व स्रोतसा रोघः क्लैब्य सादः कृशाङ्गता नाशोऽग्नेरयथाकाल वलयः पलितानि च।^[9]

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
- *Tandra* - drowsiness
- *Saangamarda Jwara Tama* - fever with bodyache and fainting
- *Pandu* - anaemia
- *Srotasaam Rodha* - obstruction of channels of circulation

- *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 Dhatu* as-

रसजाना विकाराणा सर्वं लङ्घनमौषधम् ।^[10]

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

Acharya Charaka explains the relation of *Dhatu* and *Srotasa* as -

तेषां प्रकोपात् स्थानस्थाश्वयामार्गाश्व शरीरपातकप्रकोपमापद्यन्ते ।^[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 Upakrama*. The purpose is to make the body light by relieving the heaviness.

Type of Langhana according to Acharya Charaka

चतुष्प्रकारा सशुद्धिः पिपासा मारुतातपौ । पाचनान्युपवासश्च व्यायामश्चेति लङ्घनम् ।^[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 administrated 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 vitiated *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 *Dhatu* leads to the vitiation of its *Mula* and when *Srotomula* is affected it leads to the vitiation of *Srotas*. The first *Dhatu* is *Rasa Dhatu* and *Preenanam* is its primary purpose. Every *Srotasa* is governed by its respective *Mulasthan* (place of origin). Therefore, we must highlight the *Mulasthan* 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

1. Brahmanand Tripathi, Ashtanga Hridayam, Vagbhatta Sutrasthana chapter 11, verse no.4, Chaukhamba Surbharti Prakashan, Varanasi, reprint, 2009.
2. Brahmanand Tripathi, Charaka Samhita, Maharshi Charaka, Vimanshthana, chapter 5, verse no. 12, Chaukhamba Surbharti Prakashan, Varanasi, 2011.
3. Chakrapanidatta, Ayurveda Dipika, Charaka Samhita, Vimansthana, chapter 5, verse no. 16, Chaukhamba Surbharti Prakashan, Varanasi, 2005.
4. Brahmanand Tripathi, Ashtanga Hridayam, Vagbhatta Sutrasthana chapter 11, verse no.8, Chaukhamba Surbharti Prakashan, Varanasi, reprint, 2009.
5. Brahmanand Tripathi, Charaka Samhita, Maharshi Charaka, Vimanshthana, chapter 5, verse no. 8, Chaukhamba Surbharti Prakashan, Varanasi, 2011.
6. Brahmanand Tripathi, Charaka Samhita, Maharshi Charaka, Vimanshthana, chapter 5, verse no. 7, Chaukhamba Surbharti Prakashan, Varanasi, 2011.
7. Kaviraj Ambikadutta Shastri, Sushruta Samhita, Maharshi Sushrut, Sharirsthana, chapter9, verse no. 11, Chaukhamba Sanskrit Prakashan, reprint, 2014.
8. Brahmanand Tripathi, Charak Samhita, Maharshi Charaka, Vimanshthana, chapter 5, verse no. 21, Chaukhamba Surbharti Prakashan, Varanasi, 2011.
9. Brahmanand Tripathi, Charaka Samhita, Maharshi Charaka, Sutrashthana, chapter 28, verse no.9-10, Chaukhamba Surbharti Prakashan, Varanasi, 2011.
10. Brahmanand Tripathi, Charaka Samhita, Maharshi Charaka, Sutrashthana, chapter 28, verse no.24, Chaukhamba Surbharti Prakashan, Varanasi, 2011.
11. Brahmanand Tripathi, Charaka Samhita, Maharshi Charaka, Vimanshthana, chapter 5, verse no.9, Chaukhamba Surbharti Prakashan, Varanasi, 2011.
12. Brahmanand Tripathi, Charaka Samhita, Maharshi Charaka, Sutrashthana, chapter 22, verse no.18, Chaukhamba Surbharti Prakashan, Varanasi, 2011.
13. Pooja Sharma. A plenteous view on Rasavaha Srotasa with cardio vascular system, Jammu institute of Ayurveda and Research, Jammu and Kashmir, India, 2017.
14. <http://easyayurveda.com/2020/09/12/langhanatherapy>

How to cite this article: Abhishek Dhadhich, Pallavi Choudhary, Rakesh Kumar Sharma, Navneet Dadhich. Assessment of Rasavaha Srotasa. J Ayurveda Integr Med Sci 2023;07:93-96.

<http://dx.doi.org/10.21760/jaims.8.7.15>

Source of Support: Nil, **Conflict of Interest:** None declared.
