



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

An overview of *Srotas* w.s.r. to therapeutics in Ayurveda

Nitish Sharma¹, Pawan Kumar Kirar², Lajwanti Keswani³, Salil Jain⁴, Monika Parihar⁵

^{1,5}Post Graduate Scholar, Department of Samhita Siddhant, Pt. Khushilal Sharma Government Autonomous Ayurveda College and Institute, Bhopal, Madhya Pradesh, India.

^{2,4}Lecturer, Department of Samhita Siddhant, Pt. Khushilal Sharma Govt Autonomous Ayurveda College & Institute, Bhopal, Madhya Pradesh, India.

³Reader & HOD, Department of Samhita Siddhant, Pt. Khushilal Sharma Govt. Autonomous Ayurveda College & Institute, Bhopal, Madhya Pradesh, India.

ABSTRACT

In *Ayurveda*, *Ayu* is defined as conjunction of body, soul, mind and senses. Each has been given due importance in the maintenance of health and prevention and cure of disease. *Ayurveda* mention various aspects related to the normal physiological functioning of body, diseases and their management. *Ayurveda* elaborated one such concept of *Srotas* which means microchannels of body that performs functions of transportation and circulation. The *Srotas* not only perform important functions of body but also restore normal health status of body. Vitiation and depletion in *Srotas* can lead many pathological events inside the body. Present article described clinical perspective of *Srotas* as per *Ayurveda* considerations. When the vitiation of *Srotas* occurs, the treatment of *Moolasthan* can cure the whole deformity because *Moolasthan* is the control system of the whole *Srotas*.

Key words: *Srotas*, *Srotodusti*, *Ayurveda*

INTRODUCTION

The origin of the word source is from the Sanskrit root- "Shru" (*Shru + Tasi = Shrotas*) which means flowing, seeping, filtering, permeable and quick.^[1]

- *Shrotamsi* = Systems
- *Dhatunamabhivahini* = Transport of channels of *Dhatu*s
- *Parinamapadyamanam* = Undergoing a change.

Address for correspondence:

Dr. Nitish Sharma

Post Graduate Scholar, Department of Samhita Siddhant, Pt. Khushilal Sharma Government Autonomous Ayurveda College and Institute, Bhopal, Madhya Pradesh, India.

E-mail: nitishsharmavip@gmail.com

Submission Date: 13/05/2023 Accepted Date: 20/06/2023

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.8.7.20

The *Srotas* (systems) are actually the transporting channels of material such as blood, semen and nutrients which are undergoing a transformation in human body. That's why *Srotas* play as a major role in supplying of basic nutrient to every part of body. In order to approach a patient holistically, knowledge of the *Srotas* is essential for the *Ayurvedic* practitioner. The defective *Srotas* shows the symptoms of the various diseases. Thus, abnormalities in the *Srotas* should be corrected in time to bring the diseased body back to normal. Without healthy *Srotas* systems in the human body get disturb and not able to perform their function properly. Any minor structural or functional disturbance of the *Srotas* leads to the accumulation of *Dushyas* and *Doshas*. Disease appears inside the body due to in efficient *Srotas*, the body can be healthy only as long as the channels of circulation perform their normal functions. To prevent recurrence of the disease, conceptual understanding of the source is essential which helps in adopting appropriate therapeutics and also helps in knowing about the

disease and improving immunity Thus the source is briefly explained below.

Clinical and pathological perspective on Srotodushti

1. Atipravrutti (Excessive output)

The term *Atipravrutti* means excessive flow, the excessive production or excessive discharge of the body fluid due to increased functioning of the organ. Basically, it means out flow of the material from the *Srotas* example.

- Excessive loose motion in diarrhea or cholera (*Atisar/ Visuchika*).
- Excessive blood loss in disseminated coagulation (*Raktapitta*)^[2]

2. Sanga (stasis/ obstruction)

Sanga means obstruction/retention or holding up, refers to the obstruction to the flow of the body fluids. For e.g.

- Urine flow obstruction due to calculi or tumor (*Mutrasanga*).
- Stasis of faecal material due to intestinal obstruction or gastroparesis (*Malasanga*)^[3]

3. Siragranthi (Obstructive growth in channels)

Sira Granthi means dilatation of veins causing obstruction to normal flow through *Srotas* which may lead to formation of the plaque or thrombus or obstructing material in the channel. For e.g.

- Thrombus in blood vessels causing blood flow obstruction (Infraction)
- Urinary calculi obstructing the flow of urine
- Gallstone obstructing the bile transportation

4. Vimarga Gamana (Retrograde movement)

Due to some pathology of *Srotas*, there is the flow of fluid in the affected area through alternative channel i.e., reversal of the flow of the body fluids. For e.g.

- Vomiting of faecal material in intestinal obstruction
- Regurgitation of blood in mitral stenosis ultimately causing congestion in the lungs.^[4]

Concept of Srotovaigunya

Srotas perform the function of the transmission materials from one side to the other. The nutrient substances which nourish the *Dhatus* undergo *Paka* by the *Ushma (Agni)* of *Dhatus*. This kind of *Agnivyapara* and *Paka* takes place in *Dhatuvaha Srotas*.

Clinical management of Disease

- Nidan Parivarjan*
- Srototo Shodhan*

Table 1: *Srotodushti* and their management^[5]

SN	Srotas	Drug used in specific condition of Srotodushti
1.	Pranvaha Srotas	Bhallatak, Amalaki and Kasturi
2.	Rasavaha Srotas	Lajamand, Guduchi, Yashtimadhu and Manjistha
3.	Raktavaha Srotas	Guduchi, Loha Bhasma, Sariva and Aamalaki
4.	Annavaha Srotas	Kapardik, Shankh Bhasma, Nagkeshar and Hing
5.	Mamsavaha Srotas	Ashwagandha and Shatavari
6.	Udakavaha Srotas	Abhrak Bhasma, Gudadrak and Trifala
7.	Medovaha Srotas	Guduchi, Guggulu, Shilajit and Bhunimbha
8.	Asthivaha Srotas	Kukkutandtwak Bhasma, Asthishrunkhala and Shankh Bhasma
9.	Mutravaha Srotas	Punarnava, Shilajit, Pashanbhed and Gokshur
10.	Majjavaha Srotas	Vacha, Brahmi, Shankhpushpi, Bhrungaraj and Jatamansi
11.	Purishvaha Srotas	Bilva, Kutaj, Suvarnapatri and Haritaki

Mulam of Srotas

Chakrapani has described *Mulam* as - "*Mulamiti Prabhava Sthanam*," meaning thereby that *Mula* of a *Srotas* is the anatomical seat of the respective *Srotas*,

the main seat of the pathology of that channel, the principal seat of manifestation of disease. The cause of morbidity of *Srotamsi* and their manifestation, pertaining diseases has also been explained. The set of channels is apparently described as the major seat of diseases.^[6]

SN	Srotas	Site (Mulasthanas)	Sroto Dushti Lakshan
1.	<i>Pranavaha</i>	<i>Hridya</i> (brain, heart) <i>Maha Srotas</i>	Respiratory ailments, anxiety neurosis and impending fear
2.	<i>Udakvaha</i>	<i>Talu, Kloma</i> (oropharynx)	Excessive dryness of mouth, tongue, lips and palate, and excessive thirst
3.	<i>Annava</i>	Stomach, left flank	Loss of appetite, dyspepsia, emesis and anorexia are the features
4.	<i>Rasavaha</i>	<i>Hridya</i> (heart) ten <i>Dhamani</i>	Respiratory ailments, anxiety neurosis and impending fear, and even a death
5.	<i>Mamsvaha</i>	Ligament, skin	Tumors, cysts, wasting of muscles, swelling etc.
6.	<i>Medovaha</i>	Kidney, omentum	Edema, thirst, obesity etc.
7.	<i>Asthivaha</i>	Adipose tissue, <i>Jaghan</i>	Excessive teeth growth, bone, tissues, hair, bones, nails deformities
8.	<i>Majjavaha</i>	Bones joints	Gets damaged by crushed, trauma, injury etc.
9.	<i>Sukravaha</i>	Testes pudendum	
10.	<i>Mutravaha</i>	Urinary bladder, <i>Vankshanas</i>	
11.	<i>Purishvaha</i>	Large intestine, rectum	
12.	<i>Svedavaha</i>	Adipose tissue, hair follicles	Alternation in perspiration (To excess or less), roughness of skin etc.

13.	<i>Artavvaha</i>	Uterus, fallopian tubes	Infertility and menstrual abnormalities
14.	<i>Manovaha</i>	<i>Hridaya</i> (heart, brain)	

DISCUSSION

Srotas are important institutions of the human body responsible for many important tasks and to help Maintain normal health status. They feed body, regulate metabolic activities and also perform Detoxification functions. So, it's important for us to focus on *Srotas* for healthy life. As the *Srotas* helps to produce healthy tissue, provide longevity, immunity, gives strength and regulates digestion. Malfunction of *Srotas* can have many pathological consequences Hypertension, *Sanga*, Cerebral gland and including Clinical manifestations of *Vimarga Gamana*, etc. *Shrotodushti* are dehydration, electrolyte imbalance, improper respiration, gonorrhoea, dyspepsia, biliousness, Leprosy, constipation, *Ama* and infertility etc. Pathological conditions related to abnormalities can be managed medically by pacifying the *Srotas*.^[7] Important fact is that they have major role in healthy person for maintenance of also along with that we can use in diagnosis, treatment and Ayurvedic medicines help in pacifying the *Doshas* of the *Srotas*, thus cures many diseases. Drugs that act on *Sukshma Srotas*, Improves *Agni*, Balances *Doshas* and Boost provides beneficial effects in the material which can cause *Shrotodushti*. *Bhallataka*, *Amalaki*, *Guduchi*, *Yashtimadhu*, *Manjishtha*, *Ashwagandha*, *Punarnava*, *Shilajit*, *Gokshur*, *Conch flower*, *Bhringraj*, *Brahmi*, *Kutaj*, *Bilva* and *Shatavari* etc. drugs can be used to cure the pathogenesis *Shrotodushti*. So, it is important for both healthy as well as diseased. And whole body is dependent on *Srotas*.^[8]

CONCLUSION

From this study we conclude that *Srotas* are involved in pathogenesis of diseases. *Dravyas* used for treatment of disease act at *Srotas* through various mechanisms. A physician must observe the clinical manifestations of disease to trace out the *Srotas* involved so as making

choice of medicine. Further work is still much needed in this field

REFERENCES

1. Subhash Ranade. Kriya Sharira, Concept of Srotas and Kala, Chapter 5, Chaukhamba Sanskrit Pratishthan, Varanasi. Page No, 47.
2. Murthy Shrikant KR, Susruta Samhita, Sharirsankhyavyakarana, 5th Chapter, Sharirsthan, English translation, Chowkhambha orientalia, Varanasi.
3. Sushrut Samhita Sharirsthan. Ayurvedic Rahasyadeepika hindi commentary, B.G. Ghanekar, Meharchand Lachhmandas Publications, New Delhi, 14th edition, 1999.
4. Kashinath Shastri, Gorakhnath Chaturvedi. Charak Samhita, Vidyotini Hindi commentary, Chaukhamba Bharti Academy, Varanasi, Part I, 2008,584.
5. Kashinath Shastri, Gorakhnath Chaturvedi. Charak Samhita, Vidyotini Hindi commentary, Chaukhamba Bharti Academy, Varanasi, Part I, 2008,710-712.
6. Astang hṛdayam. By atri dev, EDITED BY Yadunandanupadhdhyaya, published by chowkhambha sanskrit series office, Varanasi, 1959, 188.
7. Ambika Dutta Shastry. Susruta Samhita, Chaukhamba Sanskrit Sansthan, Varanasi, 1996.
8. Ambika Dutta Shastry. Rasaratna Samuchaya, Chaukhamba Amarabharath Prakashan, Varanasi, 9th edition, 1995.

How to cite this article: Nitish Sharma, Pawan Kumar Kirar, Lajwanti Keswani, Salil Jain, Monika Parihar. An overview of Srotas w.s.r. to therapeutics in Ayurveda. J Ayurveda Integr Med Sci 2023;07:113-116. <http://dx.doi.org/10.21760/jaims.8.7.20>

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