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# A conceptual study of *Srotas* and their importance in diagnosis of disease

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## ABSTRACT

The term *Srotas* derived from *Sru Gatau Dhatu* which means *Gati* or movement. *Acharya Charaka* says that *Sravanat Srotamsi* which means secretion or passes for secretion. Some *Acharya* says that *Srotas* are innumerable and some says numerable. The *Srotas* are similar in colour of that *Dhatu*s which remain within it i.e., *Swadhatu samvarnata*. These are *Vritta*, *Sthhoola*, *Anu*, *Deergha* etc. in shape. *Acharya Charaka* explain 13 and *Acharya Sushruta* explain 11 pair of *Srotas* respectively. *Acharya Vagbhata* first classify the *Srotas* in to *Antarmukh Srotas* which are 13 in number and *Bahirmukha Srotas* which are 9 in number in males and 12 in number in females. *Acharya Charaka* says that if *Srotas* remain in *Prakritibhutavastha* then origin of disease not possible and if these are vitiated then *Dhatu*s related to it and their path are also vitiated and produce disease. *Acharya Sushruta* mention that the vitiated *Doshas* can't cause disease until *Kha Vaigunya* (weak point) is originated in the *Srotas*. In *Ashtang Hridayam* it is mentioned that vitiated *Srotas* are cause of disease and unvitiated *Srotas* are cause of health. The main cause of *Srotodushti* is the consumption of that *Ahara Vihara* which vitiate the *Doshas* and makes abnormal *Dhatu*s. After vitiation of *Srotas* they show following clinical features: *Atipravritti*, *Sanga*, *Siragranthi* and *Vimargagamana* and produce mild to severe form of disease of different *Srotas*. On the basis of *Nidan Sevan* and *Lakshana* the disease are diagnosed.

**Key words:** *Antarmukh*, *Prakritibhuta*, *Rogi Roga Pareeksha*.

## INTRODUCTION

The explanation of *Srotas* available in *Brihatrayee*. All the *Srotas* transport resultant *Rasadi Dhatu*s and nourishes the body. As the *Dosha*, *Dhatu* and *Mala* are important for body similarly *Srotas* are equally important because *Srotas* provide path for its transport.<sup>[1]</sup> In *Charaka Samhita* it is mention that the number of *Srotas* are equal to the number of *Bhavas* of body i.e., all *Bhava* of body derived from *Srotas*.<sup>[2]</sup>

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*Acharya Sushruta* and *Acharya Vagbhata* compare the *Srotas* as stem of lotus through which the *Dhatu*s are transported.<sup>[3]</sup> For the diagnosis of disease of *Srotas* the understanding of *Srotodushti Nidana*, *Lakshana* and *Vidhha Lakshana* is must. In *Charaka Samhita* the *Nidana* and *Lakshana* of *Srotodushti* is given in *Srotas Vimana Adhyay*. In *Sushrut Samhita* the *Vidhha Lakshana* of *Srotas* given in detail and it is also mentioned that start the treatment of diseases of *Vidhha Srotas* after saying *Yapya*.<sup>[4]</sup>

## MATERIALS AND METHODS

Detail explanation of *Srotas* are given in the *Charaka Samhita*, *Sushruta Samita* and *Ashtang Hridayam*. In *Charaka Samhita Srotovimana Adhyaya* in *Vimanasthana* completely dedicated to *Srotas*. In this chapter *Srotomoola*, *Srotodushti Hetu* and *Lakshana* of *Pranavaha*, *Udakavaha*, *Annavaha*, *Mootravaha*, *Purishavaha* and *Swedavaha Srotasa* explained in detail. In *Charaka Samhita Sutrasthana* chapter 28 the detailed description of *Lakshana* of disease of

*Dhatuvaha Srotas* are given which are very important in the diagnosis of disease. In *Sushruta Samhita Sharirasthana* chapter *Dhamanivyakarana Sharira* the detailed explanation of *Srotomoola* and *Srotovidha Lakshana* are given which are very important in the diagnosis of disease. In *Ashtanga Hridayam Sharirasthana* chapter *Angavibhaga Sharira* the explanation of *Srotas* is given.

### Types of Srotas

*Acharya Vagbhat* classify the *Srotas* in to two categories namely *Antarmukha Srotas* or *Adrishya* and *Bahirmukha Srotas* or *Drishya Srotas*. In male 9 *Bahirmukha Srotas* are visible while in female 12 *Bahirmukha Srotas* are present including two in *Stana* and one in *Apatyapatha*.<sup>[5]</sup>

### Number of Srotas

Primarily *Acharya Charaka* mention that the number of *Srotas* are innumerable after that 13 chief *Srotas* are explained in detail. These 13 *Srotas* are one *Pranavaha*, one *Annavaha*, one *Udakavaha*, seven *Dhatuvaha*, three *Malavaha Srotas*.<sup>[6]</sup> *Acharya Vagbhata* says to these *Srotas Antarmukha Srotas*.

### Common Nidana of Srotodushti

*Acharya Charaka* mentioned two important *Nidana* of *Srotodushti* i.e., consuming *Ahara* and *Vihara* having similar properties to *Doshas* and opposite properties to *Dhatu*.<sup>[7]</sup>

### Common Lakshana of Srotodushti

In *Charaka Samhita* 4 common *Lakshana* of *Srotodushti* are given. These are *Atipravritti*, *Sanga*, *Granthi* and *Vimargagamana*.<sup>[8]</sup>

These knowledge and understanding of *Srotodushti Nidana* and *Lakshana* are very important in the diagnosis of *Srotodushti* and disease.

### Diagnostic importance of Srotodushti Nidana

On the basis of knowledge and understanding of *Nidana* the *Srotodushti* and disease related to *Srotas* are easily diagnosed. The *Nidana* of *Srotodushti* of different *Srotas* are given below.

### Nidana of Pranavaha Srotodushti

The important *Nidana* of *Pranavaha Srotodushti* are *Kshaya*, *Vegadharana*, *Vyayama* in *Kshudha* and other hard activities.<sup>[9]</sup> These *Nidana* cause disease of *Pranavaha Srotas*.

### Nidana of Annavaha Srotodushti

Chief *Nidana* of *Annavaha Srotodushti* are - *Atyashana*, *Akala Bhojana* and *Ahitakar Anna Sevana*.<sup>[10]</sup> These *Nidana* cause disease of *Annavaha Srotas* by causing *Agnimandya*.

### Nidana of Udakavaha Srotas

The chief *Nidana* which causes disease of *Udakavaha Srotas* are *Ushna Ahara*, *Ama Anna*, *Shushka Anna*, *Bhaya* and *Atipana*.<sup>[11]</sup> These *Nidana* play important role in the *Udakavaha Srotodushti*.

### Nidana of Rasavaha Srotodushti

The important *Nidana* of *Rasavaha Srotodushti* are *Guru* and *Sheeta Ahara*, *Atisnidha Ahara*, *Atimatra Ahara* and *Atichinta*.<sup>[12]</sup> These *Nidana* cause the disease of *Rasavaha Srotodushti*.

### Nidana of Raktavaha Srotodushti

The important *Nidana* of *Raktavaha Srotodushti* are, *Ati Snigdha Vidahi Ushna Anna Sevana* and *Drava Ahara*. *Ati Atapa Sevana*, and *Ati Vayu Sevana* are important *Nidana* of *Raktavaha Srotodushti*.<sup>[13]</sup>

### Nidana of Mamsavaha Srotodushti

*Srotodushti Nidana* are *Guru*, *Ushna* and *Abhishyandi Ahara*. Important *Vihara* is *Shayan* immediately after taking food.<sup>[14]</sup>

### Nidana of Medavaha Srotas Dushti

The important of *Medavaha Srotodushti Nidana* are *Avyayama*, *Diwaswapna*, *Ati Varunipana* and *Ati Medajmamsa Sevana*. These *Ahara* cause *Medavaha Srotodushti*.<sup>[15]</sup>

### Asthivaha Srotodushti Nidana

The *Nidana* of *Asthivaha Srotodushti* are *Ativyayama*, *Atikshobha*, *Abhighata*, *Asthipeedana*, *Asthigarshana* and other *Vatakar Ahara Vihara*.<sup>[16]</sup>

**Majjavaha Srotodushti Nidana**

Crushing of bone, *Abhisyandi Bhojana*, *Abhighata*, *Peedana* of bone and *Virudhha Ahara Vihara Sevana*.<sup>[17]</sup> These *Nidana* cause *Srotodushti* of *Majjavaha Srotas*.

**Shukravaha Srotodushti Nidana**

Important *Nidana* of *Shukravaha Srotodushti* are *Akala* and *Ayoni Maithun*, *Shukravegadharan*, *Atimaithun*, and contact of *Srotomoola* with *Shsatra*, *Kshar* and *Agni*.<sup>[18]</sup>

**Nidana of Mootravaha Srotodushti**

At the time if urge of urination *Jalapana* and *Strisevana*, *Dhatukshaya* and on *Mootravaha Srotas* are the important cause of *Mootravaha Srotodushti*.<sup>[19]</sup>

**Nidana of Purishavaha Srotodushti**

*Nidana* of *Purishavaha Srotodushti* is *Vegadharana*, *Atyashana*, *Ajeerna*, *Adhyashana*, *Agnimandya* and *Krishata*.<sup>[20]</sup>

**Nidana of Swedavaha Srotodushti**

*Nidana* of *Swedavaha Srotodushti* are *Vyayama*, *Ati Atapasevana*, *Sheeta Ushna Krama Sevana*, *Krodha*, *Shoka* and *Bhaya*.<sup>[21]</sup>

*Nidana* of *Srotodushti* are helpful in diagnosis of disease according to their *Srotas*. At the time of *Rogi Roga Pareeksha* diagnose the disease with the help of *Nidananchaka* and *Pramana Pareeksha*. The *Itivritti* i.e., history taking of *Ahara Vihara* of patient is must for diagnosis disease.

**Diagnostic importance of Srotovidhha and Srotodushti Lakshana**

The *Srotodushti* and *Srotovidhha* terms given in *Charaka Samhita* and *Sushruta Samhita* respectively. Knowledge and Understanding of *Srotodushti Lakshana* play very important role in the diagnosis of *Srotodushti* and disease of *Srotodushti*. The sign and symptoms of patients tell about the disease and *Srotas* of disease. Thus, the careful examination of *Rogi Roga Pareeksha* helpful in the diagnosis of disease. The *Lakshana* of different *Srotodushti* are as follows -

**Pranavaha Srotodushti Lakshana**

The clinical features of *Pranavaha Srotodushti* are *Atisrishta Swasa*, *Atibadhha Swasa*, *Kupitam*, *Alpalam*, *Sashabd* and *Sashoola Uchhwasa*.<sup>[22]</sup> These *Lakshana* are typically found in disease of *Pranavaha Srotas*.

**Annavaha Srotodushti Lakshana**

The clinical feature of disease of *Annavaha Srotas* are *Arochaka*, *Adhmana*, *Avipaka*, *Chardi*, *Trishna*, and *Shoola*.<sup>[23]</sup> These symptoms are indicative of disease of *Annavaha Srotas Dushti*.

**Udakavaha Srotodushti Lakshana**

The *Lakshana* of disease of *Udakavaha Srotodushti* are *Jihva*, *Talu*, *Oshtha*, *Kantha Shushkata* and *Atipipasa*, which is the indicative of disease of *Udakavaha Srotodushti*.<sup>[23]</sup>

**Rasavaha Srotodushti Lakshana**

The clinical features of *Rasavaha Srotodushti* are *Aruchi*, *Mukhavairasya*, *Hrillasa*, *Gaurav*, *Tandra*, *Angamarda*, *Jwara*, *Tamahpravesha*, *Pandu*, *Srotavrodha*, *Klebya*, *Angasada*, *Krishata*, *Agnimandya*, *Bali*, and *Palita* are important *Lakshana* of *Rasavaha Srotodushti*.<sup>[24]</sup>

**Raktavaha Srotodushti Lakshana**

Clinical features of *Raktavaha Srotodushti* are *Kushta*, *Visarpa*, *Pidaka*, *Raktapitta*, *Raktapradar*, *Gudapaka*, *Medrapaka*, *Mukhapaka*, *Plihavridhhi*, *Gulma*, *Vidradhhi*, *Nilika*, *Kamala*, *Vyanga*, *Piplu*, *Tilakalaka*, *Dadru*, *Charmadal*, *Switra*, *Pama*, *Kotha* and *Raktamandala*. These symptoms or disease are indicative of *Raktavaha Srotodushti*.<sup>[25]</sup> These are also known as *Raktapradoshaja Vikara*.

**Mamsavaha Srotodushti Lakshana**

The clinical features *Mamsavaha Srotodushti* are *Adhimamsa*, *Arbuda*, *Mamsakeelaka*, *Galashalooka*, *Galashundi*, *Putimamsa*, *Alaji*, *Galaganda*, *Gandamala*, and *Upajihvika*.<sup>[26]</sup> These *Lakshana* are indicative of disease of *Mamsavaha Srotasa*.

**Medovaha Srotodushti Lakshana**

Clinical features of *Medovaha Srotodushti* are the sign and symptoms of *Ashtanindita Purusha* and

Poorvaroopa of Prameha i.e., Swedadhikya, Daurgandhya, Shaithilya, Shayya Asana Rati, Netra-Jihva-Karna Updeha, Keshadantavidhhi, Sheetapriyatvam, Karapadadaha etc.<sup>[27]</sup> These Lakshana are indicative of disease of Medovaha Srotodushti.

#### **Asthivaha Srotodushti Lakshana**

The clinical features of Asthivaha Srotodushti are Adhyasthi, Adhidant, Dantabheda, Dantashoola, Asthibheda, Asthishoola, Asthi and Dantavaivarnya, disease of Kesha, Loma and Nakha.<sup>[28]</sup> These are the indicative of disease of Asthivaha Srotodushti.

#### **Majjavaha Srotodushti Lakshana**

The clinical features of Majjavaha Srotodushti are Sandhishoola, Bhrama, Moorchha, Tamah, Arunshika of Sthoolamoola.<sup>[29]</sup> These Lakshana are also known as Majja Pradoshaja Vikara and very helpful in the diagnosis of diseases of Majjavaha Srotas.

#### **Shukravaha Srotodushti Lakshana**

The clinical features of Shukravaha Srotodushti are Klebya, Aharsha, Garbhapata and they produces Alpayu, Klebya and Rogi progeny.<sup>[30]</sup> These Lakshana are the indicative of disease of Shukravaha Srotas.

#### **Mootravaha Srotodushti Lakshana**

The clinical features of Mootravaha Srotodushti are Atipravritti, Apravritti, Avilamootrata, Sashoola Mootratyaga.<sup>[31]</sup> These Lakshana are indicative of the disease of Mootravaha Srotodushti.

#### **Purishavaha Srotodushti Lakshana**

Lakshana of Purishavaha Srotodushti are Sashoola Sashabda defecation, Grathita Drava defecation.<sup>[31]</sup> These clinical features are indicative of disease of Purishavaha Srotodushti.

#### **Swedavaha Srotodushti Lakshana**

The clinical features of disease of Swedavaha Srotodushti are Atisweda, Asweda, Parushya, Atisnigdhatta, Angagandha, Lomaharsha, etc.<sup>[32]</sup> At the time of diagnosis of patient these Lakshana are indicate disease of Swedavaha Srotodushti.

#### **Artavavaha Srotodushti Lakshana**

The clinical features of Artavavaha Srotodushti are Bandhyatva, Maithun Asahishunta, and Artvanasha.<sup>[33]</sup> These Lakshana are mentioned by Acharaya Sushruta which are indicative of disease of Artavavaha Srotodushti.

The Srotodushti and Srotovidhha Lakshana are very important in the diagnosis of disease. At the time of Rogi Roga Pareeksha the Lakshana which show in the body of patient (sign) or said by patient (symptoms) indicate the disease of particular Srotodushti. Thus, the knowledge and understanding of Srotodushti Lakshana play very important role in the diagnosis of disease.

#### **DISCUSSION AND CONCLUSION**

The understanding of Srotodushti Nidana and Lakshana are very important in the diagnosis of disease. In Samhita it is mentioned that Rogam Adau Pareekshayet Tato Anantaram Aushadham i.e., first of all diagnose the disease. At the time of diagnosis of disease, the Itivritti of patient is very important. By Itivritti (history taking) the knowledge of Nidana takes place which is helpful in the diagnosis of disease. The Rogi Pareeksha should be done with the help of Trividha, Chaturvidha, Panchavidha, Shadavidha, Ashtavidha and Dashavidha Pareeksha. By these Pareeksha understand the Lakshana of disease and diagnose the disease carefully.

Without Hetu and Lakshana of Srotodushti the diagnosis of disease not possible. Single disease may involve one or more Srotodushti and many diseases may be related to a single Srotas. Thus, Nidana and Lakshana of Srotodushti play very important role in the diagnosis of different diseases.

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