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 Svanat Srotamsi which means secretion or passes for secretion. Some Acharya says that Srotas are innumerable and some says enumerable. The Srotas are similar in colour of that Dhatus which remain within it i.e., Swadhatusamvarnata. 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 Dhatus related to it and their path are also vitiating and produce disease. Acharya Sushruta mention that the vitiated Dosha’s can’t cause disease until Kha Vaigunya (weak point) is originated in the Srotas. In Ashtang Hridayam it is mentioned that vitiating Srotas are cause of disease and unvitiated Srotas are cause of health. The main cause of Srotadushthi is the consumption of that Ahara Vihara which vitiates the Dosha and makes abnormal Dhatus. After vitiation of Srotas they show following clinical features: Atipravritti, Sanga, Siragraanti 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 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.[¹] 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.[²]

Acharya Sushruta and Acharya Vagbhata compare the Srotas as stem of lotus through which the Dhatus are transported.[³] For the diagnosis of disease of Srotas the understanding of Srotodushthi Nidana, Lakshana and Vidhha Lakshana is must. In Charaka Samhita the Nidana and Lakshana of Srotodushthi is given in Srotas, Vimana Adhyaya. 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.[⁴]

MATERIALS AND METHODS

Detail explanation of Srotas are given in the Charaka Samhita, Sushruta Samita and Ashtang Hridayam. In Charaka Samhita Srotavimana Adhyaya in Vimanasthana completely dedicated to Srotas. In this chapter Srotomoola, Srotodushthi 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 Dhmanivyakarana Sharira the detailed explanation of Srotomoola and Srotovidhha 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 Vagbhata 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.\[5\]

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 Annava, seven Dhatuvaha, three Malavaha Srotas.\[6\] 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 Dhatus.\[7\]

Common Lakshana of Srotodushti

In Charaka Samhita 4 common Lakshana of Srotodushti are given. These are Atipravritti, Sanga, Granthi and Vimargagamana.\[8\]

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 Pranvaha Srotodushti

The important Nidana of Pranvaha Srotodushti are Kshaya, Vegadhara, Vyayama in Kshudha and other hard activities.\[9\] These Nidana cause disease of Pranvaha Srotas.

Nidana of Annava Srotodushti

Chief Nidana of Annava Srotodushti are – Atyashana, Akala Bhojana and Ahitakar Anna Sevana.\[10\] These Nidana cause disease of Annava 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.\[11\] These Nidana play important role in the Udakavaha Srotodushti.

Nidana of Rasavaha Srotodushti

The important Nidana of Rasavaha Srotodushti are Guru and Sheeta Ahara, Atisnigdha Ahara, Atimatra Ahara and Atichinta.\[12\] 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 Atapana Sevana, and Ati Vayu Sevana are important Nidana of Raktavaha Srotodushti.\[13\]

Nidana of Mamsavaha Srotodushti

Srotodushti Nidana are Guru, Ushna and Abhishyandi Ahara. Important Vihara is Shayan immediately after taking food.\[14\]

Nidana of Medavaha Srotas Dushti

The important of Medavaha Srotodushti Nidana are Avyayama, Diwaswapna, Ati Varunipana and Ati Medajmamasa Sevana. These Ahara cause Medovaha Srotodushti.\[15\]

Asthivaha Srotodushti Nidana

The Nidana of Asthivaha Srotodushti are Ativyayama, Atikshobha, Abhighata, Asthippeedana, Astigharshana and other Vatakar Ahara Vihara.\[16\]
Majjavaha Srotodushti Nidana

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

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.[19]

Nidana of Purishavaha Srotodushti
Nidana of Purishavaha Srotodushti is Vegadharana, Atyashana, Ajeerna, Adhyashana, Aghumandya and Krishata.[20]

Nidana of Swedavaha Srotodushti
Nidana of Swedavaha Srotodushti are Vyayama, At Atapasevana, Sheeta Ushna Krama Sevana, Krodha, Shoka and Bhaya.[21]

Nidana of Srotodoshti are helpful in diagnosis of disease according to their Srotas. At the time of Rogi Roga Pareeksha diagnose the disease with the help of Nidanaapanchaka 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 Srotodushi 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, Alpalpam, Sashab and Sashoola Uchhwasa.[22] These Lakshana are typically found in disease of Pranavaha Srotas.

Annava Srotodushti Lakshana
The clinical feature of disease of Annava Srotas are Arochaka, Adhmana, Avipaka, Chardi, Trishna, and Shoola.[23] These symptoms are indicative of disease of Annava 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.[23]

Rasavaha Srotodushti Lakshana
The clinical features of Rasavaha Srotodushti are Aruchi, Mukhavairasya, Hrillasa, Gaurav, Tandara, Angamarda, Jwara, Tamahpravesha, Pandu, Srotavrodha, Klebya, Angasa, Krishata, Aghumandya, Bali, and Palita are important Lakshana of Rasavaha Srotodushti.[24]

Raktavaha Srotodushti Lakshana
Clinical features of Raktavaha Srotodushti are Kushta, Visarpa, Pidaka, Raktaipitta, Raktrapradar, Gudapaka, Medrapaka, Mukhakapaka, Pilihavridhi, Gulma, Vidradhi, Nilika, Kamala, Vyanga, Piplu, Tilakalaka, Dadru, Charmadal, Switra, Pama, Kotha, and Raktamandala. These symptoms or disease are indicative of Raktavaha Srotodushti.[25] These are also known as Raktapradoshaya Vikara.

Mamsavaha Srotodushti Lakshana
The clinical features of Mamsavaha Srotodushti are Adhimamsa, Arbuda, Mamsakeelaka, Galashalooka, Galashundi, Putimamsa, Alaji, Galaganda, Gandamala, and Upajihvika.[26] 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
The clinical features of disease of Swedavaha Srotavadhi Lakshana are very important in the diagnosis of different diseases. Single disease may involve one or more Srotadoshti and many diseases may be related to a single Srota. Thus, Nidana and Lakshana of Srotadoshti play a very important role in the diagnosis of different diseases.

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Artavavaha Srotadoshti Lakshana

The clinical features of Artavavaha Srotadoshti are Bandhyatva, Maithun Asahishunta, and Artvanasha. These Lakshana are mentioned by Acharaya Sushruta which are indicative of disease of Artavavaha Srotadoshti.

DISCUSSION AND CONCLUSION

The understanding of Srotadoshti Lakshana and Nidana are very important in the diagnosis of disease. In Samhita it is mentioned that Rogam Adu 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, Pandhavidha, Shadavidha, Ashtavidha and Dashavidha Pareeksha. By these Pareeksha understand the Lakshana of disease and diagnose the disease carefully.

Artavavaha Srotadoshti Lakshana

The clinical features of Artavavaha Srotadoshti are Bandhyatva, Maithun Asahishunta, and Artvanasha. These Lakshana are mentioned by Acharaya Sushruta which are indicative of disease of Artavavaha Srotadoshti.

DISCUSSION AND CONCLUSION

The understanding of Srotadoshti Nidana and Lakshana are very important in the diagnosis of disease. In Samhita it is mentioned that Rogam Adu 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, Pandhavidha, Shadavidha, Ashtavidha and Dashavidha Pareeksha. By these Pareeksha understand the Lakshana of disease and diagnose the disease carefully.

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

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