



A COMPREHENSIVE REVIEW ARTICLE ON CONCEPT OF SROTAS RELATED TO RASAYANA CHIKITSA

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ABSTRACT

According to Ayurveda the body has many channels called srotas that allow the dhatu, doshas, and malas to flow. These include both subtle channels, like capillaries and more subtle one like the intestinal tract, lymphatic system, arteries, veins, and genitor-urinary tracts. Ayurveda offers a number of diagnostic methods that need to be discussed in light of the modern world. Since the entire body is composed of millions of srotas and this is one of the Ayurvedic terms and a fundamental component of Ayurveda. Ayurveda aids in identifying the srotas that are impacted, and ultimately the illness process. In order to diagnose sickness, Ayurveda also uses Agni and Dhātu in the dosha imbalance. Ayurveda uses dosh imbalance as a tool. Dhātu and agni in illness evaluation Sushryt provided a surgical aspect of srotas, but Charak provided a medicinal explanation. Students studying Ayurveda will benefit from having their understanding of srotas clarified. Ayurvedic Acharyas, an, unhealthy lifestyle and unwholesome diet can cause the srotas system to lose its integrity, which affects the entire range of life processes in both health and sickness. According to Acharya Charak, Without the help of the srotas that transport the Dhatu, which are continually undergoing transformations, no structure in the body can grow and develop or waste away and atrophy.

KEYWORD: Srotas, Dosha, Dhātu, Channels, Circulation.

INTRODUCTION

The Sanskrit root “Sre-gatau” (sru+tasi=Srotas) is the origin of the terms “Srotas,” which means “exude, ooze, filter, permeate, and so on. “Sravanata srotamsi means the structure through which sravanam take place,” According to Charaka’s definition. The sravanat to rasadi poshya Dhātu has been elucidated by Chakrapani. Srotas is a genetic term that refers to all the channels and pathway, whether large and little, that are present in a living thing. Any slight disruption in the structure or function of the srotas causes sammurchana of Dushya & Dosha. When the srotas are incompetent, illness appears within the body.

Only the circulatory channels in a healthy body carry out their regular tasks. In the srotas, the Dhātu’s means of delivering nutrients, blood, and semen that are changing. Conceptual knowledge of Srotas is essential to preventing disease recurrence since it aids in selecting the right treatment, understanding the prognosis, and improving immunity in Ayurveda.

In Ayurveda great emphasis has laid upon concept of srotas and got immense importance because the sharir or purush is assumed to be made of innumerable srotas. The Ayurvedic Samhitas described anatomical and physiological concepts of srotas is broadly.

Total 13 srotas are described by Charaka and Sushruta. Charaka has described 11 srotas. Srotas is derived from “Sru Gatou” root which means filtering, flowing, leaking, secreting etc. Srotas is the functional channel within the living body, concerned with one exclusive vital function.

Srotas are the base of transformation of nutrients in biological elements, being the metabolic center of that particular Dhatu, transport of nutrients and waste products. Srotas which is the transport system of the body has many synonyms like Srotamsi, Siras, Dhamnis, Rasayanis etc.

Ayurvedic Nidan (Diagnosis) & Chikitsa (Treatment) are built on fundamental principles like Panchmahabhuta, Triguna, Tridosha. Conceptually body has as many srotas as it contains the biochemical entities and all metabolic activities take place in the concerned srotas. Srotas is nothing but the space (Akash/Avakash) defined by

boundaries of panchmahabhautik entity. The Doshas, Vata, pitta, Kapha also circulate through srotas. But obstruction of srotas is cause of sroto Dusti (Sroto Vyadhi) and it disturbs physiological functions of Dosha, Dhatu, Malas.

Classification Of Srotas

1. Bahya Srotas

2. Abhyantara Srotas

The interior channel has thirteen srotas. Three of thirteen srotas link the person to the outside world through breathing in and out food, drink, and air, seven is in the upper body, and two is in the lower body. In female 9+3 These are twelve srotas since women have extra Bahya srotas.

Charak lists thirteen different kinds of srotas. Sushruta Asthivaha claims that the Majjavaha and Svedavaha srotas are not mentioned, but Artavaha srotas are.

Types of Srotas

Srotas	Site (Mulasthanu)	Function	Vitiations/Obstruction
Pranavaha	Hridya (Brain & Heart) Mahasrotas	Proper circulation of oxygen to the tissues	Respiratory ailments, anxiety -neurosis & impending fear
Udakavaha	Talu, Kloma	Regulation of the body fluid	Excessive dryness of mouth, tongue, lips & palate, & excessive thirst
Annavaha	Stomach, left flank	Transportation of food nutrients in the digestive tract	Loss of appetite, dyspepsia, emesis & anorexia, are the features
Rasavaha	Hridya, Ten Dhamani	Transportation of rasa (plasma) through blood vessels to the rasa dhatu	Respiratory ailments anxiety –neurosis & impending fear, & even a death
Raktavaha	Ykrita (liver) & Pliha (Spleen)	Transportation of rakta (blood) to the rakta dhatu	Skin redness, eye redness, skin changes, fever, anemia & other blood disorders
Mamsavaha	Ligament, Skin	Ensure supply of rakta (blood) to the rakta dhatu	Tumors, cysts, wasting of muscles, swelling etc.
Medovaha	Kidneys, Omentum	Ensure supply of fatty tissue ingredients to the Meda dhatu	Edema, thirst, obesity etc.
Asthivaha	Adipose tissue, jaghan	Supplies nutrition to the asthi (bone) & extra-articular apparatus	Excessive teeth growth, bone tissue, hair, bone, nails deformities
Majjavaha	Bones, Joints	Supplies nutrients to the majja (bone marrow)	Gets damaged by crushed, trauma, injury etc
Shukravaha	Testes, pudendum	Carry sukra (semen), dimba (ovum), & ojas (immunity)	Erectile dysfunctions, premature ejaculation, impotency, scrotum & penile disorders etc
Mutravaha	Urinary bladder, Vankshanas (kidneys)	Urination	Voiding too much of urine, suppression of urine, urination associated with pain etc
Purishvaha	Large intestine, rectum	Evacuation of feces	Improper evacuation, loose motions, constipation, difficulty & passing stools, undigested food evacuation etc
Svedavaha	Adipose tissue, hair follicles	Evacuation of expelling sweat	Evacuation of feces
Artavaha	Uterus, Artava vahan Dhamani	Flush menstrual fluid, & products of waste from the garbhasaya, milk secretion	Infertility & menstrual abnormalities

MATERIALS AND METHODS

Literary research based on study of Ayurvedic Samhitas and published research articles.

Name Of Stoas	Rasayan Chikitsa
Pranava Srotas	Pimpli, Bhallatak, Amalaki, Marich, Kasturi
Udakavaha Srotas	Gudardark, yashti, musta, trifala, abhrak bhasma
Annava Srotas	Panchkol especially marich, kapardik, shankh bhasma, parpati kalp, hing, nagkeshar.
Rasava Srotas	Kharjurmanth, lajamand, guduchi, yashtimadhu, manjistha, shounthi.
Raktavaha Srotas	Loha bhasma, gorechan, guduchi, bhrungaraj, sariva, manjistha, aamalaki.
Mamsavaha Srotas	Suvarna Bhasma, Ashwagandha, shatavari
Medovaha Srotas	Guggulu, shilajit, patol, musta, guduchi, Bhunimbha
Asthivaha Srotas	Aabha, Asthishrunkhala, shallaki, shankh bhasma, kukkutand twak bhasmas.
Majjavaha Srotas	Roupya Bhasma, Vacha, Bhrungaraj, Brahmi, Shankhpushpi, Jatamunsi.
Purishvaha Srotas	Kutaj, Bilva, Haritaki, Suvarnapatri, Goghrit
Mutravaha Srotas	Shilajit, Gukshur, Punarnava, Varun, Pashanbhed
Swedavaha Srotas	Vatsanabh kalpa, Nag-vang Bhasma.

DISCUSSION

The internal transport system of the body, represented by srotas, has been given a place of fundamental importance in Ayurveda-both in health and disease – an importance, which recent developments in the field of medicine have begun to emphasize. No structure in the body can grow and develop or waste and atrophy, independent of srotas that transport seven dhatus, which latter are constantly subjected to transformation. The srotas sub-serve the need of transportation. When the integrity of srotas is impaired both sthavi and asthavi dhatus involved, and morbidity spreads by one dhatu vitiating the other and a srotus, another srotas.

Rasayan drugs and therapeutic measures act on Dhatus, Agni, Srotas and produce healthy tissues development in the body and in turn it person longevity, immunity, resistance against diseases, strength, happiness and intellect promotion in the mind.

CONCLUSION

This review article describes significant information regarding to various srotodushti and its rasaayan chikitsa as per Ayurveda vanaspati dravya and combinations with bhasma. In the treatment of srotodushti there are three steps involved first is nidhanparivarjan means avoid all causes of srotodushti then second step is shodhan of dushta srotas with the help [of panchakarma and final and last step is apunarbhava chikitsa to avoid srotodushti again and in turn it provide a person.

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