



# International Journal of Medicine and Health Profession Research

Journal home page: [www.ijmhpr.com](http://www.ijmhpr.com)



## CLINICAL IMPORTANCE OF *SHROTAS* IN *KAYACHIKITSA* W.S.R. TO MANAGEMENT OF *SROTODUSHTI*: AN AYURVEDA REVIEW

Sapan Jain<sup>\*1</sup>, Mrunal Dange<sup>2</sup>, Jinesh Jain<sup>3</sup>

<sup>1\*</sup>Department of Kayachikitsa, L.N Ayurvedic College and Hospital, Bhopal, Madhya Pradesh, India.

<sup>2</sup>Department of Rachana Sharir, Jupiter Ayurved Medical College, Nagpur, Maharashtra, India.

<sup>3</sup>Department of Panchkarma, Government Ayurved College, Rewa, Madhya Pradesh, India.

### ABSTRACT

The Indian system of clinical practice Ayurveda mentioned various aspects related to the normal physiological functioning of body, diseases and their management. In this way ayurveda elaborated concept of *Srotas* means micro-channels of body which 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. *Srotas* nourishes body, maintain metabolic and digestive activities and restore process of detoxifications. The abnormalities in *Srotas* involve disturbances in transportation process. Pathological conditions related to abnormalities in *Srotas* can be managing clinically pacifying vitiation of *Srotas*. Present article described clinical perspective of *Srotas* as per ayurveda considerations.

### KEYWORDS

Ayurveda, *Srotas*, *Kayachikitsa*, Channels and Pathogenesis.

### Author for Correspondence:

Sapan Jain,

Department of Kayachikitsa,

L.N Ayurvedic College and Hospital,

Bhopal, Madhya Pradesh, India.

**Email:** [bhadoriyaupendra@yahoo.co.in](mailto:bhadoriyaupendra@yahoo.co.in)

### INTRODUCTION

Ayurveda mentioned that *Antreshu*, *Hira*, *Dhamani*, *Khani*, *Dwar* and *Nadi*, etc. Perform functions similar to *Srotas* or contributes towards the functioning of *Srotas*. As per ayurveda *Akashaa Mahabhut* forms *Srotas* thus performs functions of transportation and circulation of different materials. *Srotas* transport *Dhatus*, nourishes body and eliminates toxins from body. Improper functioning of *Srotas* can precipitate pathogenesis of diseases especially diseases of circulatory and metabolic systems. The assimilation and utilization of *Anna*, *Prana*, *Dhatus*, *Malas* and *Jala* mainly depend upon

functioning of *Srotas* which mainly govern through processes of filtration diffusion, osmosis and transportation.

### **Clinical and pathological perspective of Srotodushti**

*Atipravritti*, *Sanga*, *Siragranthi* and *Vimarga Gamana*, etc. are abnormalities related to *Srotas Dushti*. Figure No.1 depicted common pathogenesis of channels/pores of body as per modern science.

*Atipravritti* means increase activity of *Srota* leading to the excessive secretions which can causes excessive discharge. The condition mainly characterizes with increase rate of respiration, high peristaltic movement, excess elimination of urine and feces and high rate of sweating. *Atipravritti* of *Annavaha Srota* can causes *Amlapitta*, *Atipravritti* of *Artavaha Srota* can leads excessive flow of *Rakta* or *Artava* similarly *Prameha* characterized as *Atipravritti* of *Mutravaha Srota* while *Atisara* can be considered as *Atipravritti* of *Purivaha Srota*.

*Sanga* means *Srotorodha* which causes holding of materials characterize as obstruction of channels or pores. Obstruction of *Srota* causes accumulation of fluid leading to the edema and swelling. *Malavshambha* occurs as intra luminal obstruction while *Mutraavrodha* occurs due to the extra luminal obstruction.

*Sroto Granthi* means unwanted growth or tumors or thickening of specific parts of body leading to the improper size and shape of tissues. Varicose veins, *Arbuda* and *Granthi* are examples of such types of conditions.

*Vimarg- Gamana* is another example of *Srotodushti* which means movement of materials through *Srota* in wrong direction. *Chardi* and Gastro-Esophageal-Reflux-Disease (GERD) are the examples of such types of conditions.

### **Srotodushti and clinical manifestations**

The *Srotodushti* can cause many harmful effects and specific *Srota* responsible for particular clinical manifestations as mentioned below:

- Dehydration, electrolyte imbalances and excessive thirst resembles vitiation of *Udakavaha Srotas*.

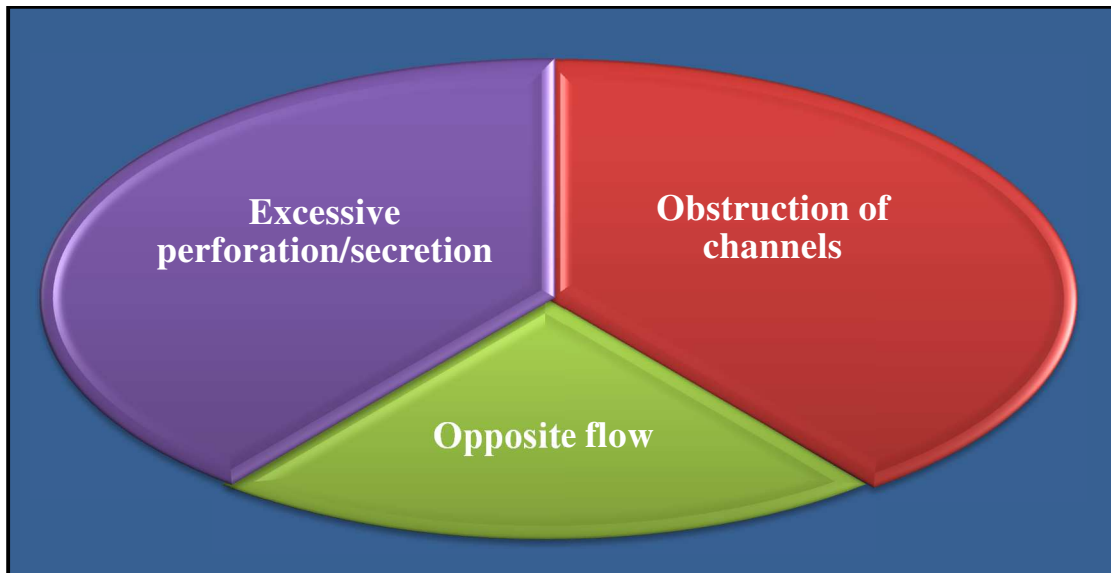
- Improper respiration, lack of breath, muscular fatigue and oxygen deficiency can be correlated with inappropriate functioning of *Pranavaha Srotas*.
- *Prameha* and obesity related with the vitiation of *Medovaha Srotas*. Similarly *Adhidanta*, *Adhyasthi* and *Asthisula* may occur if *Asthivaha Srotas* not work properly.
- Symptoms of fainting, deterioration of *Majja* and depletion of *Rakta-Dhatu* may observe when *Majjavaha Srotas* get disturbed.
- *Visarpa*, *Raktapitta*, *Kustha* and other *Rakta Dushti* may be seen if functioning of *Raktavaha Srotas* becomes abnormal.
- Disturbance of *Mamsavaha Srotas* may initiates pathogenesis of *Galashundika*, *Putimamsa* and *Adhimamsa*, etc.
- Constipation, formation of *Ama*, anorexia and indigestion mainly related with disturbed functioning of *Annavaha Srotas*.
- Dysfunctions of *Rasavaha Srotas* can be manifested as feeling of heaviness, lethargy, blood pressure and depletion of strength.
- Loss of luster, sterility, erectile dysfunctions and lack of enthusiasm, etc. may occur due to the *Srotodushti* of *Shukravaha Srotas*.
- *Srotodushti* of *Mutravaha Srotas* can cause pain, enlargement of urinary bladder, burning sensation and infrequent urination.

### **Clinical management of disease by pacifying vitiated Srotas**

*Nidanparivarjan* means avoidance of causative factors, *Srotoshodhan* through *Panchkarma* and *Apunarbhava chikitsa* provides relief from *Srotodushti*. The drugs which pacify vitiation of *Dhatus*, *Agni* and *Srotas* can alleviate *Srotodushti*. Drugs used in specific conditions of *Srotodushti* mentioned in Table No.1.

**Table No.1: Srotodushti and their management**

S.No	Srotodushti	Drugs used to pacify specific Srotodushti
1	Pranvaha Srotas	Bhallatak, Amalaki and Kasturi
2	Rasavaha Srotas	Lajamand, Guduchi, Yashtimadhu and Manjistha
3	Raktavaha Srotas	Guduchi, Loha Bhasma, Sarivai and Aamalaki
4	Annavaha Srotas	Kapardik, Shankh Bhasma, Nagkeshar and Hing
5	Mamsavaha Srotas	Ashwagandha and Shatavari
6	Udakavaha Srotas	Abhrak Bhasma, Gudardark and Trifala
7	Medovaha Srotas	Guduchi, Guggulu, Shilajit and Bhunimbha
8	Asthivaha Srotas	Kukkutand Twak Bhasma, Asthishrunkhala and Shankh Bhasma
9	Mutravaha Srotas	Punarnava, Shilajit, Pashanbhed and Gukshur
10	Majjavaha Srotas	Vacha, Brahmi, Shankhpushpi, Bhrungaraj and Jatamunsi
11	Purishvaha Srotas	Bilva, Kutaj, Suvarnapatri and Haritaki



**Figure No.1: Common disturbances related to micro-channels/pores/ Srota**

## CONCLUSION

*Srotas* one of the vital entities of human body responsible for many important functions and help to maintain normal health status. *Srotas* nourishes body, control metabolic activities and also perform functions of detoxifications. *Srotas* helps to produce healthy tissues, provide longevity, immunity, strength and regularizes digestive activities. Vitiating of *Srotas* can lead many pathological consequences including *Atipravritti*, *Sanga*, *Siragranthi* and *Vimarga Gamana*, etc. The clinical manifestations of *Srotodushti* are dehydration, electrolyte imbalances, improper respiration, *Prameha*, *Visarpa*, *Raktapitta*, *Kustha*, constipation, *Ama* and infertility, etc.

Pathological conditions related to abnormalities in *Srotas* can be managed clinically by pacifying vitiating of *Srotas*. Consideration of *Nidanparivarjan*, uses of *Shodhan* therapies and Ayurveda drugs helps to pacify vitiating of *Srotas* thus cure many diseases. Drugs which acts on *Sukshma Srotas*, improves *Agni*, balances *Doshas* and boost *Dhatu*s provides beneficial effects in case of *Srotodushti*. *Bhallatak*, *Amalaki*, *Guduchi*, *Yashtimadhu*, *Manjistha*, *Ashwagandha*, *Punarnava*, *Shilajit*, *Gukshur*, *Vacha*, *Shankhpushpi*, *Bhrungaraj*, *Brahmi*, *Kutaj*, *Bilva* and *Shatavari*, etc. are some drugs can be used to cure pathogenesis of *Srotodushti*.

## ACKNOWLEDGEMENT

The author is sincerely thankful to Department of Kayachikitsa, L.N Ayurvedic College and Hospital, Bhopal, Madhya Pradesh, India for providing the facilities to carry out this review work.

## CONFLICT OF INTEREST

We declare that we have no conflict of interest.

## BIBLIOGRAPHY

1. Ravidatta. Charak Samhita, *Chaukhamba Surbharti Prakashan, Tripathi, Sutrasthan*, 30/12, 2010, 444.
2. Agnivesha. Srotasam Vimanam 5th Chapter, vimana sthan in Sharma RK and Dash B. Charak samhita (with English translation and critical exposition based on Chakrapani dutt's Ayurveda dipika), *Chowkhambha Sanskrita Series, Varanasi*, 2, 6<sup>th</sup> Edition, 2000, 171.
3. Susruta. Sharir Sankhyavyakarana 5th chapter, sharirsthan in Murthy Shrikant KR, *Susruta Samhita, English Translation Chowkhambha Orientalia, Varanasi*, 1, Reprint Edition, 2008, 81.
4. Sushrut Samhita Sharir Sthan. Ayurved Rahasyadeepika Hindi Commentary by Dr. B.G. Ghanekar, *Meharchand Lachhmandas Publications, New Delhi*, 14<sup>th</sup> Edition, 1999.
5. Carak Samhita Vidyotini. Hindi Commentary by Pt. Kashinath Shasrti and Dr. Gorakhnath Chaturvedi, *Published by Chaukhambha Bharti Acadamy, Varanasi*, Part I, 2008, 584.
6. Astang Hṛdayam. By Atri Dev, edited by Yadunandan Upadhdhyaya, *Published by-Chowkhambha Sanskrit Series Office, Varanasi*, 1959, 188.
7. Shabdakalpadrum. Raja Radha kantdeva, *Chaukhambha Sanskrit Series Office, Varanasi*, Part V, 1961, 467.

8. Ambika Dutta Sastry. *Susruta Samhita, Published by Chaukamba Sanskrit Sansthan, Varanasi*, 1996.
9. Ambika Dutta Sastry. *Rasaratna Samuchaya, Published by Chaukamba Amara Bharathi Prakashan, Varanasi*, 9<sup>th</sup> Edition, 1995.

**Please cite this article in press as:** Sapan Jain et al. Clinical importance of *Shrotas* in *Kayachikitsa* W.S.R. To management of *Srotodushti*: An Ayurveda review, *International Journal of Medicine and Health Profession Research*, 7(1), 2020, 9-12.