AYURVEDA ASPECTS ON UDAKVAHA SROTAS AND ITS CORRELATION WITH SYMPTOMS OF DEHYDRATION: AN AYURVEDA REVIEW

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ABSTRACT

Srotas is one of the vital parts of body defined as passages which facilitates transportations of various materials including Dhatus. The normal physiological functioning of Srotas helps to maintain good health status but any abnormalities in Srotas like; Srotorodha can be manifested as pathological conditions. Srotasas maintain metabolic activities, balances fluid volume, maintain body temperature, supply nutrients and facilitate process of detoxification. Ayurveda described many Srotasa and Udakavaha Srotas is one of them. Udakavaha Srotas maintain fluid balances from two places of its origin; Talu and Kloma. The inappropriate functioning of Udakavaha Srotas can lead many pathological conditions including electrolyte imbalances. Present article described Ayurveda view on Srotas W.S.R. to Udakavaha Srotas and pathological correlation with electrolyte imbalances.

KEYWORDS

Ayurveda, Srotas, Udakavaha Srotas and Electrolyte.

INTRODUCTION

Ayurveda the science of clinical practice founded on the basis of practical knowledge and logical reasoning. Ayurveda described many parts of body as vital entity and Srotas are one of them. Srotas means micro-channels which mainly perform function of transportation and maintain body circulation. The Srotoduṣṭi can leads many pathological conditions including malnutrition, intoxication, deprived digestive and metabolic activities and loss of physiological balances. The major pathological events related to Srotoduṣṭi are depicted in Figure No.1.
Ayurveda described many Srotas including Pranavahasrotas, Udakvahasrotas, Rasavahasrotas, Annavahasrotas, Mamsavahasrotas, Medovahasrotas, Raktavahasrotas, Majjavahastrotas, Shukravahasrotas, Ashtivahasrotas, Purishavahasrotas, Mutravahastrotas and Swedavahasrotas.

Ayurveda described three elements i.e. Praṇa, Udaka and Anna as essence of life, therefore Srotas mainly related with Praṇa, Udaka and Anna. The Udakvahasrotas is one of the Srota related with Udaka and comprises three main components as like other Srotas:

- **Soto mula:** Root or originating place of Udakvahasrota
- **Sroto marga:** overall passage/route of Udakvahasrota
- **Sroto mukha:** Opening/supply of Udakvahasrota

Udakavaha Srotas are considered responsible for water circulation and helps to maintain water balance. They originated from Talu (roof of mouth cavity lies with upper surface of tongue). This site considered responsible for feeling of thirst, along with Talu, Kloma also considered as Moolasthan of this Srotas. Udaka circulates through Rasa and maintain functioning of Preenana and Jeevana. The two major originating places of Udakavaha Srotas considered as site of Pipasa and Trishna. These sites shows manifestation related to the water imbalance.

### Causes of Udakavaha Srotas Dushti
- Kulaja
- Purva vyadhi
- Pregnancy
- Emotional state
- Dietary and lifestyle related factors
- Abhigata
- Ushna aahaara vihara
- Trushnaa peedana

### Symptoms of Udakavaha Srotas Dushti
- Kloma Shosha
- Talu Shosha
- Ati pravriddam pipasa
- Kantha shosha
- Jihwa Shosha and Oshta Shosha.

### Symptoms of dehydration and Udakavaha Srotas Dushti

Physical exertion, fasting, excessive exposure to sun, lack of strength and lack of water consumption can leads dehydration which involves Pipasa as cardinal features of Klom Vidradhi. Therefore Klom can be subjected as Moolasthan for clinical purpose while Talu can be considered as diagnostic tool.

Talu mainly get affected during Udakavaha Srotas Dushti, when vitiation of Vata occurs along with excess of Pitta element then fluid element present in Doshas becomes dry and get evaporated leading to the symptoms of dehydration which can be manifested through Udakavaha Srotas. The lack of water content, excessive sweating and electrolyte imbalances in Rakta first observed though originating place of Udakavaha Srotas; Talu and Kloma. The Kapra varga dravyas helps to suppress felling of Pipasa and Trishna in Udakavaha Srotas.

As per modern science dehydration or electrolyte imbalances clinically observed as emaciation of tongue which mainly related with Udakavaha Srotas. Dryness of lips, palate and throat occurs in severe thirst as a consequence of dehydration. The symptoms persisted in mouth cavity around the region of Udakavaha Srotas.

Vitiation of Udakavaha Srotas manifested as dryness of the mouth, tongue and thirst. Trishna resembles shortage of water content inside the body thus Udakavaha srotas vitiation can be managed by maintaining balance of water content of body.

### Management of vitiation of Udakavaha Srotas
- Imbalance of electrolyte should be managed by supplying appropriate nutrient.
- Food rich in water content need to be consume.
- Fluid intake must be increases.
- Exposure to sunlight need to be prevented.
- Excessive physical exertion must be avoided.
- Heavy, oily and dry food stuffs should not be consumed.

The approaches mentioned above can help to relieve vitiation of Udakavaha Srotas and also helps to maintain condition of dehydration. Some natural compounds also offers beneficial effects in such conditions as mentioned in Figure No.2.
CONCLUSION
Srotas is an important entity of body which performs many functions including transportations, nutritional supply and detoxification, etc. The normal state of Srotas resembles good health status while abnormalities (Srotorodha) can lead pathological conditions. Ayurveda described many Srotasa and Udakavaha Srotas is one of them. Udakavaha Srotas balances fluid volume, maintain body temperature and involves in balancing of electrolyte contents of body. Vitiation of Udakavaha Srotas can lead dehydration and electrolyte imbalances or symptoms of dehydration first manifested through Udakavaha Srotas. Udakavaha Srotas Srotoduṣṭi associated with dryness of lips, palate and throat which mainly occurs due to the dehydration. Vitiation of Udakavaha srotas can be managed by balancing water and electrolyte contents of body.
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CONFLICT OF INTEREST
We declare that we have no conflict of interest.

BIBLIOGRAPHY

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