Clinical Importance of Shrotas in Kayachikitsa W.S.R. to Management of Srotodushti: An Ayurveda Review

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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.

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 Mahabhat 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**

Atipravrtti, 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.

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

Nidanparivarjan means avoidance of causative factors, Srotoshodhan through Panchkarma and Apunarbhava chikitsa provides relief from Srotodushti. The drugs which pacify vitiatiion 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

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

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. Vitiation 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 vitiation of Srotas. Consideration of Nidanparivarjan, uses of Shodhan therapies and Ayurveda drugs helps to pacify vitiation of Srotas thus cure many diseases. Drugs which acts on Sukshma Srotas, improves Agni, balances Doshas and boost Dhatus provides beneficial effects in case of Srotodushti. Bhallatak, Amalaki, Guduchi, Yashtimadhu, Manjista, Ashwagandha, Punarnava, Shilajit, Guksur, Vacha, Shankhpushpi, Bhrungaraj, Brahmi, Kutaj, Bilva and Shatavari, etc. are some drugs can be used to cure pathogenesis of Srotodushti.

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CONFLICT OF INTEREST
We declare that we have no conflict of interest.

BIBLIOGRAPHY