

**CHANNELIZING THE SAMPRAPTI AT THE LEVEL OF SROTODUSHTI W.S.R.
PRAMEHA: A LITERARY REVIEW****Dr. Kriti Joshi*, Dr. L.C. Harjpal and Dr. Shweta Singh**¹(PG Scholar), ²(H.O.D.), (Lecturer)

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ABSTRACT

According to Ayurveda, the human body is composed of innumerable Srotas, (micro or macro channels), which carry out all the physiological functions of the body. Apart from carrying out essential physiological processes, the Srotas also help the body to restore normal health. Various Srotas have different functions based on where they are located and how they are distributed throughout the body. Pathological changes in the body are due to Sroto dushti. Doshas in their vikrita state vitiates the body and along with dushya, srotas and other factors contributes to the samprapti of vyadhi i.e disease. Prameha which is correlated as Diabetes is a global illness which is considered a metabolic syndrome in which various types of Dhātu (meda, mansa, rasa, mutra etc.) and their respective srotas gets vitiated. Not only Meda dhātu and Medavaha srotas other Srotas like Rasavaha, Annavaha, Purishavaha, Mutravaha srotas etc also gets vitiated by their separate Nidanas which take part in the pathogenesis of Prameha. Due to the present lifestyle the prevalence rate of diabetes (prameha) has been projected to grow by 40% by next decade. This prevalence has increased the risk for cardiovascular diseases and chronic kidney diseases. We can see the significance of the disease given by the seer because Prameha is listed among the eight major disorders in Charaka Nidana. Despite of recent progression in medical science, there are still some drawbacks in understanding of pathogenesis at srotas level (shrotodushti). Through this article an effort is made which provides a better and in depth understanding of prameha as a vvyadhi in Ayurvedic perspective which is further helpful in providing better management.

KEYWORDS: *Ayurveda, Srotas, Samprapti, Srotodushti, Medovaha srotas.***INTRODUCTION**

In Ayurvedic Literature, *Dosha, dhātu, and mala* are regarded as the foundation of the body. The *prakrut-vikrut* state of these *doshas* determines the body's formation, maintenance and destruction. In *prakrut* state they holds the functions of the body in a physiological manner while in *vikrut* state they are the cause of ailments in the human body. There are various stages involved in tissue level (*Srotas*) takes place in between the *dosha* vitiation and manifestation of *vyadhi*, that whole process we call it as *Samprapti* i.e pathogenesis of disease.

The term "*Srotas*" in Ayurveda describes the channels (micro or macro) or pathways that different substances, such as nutrients, waste products, and energy, flow through in the body. "*Samprapti*" explains the entire process of how a disease develops, from exposure to the causative factors to the initial disturbances those factors cause in the physical body and mind to the development of premonitory symptoms and disease symptoms that

allow the disease to be identified, named, and diagnosed. "*Prameha*" refers to a class of diseases affecting the metabolism and the urinary system, that comprises diabetes. The concept of "*Samprapti of Srotodushti in Prameha*" involves to understand the potential impact on the body's channels or pathways in patients suffering from diabetes or other related metabolic disorders. In order to restore health and well-being, balancing these channels as well as breakdown the pathogenesis is a common focus of Ayurvedic treatments. The present article attempted to understand the *Samprapti of Prameha* at the level of *Srotodushti w.s.r. Prameha* which will help further in treatment aspect.

AIM AND OBJECTIVES

To establish and indepth understanding of *Samprapti, Srotas, Srotodushti w.s.r. Prameha* explained in different classical texts.

MATERIALS AND METHODS

Since the present study was a literary research, different

references available in the classical literature on *samprapti* and *srotodushti* w.s.r. *Prameha* are compiled.

CONCEPTUAL STUDY

There are various stages that the *Samprapti* of *Prameha* goes through. It starts with poor dietary and lifestyle habits that cause the body to accumulate *Ama* (toxins). Excessive intake of sweets and fats which cannot be utilized by the tissues, producing undigested products of metabolism (*Ama*). Impaired digestive fire – both at Gastric and tissue levels – *Kayagni* and *Dhatwagni* – again producing *ama*. In the presence of *Mandagni* the *Sneha bhavas* and *Madhura Bhavas* are not fully converted to end products and are expelled from the body.

Insulin production and pancreatic function are eventually impacted by this *Ama* when combined with imbalanced *doshas*. Ineffective digestion and metabolism are caused by the impairment of *Agni* (digestive fire), which makes the condition worse.

The term "*Srotodushti*" in Ayurveda describes the vitiation or imbalance of the body's numerous channels or pathways, or "*Srotas*." Different *Srotodushti* may take place in the context of "*Prameha*" or metabolic diseases like diabetes.

Srotodushti linked to *Prameha* are

1. ***Mutravaha Srotodushti***: This condition is characterized by an imbalance in the urinary channel, which causes frequent urination, increased thirst, and the excretion of sweet-tasting urine—all commonly associated in *Prameha*.
2. ***Medovaha Srotodushti***: This is linked to the channels that are involved in the metabolism of fat and can cause obesity and an increase in body fat, both of which are risk factors for diabetes.
3. ***Mansavaha Srotodushti***: These are the channels that deal with the muscle mass. In *Prameha*, poor nutrient utilization can lead to muscle atrophy and weakness.
4. ***Udakavaha Srotodushti***: It is characterized by abnormalities in the channels that carry fluids, and it can aggravate the symptoms of diabetes, such as excessive thirst and frequent urination.
5. ***Annavaha Srotodushti***: It is associated with disruptions in the channels that are responsible for digestion and the absorption of nutrients. These malfunctions can result in problems such as improper metabolism of carbohydrates and elevated blood glucose levels.
6. ***Majjavaha Srotodushti***: After taking *Abhishyandi* diet e.g curd (heavy and slimy properties causes obstruction) cause *dushti* of *majjavaha* srotas (as mentioned in *charak vimana*) leads to vertigo, confusion (*bhrama*, *murcchha*).
7. ***Raktavaha Srotodushti***: Intake of *snigdha*, *drava*, *ushna* food leads to further *vridhhi* in *shariraj kleda* by involving *rakta dhatu* along with *mansa* and

meda dhatu. Skin manifestations also take place due to it.

8. ***Rasavaha Srotodushti***: Involvement of fatty diet, heavy food articles and stress contributes in *rasavaha* srotas vitiation which further leads to *agnimandya* (Insufficient digestive fire) and altered metabolism. *Kleda* is a liquid material produced in the body during digestion and it travels along with *Rasa* all over the body helping *dhatu tarpana* and collecting *Dhatu mala*. Whenever the normal liquid portions (*Ardrata*) increase in *Dhatu* as a result of metabolism or in some pathological conditions, it is to be eliminated mainly through *mutra*.

DISCUSSION

According to Ayurveda, The vitiated *Doshas* (*Vata*, *pitta*, *kapha*) can impact the body's channels or *srotas*, resulting in different phases of *Prameha*'s development. At first there is the involvement of *kapha* which increases and vitiates *meda dhatu* leads to the beginning of several events. The unbalanced *Doshas* begin to impact the *srotas* (channels). Not only *meda*, *mutra* and *mansa* almost all the *srotas* results in vitiation or *srotodushti* of the channels. Urinary symptoms such as increased frequency of urination and turbidity in urine can be indicative of this. In advanced stages, *Prameha* can affect various body tissues (*dhatu*), leading to complications in different organs and systems. The disease becomes more systemic and may lead to complications in the eyes, nerves, and other parts of the body.

CONCLUSION

Ultimately, appreciating the Ayurvedic *Samprapti* of *Prameha* offers significant understanding into the development of diabetes. The holistic approach of Ayurveda takes into account the interactions between different factors that influence the development of *Prameha*. In order to effectively manage diabetes, this traditional medical system places a strong emphasis on individualized care and lifestyle modifications. Incorporating conventional knowledge into diabetes care could provide greater depth of answers to this global health issue as modern medicine develops. The Ayurvedic interpretation of *Prameha Samprapti* highlights the ancient science's ongoing relevance in modern medicine.

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