

DESCRIPTION OF SROTAS AS UNIQUE ENTITY OF BIOLOGICAL SYSTEM: A
REVIEW

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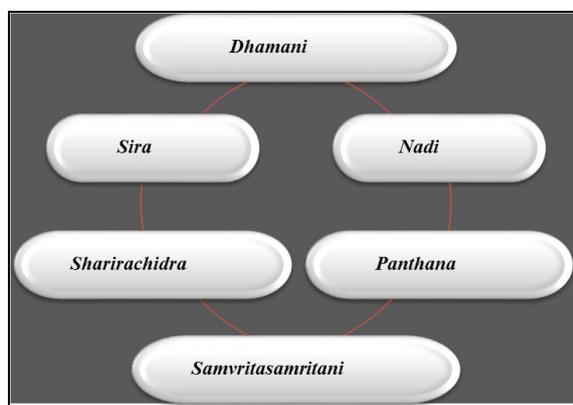
ABSTRACT

The Ayurveda literatures defined concept of Srotas as minute channels which play vital role in the physiological governance of human body. They are transporting passages of Doshas, Dhatus, nutrients, toxins and other bio-materials, etc. As per Charaka the person is cumulative representation of Srotas. Srotas aggravates and pacifies Doshas because of their pervasiveness and diffusiveness nature. The number of Srotas is innumerable but their types classified along with their specific functions, structure and properties. Ayurveda Samhitas on the basis of morphology described Srotas as micro and macro channels of body which are responsible for the transportation process. The term Srotas itself define things which exude or filter or permeate or oozes out. Srotas provides nourishment to the body, facilitate process of detoxification and maintain normal circulatory process through which Rasa, Rakta and Prana gets flow, etc. Present article explained concept, types, functions and abnormalities of Srotas considering these as unique entity of Ayurveda.

KEYWORDS: Ayurveda, Srotas, Dhatus, Transport, Channels.

INTRODUCTION

Srotas are the unique entity of Ayurveda which can be referred to channels of various systems including respiratory, genito-urinary and gastro-intestinal system, etc. They also resemble micro channels like capillaries, vessels and lymphatic channels, etc. *Srotas* also described as channels of permeability like cell membrane and membranous pores, etc. The normal functioning of *Srotas* helps to maintain good health status and any disturbance in *Srotas* may lead disease manifestation through the *Sammurchana* of *Dosha* and *Dushya* inside the body. The common synonyms of *Srotas* are depicted in **Figure 1**.

**Figure 1: Synonyms of Srotas.**

The *Srotas* containing very small orifices which are wide and long in nature to covers large circulating area. The *Rasa* flow through these routes to nourish body, *Srotas* possessing colour of materials which passes through them. Structurally they may be *Sthula*, *Anu*, *Dirgha* and *Pruthu*, etc. in nature.

Suksmas Srotamsi are subtle in nature and innumerable, associated with body; mind and spirit while *Sthula Srotamsi* are gross in nature and numerable, *Bahirmukha* are considered as aperture which are 9 in male, 11 in females.

Classification

As per *Charaka* there are 13 *Srotas* in number while *Sushruta* considered 11 pairs or 22 *Srotas* as *Yogavahi*.

Bahya Srotas or Bahirmukha Srotas

They are 09 in males and 12 in females distributed as follows:

✓ **Bahya Srotas in males**

Two *Nasa randhra*, two *Karna randhra*, two *Nayana randhra*, one *Mehana randhra*, one *Guda randhra* and one *Vedana randhra*.

✓ **Bahya Srotas in females**

Two *Nasa randhra*, two *Karna randhra*, two *Nayana randhra*, one *Mehana randhra*, one *Guda randhra*, one

Vedana randhra, two *Stana randhra* and one *Rakthapatha*.

Srotas and flow of subtle materials

- ✦ *Manovaha Srotas* carries impulses of thoughts and emotions.
- ✦ *Shabdavaha Srotas* produces *Bhadriya*.
- ✦ *Samjnavaha Srotas* carry *Buddhi*
- ✦ *Swaravaha Srotas* carry *Shabda*, etc.

Ayurveda described three *Srotas* which connects us directly to the external world, seven *Srotas* associated with each *Dhatu*, two *Srotas* pertaining to female and three *Srotas* related to the excretion of waste products from the body.

Srotas directly connecting us to the external world

- ✦ *Anna Vaha Srotas*
- ✦ *Prāṇa Vaha Srotas*
- ✦ *Ambu Vaha Srotas*

Srotas connected to the Dhatus

- ✦ *Rasa Vaha Srotas*
- ✦ *Rakta Vaha Srotas*
- ✦ *Māmsa Vaha Srotas*
- ✦ *Meda Vaha Srotas*
- ✦ *Asthi Vaha Srotas*
- ✦ *Majja Vaha Srotas*
- ✦ *Sukra Vaha Srotas*
- ✦ *Artava Vaha Srotas*

Specific Srotas pertaining to the female

- ✦ *Rajah Vaha Srotas*
- ✦ *Stanya Vaha Srotas*

Specific Srotas associated with excretion of waste products

- ✦ *Purīṣa Vaha Srotas*
- ✦ *Mutra Vaha Srotas*
- ✦ *Sveda Vaha Srotas*

The few Ayurveda scholars described Doshas Vaha Srotas as follows

- ❖ *Vatavaha Sira* as *Vatavaha Srotas*
- ❖ *Pittavaha Sira* as *Pittavaha Srotas*
- ❖ *Kaphavaha Sira* as *Kaphavaha Srotas*
- ❖ *Sarvavaha Sira* as *Sarvavaha Srotas*

Functions of Srotas

- *Srotas* are inner transport system of body.
- Provides platform for physiological activities.
- Govern circulation of *Doshas*, *Dhatu*s and *Mala*.
- Subtle energy, *Prana*, *Oja* and emotions also flow through the *Srotas*.
- Facilitate process of detoxification.
- Transformation (metabolism) of *Poshya dhatu*
- Provides nourishments to the body tissues.
- Responsible for the circulatory process of body, maintain circulation of energy, air and bio-fluids.

Srotodushthi

1. *Atipravrutti*
Increased flow through the particular types of *Srota* or excess production of contents of *Srota*.
2. *Sanga*
Obstruction in flow through the particular types of *Srota*.
3. *Siragranthi*
Formation of nodules in the *Srota*.
4. *Vimargagamana*
Diversion of flow towards the improper directions or diversion from the original path.

CONCLUSION

Srota are inner transport system of body which play vital role towards the physiological functioning of circulatory System. *Srotas* are macro and micro sized channels of body which performs process of exchange, excretion and transportation. *Srotas* carry bio-materials, nutrients and waste products, etc. The emotions, thoughts, intellects and subtle energy also transported through the *Srotas*. The *Srotas* system plays important roles towards the physiological functioning of body but also imparts pathological manifestation when not working in proper manner. *Vimargagamana*, *Atipravrutti*, *Siragranthi* and *Sanga* are common *Srotodushthi*s which may hamper functioning of *Srotas*. *Srotas* possesses small orifices with long circulating area, structurally they may be *Sthula*, *Anu*, *Dirgha* and *Pruthu*, etc. in nature. The proper functioning of *Srotas* is very important to maintain normal health status of person.

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