

IMPORTANCE OF SROTAS PARIKSHAN TO KNOW THE PATHOGENESIS AND DIAGNOSIS OF THE DISEASE**Dr. Kristina Singtan*¹, Dr. Swapnil Saini², Dr. Akhilesh Srivastava³, Dr. Rajesh Manglesh⁴ Prof. Dalip Sharma⁵**¹PG Scholar, Deptt. of Rog Nidana, RGG PG Ayurvedic College and Hospital, Paprola.²Lecturer, Deptt. of Rog Nidana, RGG PG Ayurvedic College and Hospital, Paprola.³Sr. Lecturer, Deptt. of Rog Nidana, RGG PG Ayurvedic College and Hospital, Paprola.⁴Reader, Deptt. of Rog Nidana, RGG PG Ayurvedic College and Hospital, Paprola.⁵Prof. & HOD, Deptt. of Rog Nidana, RGG PG Ayurvedic College and Hospital, Paprola.***Corresponding Author: Dr. Kristina Singtan**

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ABSTRACT

Ayurveda provides several approaches to the diagnosis of diseases, which should be explained in the contemporary context. *Srotas* is one of the *Ayurvedic* terminologies and is a basic element of *Ayurveda*, as the whole body is made up of millions of *Srotases*. When vitiation or block occurs in the transport system of the human body, stagnation of unwanted thing, depletion of nutrition, destruction of tissues, and imbalances of mind and body is caused. A medical practitioner with sufficient knowledge of *Srotas* can be efficient in aborting diseases. This is because being mastery of physiology of the human body and pathology is one of the keys to success in disease treatment. Charak had explained *Srotas* in a medicinal perspective while Sushruta had offered surgical aspect. It will be beneficial to *Ayurvedic* students to clarify their understanding of *Srotas*.

KEYWORDS: *Srotas, Dosha, Dhatu, Srotodushti, Sammurchana, Dushya, Agni.***INTRODUCTION**

The word *Srotas* is originated from the Sanskrit root-“Sru” (Sru+tasi= Srotas) which means exude, ooze, filter, permeate and so on.

Srotas not only play a vital role in manifestation of disease but also are prerequisite to maintain basic physiological functions of human body. Therefore, *Srotas* has been important part of most *Ayurvedic* texts. To approach a patient in holistic way, knowledge of *Srotas* is must for *Ayurvedic* physician. The defective *Srotas* reflects the symptoms of diseases. Thus, abnormalities in *Srotas* must be corrected timely to restore a diseased body into normal condition. Without healthy *Srotas*, systems in the human body cannot operate properly.

Any structural or functional minor disturbance of *Srotas* leads to *Sammurchana* of *Dushya* and *Dosha*. Because of incompetent *Srotas*, disease is manifested inside the body. The body can be healthy only until the channels of circulations perform their normal functions.

To prevent the recurrence of disease, conceptual understanding of *Srotas* is necessary which helps in adopting appropriate therapeutics and also to know about the prognosis and to improve immunity.

Thus *Srotas* has been explained in brief below. As per Acharya Charaka.

Srotamsi khalu parinam apadyamananam dhatunam abhiwahini bhavanti ayanarthena (Cha. Vi. 5/3)

Srotamsi = Systems, *Dhatunam abhiwahini* = transporting channels of *Dhatu*, *Parinam Apadyamananam* = undergoing transformation.

Srotas (systems) truly are the transporting channels of the *Dhatu*s like blood, semen, and nutrients which are undergoing a transformation.

Srotas have colours similar to the *Dhatu*s they are carrying and are round, broad or minute in structure. Some are long tubular; some are like a network of branches. For example:

- Tubular – Gastrointestinal system, urinary system, and Respiratory system among others
- Branching network-Circulatory system

Synonyms of Srotas

System	<i>Srotamsi</i>
Veins	<i>Sirha</i>
Arteries	<i>Dhamnyaha</i>
Lymphatic channels	<i>Rasayanyaha</i>
Hollow cavity	<i>Nadyaha</i>
Passage	<i>Panthanaha</i>
Way	<i>Margaha</i>
Body apertures	<i>Sharir Chidrani</i>
Closed or open places	<i>Sanvrutta Asamvrutani Samsthani</i>
Hollow organs	<i>Ashayaha</i>

Types of Srotas

Acharya Charak has described fourteen gross channels, including Artavavaha srota in Garva-Prakaran chapter of

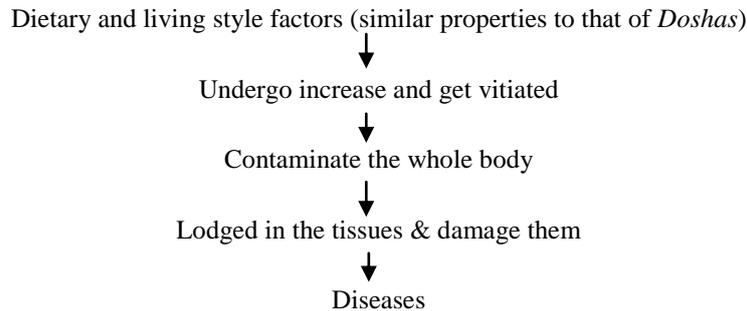
Charaka Samhita. Whereas, Acharya sushruta explained 11 types but 22 number as each Srotas are 2 in number.

Srotas	Site (Mulasthanas)	Function	Vitiation/Obstruction
<i>Pranavaha</i>	<i>Hridaya</i> (Brain and heart), <i>Mahasrotas</i>	Proper circulation of oxygen to the tissues	Respiratory ailments, anxiety-neurosis and impending fear
<i>Udakavaha</i>	Talu, Kloma (oropharynx)	Regulation of the body fluid	Excessive dryness of mouth, tongue, lips and palate, and excessive thirst
<i>Annavaha</i>	Stomach, left flank	Transportation of food nutrients in the digestive tract	Loss of appetite, dyspepsia, emesis and anorexia, are the features
<i>Rasavaha</i>	<i>Hridaya</i> (heart), ten <i>Dhamani</i>	Transportation of rasa (plasma) through blood vessels to the rasa dhatu	Respiratory ailments, anxiety-neurosis and impending fear, and even a death
<i>Raktavaha</i>	<i>Ykrita</i> (liver) and <i>Pliha</i> (Spleen)	Transportation of rakta (blood) to the rakta dhatu	Skin redness, eye redness, skin changes, fever, anemia and other blood disorders
<i>Mamsavaha</i>	Ligament, skin	Ensure supply of nutrients to the muscle dhatu	Tumors, cysts, wasting of muscles, swelling etc
<i>Medovaha</i>	Kidneys, omentum	Ensure proper supply of fatty tissue ingredients to the Meda dhatus	Edema, thirst, obesity etc
<i>Asthivaha</i>	Adipose tissue, <i>Jaghan</i>	Supplies nutrients to the asthi (bone) and extra-articular apparatus	Excessive teeth growth, bone tissues, hair, bones, nails deformities
<i>Majjavaha</i>	Bones, joints	Supplies nutrients to the majja (bone marrow) dhatu	Gets damaged by crushed, trauma, injury etc
<i>Shukravaha</i>	Testes, pudendum	Carry sukra (semen), dimba (ovum), and ojas (immunity)	Erectile dysfunctions, premature ejaculation, impotency, scrotum and penile disorders etc
<i>Mutravaha</i>	Urinary bladder, <i>Vankshanas</i> (kidneys)	Urination	Voiding too much of urine, suppression of urine, urination associated with pain etc
<i>Purishvaha</i>	Large intestine, rectum	Evacuation of feces	Improper evacuation, loose motions, constipating, difficulty and passing stools, undigested food evacuation, painful evacuation etc
<i>Svedavaha</i>	Adipose tissue, hair follicles	Evacuation of expelling sweat	Alternation in perspiration (To excess or less), roughness of skin etc
<i>Artavavaha</i>	Uterus, <i>Artava vahan Dhamani</i>	Flush menstrual fluid, and products of waste from the garbhasaya, Milk secretion	Infertility and menstrual abnormalities

Causes of vitiation of Srotas

Aahaaraha cha vihaaraha cha yaha syaat dosha gunaihi samaha

Dhatubahini viguna cha api srotasaam sa pradooshakaha (Ref- Charaka Vimana 5/23)



Since the *Doshas* contaminate the *Dhatus* or tissues they also vitiate the *Srotases* because the *Dhatus* are carried in the *Srotases* (*Dhatus* are the building block of the body and are the base of energy, health and immunity).

For example, Smoking and consumption of dietary substances such as hot, pungent, and chilly are similar to the properties of *Pitta Dosh*. However, it is dissimilar to the properties of *Mansa Dhatu*. Thus, aggravation of *Pitta Dosh* vitiates *Mansa Dhatu* causing gastric ulcer ultimately.

Similarly, when a person adopting a sedentary lifestyle consumes heavy, sweet, unctuous substances, *Kapha Dosh* aggravates. Simultaneously, the *Kapha* too vitiates the *Dhatus* due to dissimilar properties.

Features of Srotas vitiation

1. Atipravrutti (Excessive output): The term *Atipravrutti*, means excessive flow, refers to the excessive production or excessive discharge of the body fluid or increased functioning of the organ.

For example,

- Excessive urinary output in diabetes mellitus (*Prameha*)
- Excessive loose motion in diarrhoea or cholera (*Atisar/ Visuchika*)
- Excessive blood loss in menorrhagia (*Rakta Pradara*)
- Excessive white discharge in leucorrhoea (*Shweta Pradara*)
- Excessive sputum production in lower respiratory cough (*Kasa*)
- Excessive blood loss in disseminated coagulation (*Raktapitta*)
- Increased respiration in breathlessness (*Shwasa*)
- Increased heartbeat i.e. tachycardia (*Hrit dardarika*)

2. Sanga (stasis/ obstruction): *Sanga* means obstruction/retention or holding up, refers to the obstruction to the flow of the body fluids. Foreg.

- Urine flow obstruction due to calculi or tumour (*Mutrasanga*)

- Stasis of faecal material due to intestinal obstruction or gastroparesis (*Malasanga*)
- Bile flow obstruction in intrahepatic or extrahepatic cholestasis (*Ruddhapitta*)
- Blood flow obstruction due to thrombus causing infraction.

3. Siragranthi (Obstructive growth in channels): *Sira-Granthi* means dilatation of veins causing obstruction to normal flow through *Srotas* and the plaque or thrombus or obstructing material in the channel. For eg.

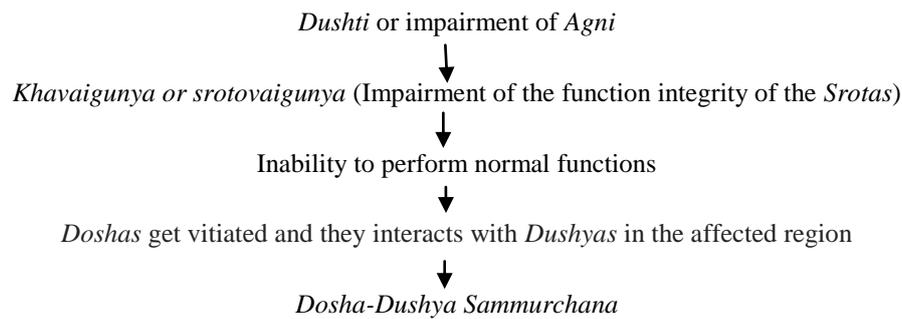
- Thrombus in blood vessels causing blood flow obstruction (Infraction)
- Urinary calculi obstructing the flow of urine
- Gallstone obstructing the bile transportation

4. Vimarga Gamana (Retrograde movement): Due to some pathology of *Srotas*, there is the flow of fluid in the affected area through alternative channels i.e. reversal of the flow of the body fluids. For eg.

- Reversal of the flow of urine due to calculus obstruction causing hydronephrosis
- Vomiting of faecal material in intestinal obstruction
- Regurgitation of blood in mitral stenosis ultimately causing congestion in the lungs.

Concept of Srotovaigunya

Srotas perform the function of the transmission of materials from one side to the other. The nutrient substances which nourish the *Dhatus* undergo *Paka* by the *Ushma (Agni)* of *Dhatus*. This kind of *Agnivyapara* and *Paka* takes place in *Dhatuvaha Srotas*.



According to Sushruta Samhita - this process in detail explained under the heading of *Shadkriyakala*. In which *Chaya*, *Prokopa*, *Prasara* and *Sthanasamshraya*, relate to accumulation, excitation, spread and initiation of symptoms of diseases. This fourth stage of *Shadkriyakala* is due to *Khavaigunya* or *Srotovaigunya*.

DISCUSSION

Biotransformation of *Dhatu* takes place in *Srotas*. Due to this the defective *Srotas* favouring *Dosha-Dushya Sammurchhana*, disease is manifested in the body. To prevent *Srotodushti*, the most effective way is to avoid the factors responsible for viatiating *Srotas* (Prevention is better than cure).

CONCLUSION

The disease diagnosis, as per the *Ayurvedic* pathology, is based on the malfunctioning of any of the three biological humours; *Vata*, *Pitta*, and *Kapha*. When one humour creates a spillover effect in the human body, the disease having roots in one of the biological humour can spread to another biological humour through circulation. The channels of circulation may get obstructed by the aggravated biological humours and creates hindrance in the fluid transportation. Ayurveda physician should have sheer knowledge of *Srotas*, to treat patients. Clinically the disease symptoms begin to appear at the stage of *Srotovaigunya*. Based on the symptoms observed, a physician can have the knowledge about the site of the disease. The complete management of the disease from its root can be done by treating the vitiated *Doshas* present in the *Mulasthanas* based on the symptoms seen.

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