

AYURVEDA AND MODERN PERSPECTIVE ON SROTAS, THEIR PATHOLOGICAL  
AND PHYSIOLOGICAL IMPORTANCE: A REVIEW

Dr. Parag Vasudev Yadav\*

M.D. (Rognidan Avam Vikriti Vidnyan) Assistant Professor, MES Ayurved Mahavidyala, Ghanekhunt Lote, Taluka -  
Khed, District-Ratnagiri, Maharashtra, India.

\*Corresponding Author: Dr. Parag Vasudev Yadav

M.D. (Rognidan Avam Vikriti Vidnyan) Assistant Professor, MES Ayurved Mahavidyala, Ghanekhunt Lote, Taluka - Khed, District-Ratnagiri,  
Maharashtra, India.

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## ABSTRACT

Srotas are Ayurveda terms resembling minute channels of body which performs various functions including circulation of micronutrients, detoxification and nutritional supply, etc. The specific Srotas perform specific functions depending upon their locations and distribution to the various body parts. The anatomical and physiological perspective of Srotas play vital role towards the normal health status of an individual since disturbed anatomical positioning and improper physiological functioning of Srotas can leads many health issues; Srotas vyadhi such as; infrequent respiration, excessive thirst, anorexia, Adhimamsa, Asthisula and accumulation of toxins, etc. Considering physiological and pathological importance of Srotas present article described Ayurveda and modern perspective on Srotas and diseases related to malfunctioning of Srotas.

**KEYWORDS:** Srotas, Ayurveda, Circulation, Rasa vaha srotasa, Disease.

## INTRODUCTION

Srotas are body's channels perform various functions inside the body such as; circulation of *Prana*, *Jala* & *Anna* and elimination of *Malas*. *Sira*, *Dhamanis*, *Nadya* and *Panthan*, etc. are anatomical parts of body which associated with *Srotas* and help in performing functioning of transportation. As per modern science *Srotas* performs passive transportation, diffusion, osmosis, filtration and respiration, etc. The specific functioning of *Srotas* depending upon their origination and distributions are as follows:

- *Pranavaha Srotas* helps to transports *Prana* (oxygen)
- *Udakavaha Srotas* involve in transportation of fluid (water)
- *Raktavaha Srotas* transport *Rakta* (red blood cells)
- Urine and waste transported through *Mutravaha Srotas*
- *Anna Vaha Srotas* performs transportation of *Ana-Rasa*
- *Rasa Vaha Srotas* transport *Rasa* through vessels
- The *Srotas* associated with reproductive system such as; *Sukra Vaha* & *Artava Vaha Srotas* transports *Sukra* and *Artava* respectively.

The major anatomical components of *Srotas* are *Sroto Mula*, *Sroto Mukha* and *Sroto Marga*. *Akashaa Mahabhut* mainly constitutes *Srotas* which also involves micro pores, vessels and permeable membrane, etc. Various *Srotas* differ from each other in terms of their

differences in origination, distribution, functions and pathological perspective.

The study concluded that *Srotas* have their colour similar to that of the *Dhatu* transported through it. Morphologically *Srotas* appear with colour of the substance which transported by them, *Srotas* may be *Anu* size/microscopic or may be macroscopic; *Sthula*. The network of *Srotas* look likes *Pratana*-reticulated in shape. *Srotas* may be cylindrical, long, straight and circular pores in shape and sizes. The number of *Srotas* also differs in male and female since female has *Srotas* in breasts while male deprived of them.

*Srotas* transport nutrients, circulates *Dhatu*s, transport *Vayu*, exchange sensory information, supply water or fluid material from one place to another, helps in detoxification and removes feces, urine and sweat from body. The major pathological conditions related to *Srotodushiti* are depicted in **Figure 1**:



**Figure 1: Pathological consequences related to Srotodushhti.**

#### Physiological importance of Srotas

- Srotas performs transportation of materials.
- Srotas maintain fluid level inside the body.
- Pacify edema from body tissues and pacify fluid accumulation at particular places.

**Table 1: General causes related to Sroto Dushti.**

S. No.	Causes as per ayurveda	Modern correlation
1	<i>Kulaja</i>	Genetic predisposition
2	<i>Sahaja</i>	Mother's lifestyle during pregnancy
3	<i>Doshaja (Prajnaparadha)</i>	Dietary & lifestyle related
4	<i>Abhigata</i>	Injury or trauma
5	<i>Purva vyadhi</i>	Previous illness

The above mentioned etiological factors lead abnormal functioning of Srotas which resulted following pathological consequences inside the body:

1. Aggravation of vitiated *Dosas* and *Dhatu*s inside the body.
2. Accumulation of *Malasa*, sweat and other waste materials inside the body.
3. Production of *Ama* leads *Ama Dosa*
4. Block nutritional supply and exchange of gases.
5. *Atipravritti*, *Sanga*, *Siragranthi* and *Vimarga Gamana*.
6. Disturbance in reproductive transportation.

- Maintain thermostat of body and restore normal level of temperature inside the body.
- Keep body away from disease condition and nourishes tissue.
- Support process of growth and development by properly distributing micronutrient to each tissue.
- Srotas transport *Dhatu*s, *Doshas* and *Rasa*.
- Srotas provides energy, rejuvenates body and imparts longevity.
- Perform exchange of gases and process of oxygenation
- Helps in process of reproduction and conduct menstruation.

#### Srotas and Disease Pathogenesis

The vitiation in *Dosas* and *Dhatu*s and accumulation of *Malas* disturbed Srotas leading to obstruction in Srotas path which ultimately affects normal physiological status of body. There are various causes of Sroto Dushti as mentioned in Table 1.

7. Excess flow, obstruction, stagnation, reversed flow and false passage.

#### Diseases related to disturbed functioning of specific Srotas

The above mentioned pathological sequences may leads many diseases such as; sinusitis, breathing difficulty, bronchitis, dysentery, diarrhea, constipation, anorexia, indigestion, *Kustha*, *Raktapitta*, *Prameha* and *Asthisula*, etc. The vitiation in specific Srotas causes particular disease as mentioned in Table 2.

**Table 2: Diseases related to the improper functioning of Srotas.**

S. No.	Srotas	Related diseases due to the improper functioning of Srotas
1	<i>Pranavaha Srotas</i>	Dysfunction leads infrequent respiration, breathing difficulty and chest pain
2	<i>Udakavaha Srotas</i>	Improper functioning may cause mouth dryness and excessive thirst
3	<i>Annavaaha Srotas</i>	Improper functioning may cause anorexia, indigestion and constipation, etc.
4	<i>Raktavaha Srotas</i>	Dysfunction of <i>Raktavaha Srotas</i> can causes <i>Visarpa</i> , <i>Kustha</i> and <i>Asrakdar</i> , etc.
5	<i>Shukravaha Srotas</i>	The dysfunction may leads impotency, lack of luster and sexual problems, etc.
6	<i>Mutravaha Srotas</i>	Disturbance can leads improper urination, burning sensation and urinary retention, etc.
7	<i>Mamsavaha Srotas</i>	Improper functioning may causes <i>Adhimamsa</i> , <i>Arbuda</i> and <i>Putimamsa</i> , etc.

#### Approaches towards the management of Sroto Dushti

- ❖ Avoidance of unwholesome diet
- ❖ Good conduction of seasonal and daily regimen
- ❖ Detoxification measures (*Panchakarma*)
- ❖ *Pranayama* & *Yoga*
- ❖ Exercise & meditation

- ❖ Ayurveda herbs, formulations and modern medicine

#### CONCLUSION

Srotas or channels performing process of transportation and distributed throughout the body. The Srotas supply

nutrients to the tissues, transport *Vayu*, support healing process, circulate gases, maintain physiological balances, potentiate *Doshas & Dhatus*, eliminate *Malas*, maintain body's fluid volume and helps to maintain metabolic and digestive activities of body. Improper functioning of *Srotas* can leads pathological events such as; breathing difficulty, excessive thirst, anorexia, indigestion, constipation, *Visarpa*, *Kustha*, *Asrakdar*, improper urination, urinary retention, *Adhimamsa*, *Arbuda* and *Putimamsa*, etc. The various approaches such as; *Sadvritta*/good conduct, use of detoxification measures, ayurveda herbs & formulations, *Yoga*, exercise and meditation, etc. helps to prevent pathogenesis of *Sroto Dushti*.

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