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## AYURVEDA ASPECTS ON *UDAKVAHA SROTAS* AND ITS CORRELATION WITH SYMPTOMS OF DEHYDRATION: AN AYURVEDA REVIEW

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### ABSTRACT

*Srotas* is one of the vital parts of body defined as passages which facilitates transportations of various materials including *Dhatu*s. The normal physiological functioning of *Srotas* helps to maintain good health status but any abnormalities in *Srotas* like; *Srotorodha* can be manifested as pathological conditions. *Srotas* maintain metabolic activities, balances fluid volume, maintain body temperature, supply nutrients and facilitate process of detoxification. Ayurveda described many *Srotas* and *Udakavaha Srotas* is one of them. *Udakavaha Srotas* maintain fluid balances from two places of its origin; *Talu* and *Kloma*. The inappropriate functioning of *Udakavaha Srotas* can lead many pathological conditions including electrolyte imbalances. Present article described Ayurveda view on *Srotas* W.S.R. to *Udakavaha Srotas* and pathological correlation with electrolyte imbalances.

### KEYWORDS

Ayurveda, *Srotas*, *Udakavaha Srotas* and Electrolyte.

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### INTRODUCTION

Ayurveda the science of clinical practice founded on the basis of practical knowledge and logical reasoning. Ayurveda described many parts of body as vital entity and *Srotas* are one of them. *Srotas* means micro-channels which mainly perform function of transportation and maintain body circulation. The *Srotodushti* can leads many pathological conditions including malnutrition, intoxication, deprived digestive and metabolic activities and loss of physiological balances. The major pathological events related to *Srotodushti* are depicted in Figure No.1.

Ayurveda described many *Srotas* including *Pranavahasrotas*, *Udakavahasrotas*, *Rasavahasrotas*, *Annavaahasrotas*, *Mamsavaahasrotas*, *Medovahasrotas*, *Raktavahasrotas*, *Majjavahaastrotas*, *Shukravahasrotas*, *Ashtivahasrotas*, *Purishavahasrotas*, *Mutravahaastrotas* and *Swedavahasrotas*.

Ayurveda described three elements i.e. *Prana*, *Udaka* and *Anna* as essence of life, therefore *Srotas* mainly related with *Prana*, *Udaka* and *Anna*. The *Udakavahasrotas* is one of the *Srota* related with *Udaka* and comprises three main components as like other *Srotas*:

- *Soto mula*: Root or originating place of *Udakavahasrota*
- *Sroto marga*: overall passage/route of *Udakavahasrot*
- *Sroto mukha*: Opening/supply of *Udakavahasrota*

*Udakavaha Srotas* are considered responsible for water circulation and helps to maintain water balance. They originated from *Talu* (roof of mouth cavity lies with upper surface of tongue). This site considered responsible for feeling of thirst, along with *Talu*, *Kloma* also considered as *Moolasthan* of this *Srotas*. *Udaka* circulates through *Rasa* and maintain functioning of *Preenana* and *Jeevana*. The two major originating places of *Udakavaha Srotas* considered as site of *Pipasa* and *Trishna*. These sites shows manifestation related to the water imbalance.

#### **Causes of *Udakavaha Srotas Dushti***

- *Kulaja*
- *Purva vyadhi*
- *Pregnancy*
- *Emotional state*
- *Dietary and lifestyle related factors*
- *Abhigata*
- *Ushna aahaara vihara*
- *Trushnaa peedana*

#### **Symptoms of *Udakavaha Srotas Dushti***

- *Kloma Shosha*
- *Talu Shosha*
- *Ati pravriddam pipasa*
- *Kantha shosha*
- *Jihwa Shosha* and *Oshta Shosha*.

#### **Symptoms of dehydration and *Udakavaha Srotas Dushti***

Physical exertion, fasting, excessive exposure to sun, lack of strength and lack of water consumption can leads dehydration which involves *Pipasa* as cardinal features of *Klom Vidradhi*. Therefore *Klom* can be subjected as *Moolasthan* for clinical purpose while *Talu* can be considered as diagnostic tool.

*Talu* mainly get affected during *Udakavaha Srotas Dushti*, when vitiation of *Vata* occurs along with excess of *Pitta* element then fluid element present in *Doshas* becomes dry and get evaporated leading to the symptoms of dehydration which can be manifested through *Udakavaha Srotas*. The lack of water content, excessive sweating and electrolyte imbalances in *Rakta* first observed though originating place of *Udakavaha Srotas*; *Talu* and *Kloma*. The *Kapha varga dravyas* helps to suppress felling of *Pipasa* and *Trishna* in *Udakavaha Srotas*.

As per modern science dehydration or electrolyte imbalances clinically observed as emaciation of tongue which mainly related with *Udakavaha Srotas*. Dryness of lips, palate and throat occurs in severe thirst as a consequence of dehydration. The symptoms persisted in mouth cavity around the region of *Udakavaha Srotas*.

Vitiation of *Udakavaha Srotas* manifested as dryness of the mouth, tongue and thirst. *Trishna* resembles shortage of water content inside the body thus *Udakavaha srotas* vitiation can be managed by maintaining balance of water content of body.

#### **Management of vitiation of *Udakavaha Srotas***

- Imbalance of electrolyte should be managed by supplying appropriate nutrient.
- Food rich in water content need to be consume.
- Fluid intake must be increases.
- Exposure to sunlight need to be prevented.
- Excessive physical exertion must be avoided.
- Heavy, oily and dry food stuffs should not be consumed.

The approaches mentioned above can help to relieve vitiation of *Udakavaha Srotas* and also helps to maintain condition of dehydration. Some natural compounds also offers beneficial effects in such conditions as mentioned in Figure No.2.



Figure No.1: Major pathological events related to *Srotodusti*

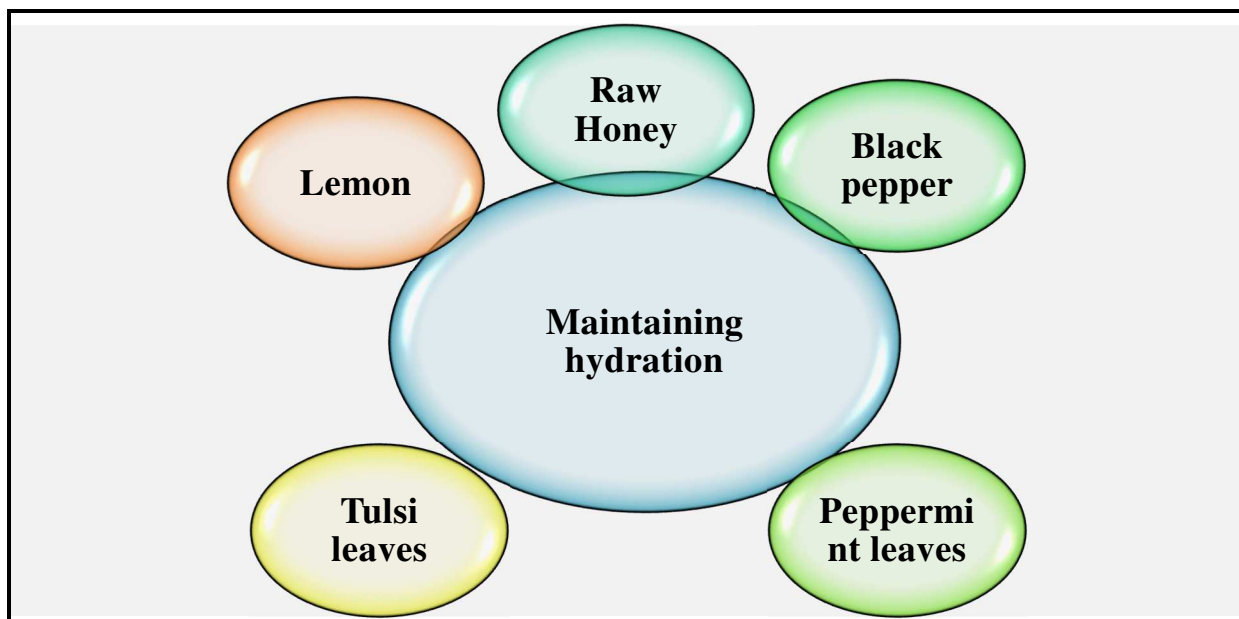


Figure No.2: Natural compounds recommended for maintaining electrolyte imbalance and hydration

## CONCLUSION

*Srotas* is important entity of body which performs many functions including transportations, nutritional supply and detoxification, etc. The normal state of *Srotas* resembles good health status while abnormalities (*Srotorodha*) can lead pathological conditions. Ayurveda described many *Srotasa* and *Udakavaha Srotas* is one of them. *Udakavaha Srotas* balances fluid volume, maintain body temperature and involves in balancing of electrolyte contents of

body. Vitiation of *Udakavaha Srotas* can lead dehydration and electrolyte imbalances or symptoms of dehydration first manifested through *Udakavaha Srotas Srotoduṣṭi* associated with dryness of lips, palate and throat which mainly occurs due to the dehydration. Vitiation of *Udakavaha srotas* can be managed by balancing water and electrolyte contents of body.

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## CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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