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## CLINICAL IMPORTANCE OF *SHROTAS* IN *KAYACHIKITSA* W.S.R. TO MANAGEMENT OF *SROTODUSHTI*: AN AYURVEDA REVIEW

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### ABSTRACT

The Indian system of clinical practice Ayurveda mentioned various aspects related to the normal physiological functioning of body, diseases and their management. In this way ayurveda elaborated concept of *Srotas* means micro-channels of body which performs functions of transportation and circulation. The *Srotas* not only perform important functions of body but also restore normal health status of body. Vitiation and depletion in *Srotas* can lead many pathological events inside the body. *Srotas* nourishes body, maintain metabolic and digestive activities and restore process of detoxifications. The abnormalities in *Srotas* involve disturbances in transportation process. Pathological conditions related to abnormalities in *Srotas* can be managing clinically pacifying vitiation of *Srotas*. Present article described clinical perspective of *Srotas* as per ayurveda considerations.

### KEYWORDS

Ayurveda, *Srotas*, *Kayachikitsa*, Channels and Pathogenesis.

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### INTRODUCTION

Ayurveda mentioned that *Antreshu*, *Hira*, *Dhamani*, *Khani*, *Dwar* and *Nadi*, etc. Perform functions similar to *Srotas* or contributes towards the functioning of *Srotas*. As per ayurveda *Akashaa Mahabhut* forms *Srotas* thus performs functions of transportation and circulation of different materials. *Srotas* transport *Dhatus*, nourishes body and eliminates toxins from body. Improper functioning of *Srotas* can precipitate pathogenesis of diseases especially diseases of circulatory and metabolic systems. The assimilation and utilization of *Anna*, *Prana*, *Dhatus*, *Malas* and *Jala* mainly depend upon

functioning of *Srotas* which mainly govern through processes of filtration diffusion, osmosis and transportation.

### **Clinical and pathological perspective of Srotodushti**

*Atipravritti*, *Sanga*, *Siragranthi* and *Vimarga Gamana*, etc. are abnormalities related to *Srotas Dushti*. Figure No.1 depicted common pathogenesis of channels/pores of body as per modern science.

*Atipravritti* means increase activity of *Srota* leading to the excessive secretions which can causes excessive discharge. The condition mainly characterizes with increase rate of respiration, high peristaltic movement, excess elimination of urine and feces and high rate of sweating. *Atipravritti* of *Annavaha Srota* can causes *Amlapitta*, *Atipravritti* of *Artavaha Srota* can leads excessive flow of *Rakta* or *Artava* similarly *Prameha* characterized as *Atipravritti* of *Mutravaha Srota* while *Atisara* can be considered as *Atipravritti* of *Purivaha Srota*.

*Sanga* means *Srotorodha* which causes holding of materials characterize as obstruction of channels or pores. Obstruction of *Srota* causes accumulation of fluid leading to the edema and swelling. *Malavshambha* occurs as intra luminal obstruction while *Mutraavrodha* occurs due to the extra luminal obstruction.

*Sroto Granthi* means unwanted growth or tumors or thickening of specific parts of body leading to the improper size and shape of tissues. Varicose veins, *Arbuda* and *Granthi* are examples of such types of conditions.

*Vimarg- Gamana* is another example of *Srotodushti* which means movement of materials through *Srota* in wrong direction. *Chardi* and Gastro-Esophageal-Reflux-Disease (GERD) are the examples of such types of conditions.

### **Srotodushti and clinical manifestations**

The *Srotodushti* can cause many harmful effects and specific *Srota* responsible for particular clinical manifestations as mentioned below:

- Dehydration, electrolyte imbalances and excessive thirst resembles vitiation of *Udakavaha Srotas*.

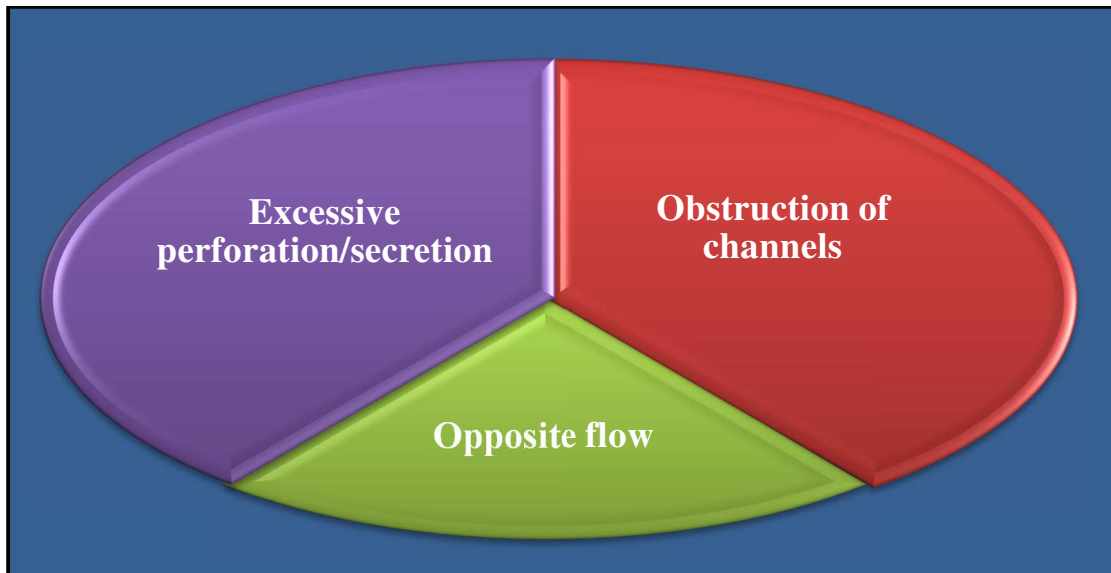
- Improper respiration, lack of breath, muscular fatigue and oxygen deficiency can be correlated with inappropriate functioning of *Pranavaha Srotas*.
- *Prameha* and obesity related with the vitiation of *Medovaha Srotas*. Similarly *Adhidanta*, *Adhyasthi* and *Asthisula* may occur if *Asthivaha Srotas* not work properly.
- Symptoms of fainting, deterioration of *Majja* and depletion of *Rakta-Dhatu* may observe when *Majjavaha Srotas* get disturbed.
- *Visarpa*, *Raktapitta*, *Kustha* and other *Rakta Dushti* may be seen if functioning of *Raktavaha Srotas* becomes abnormal.
- Disturbance of *Mamsavaha Srotas* may initiates pathogenesis of *Galashundika*, *Putimamsa* and *Adhimamsa*, etc.
- Constipation, formation of *Ama*, anorexia and indigestion mainly related with disturbed functioning of *Annavaha Srotas*.
- Dysfunctions of *Rasavaha Srotas* can be manifested as feeling of heaviness, lethargy, blood pressure and depletion of strength.
- Loss of luster, sterility, erectile dysfunctions and lack of enthusiasm, etc. may occur due to the *Srotodushti* of *Shukravaha Srotas*.
- *Srotodushti* of *Mutravaha Srotas* can cause pain, enlargement of urinary bladder, burning sensation and infrequent urination.

### **Clinical management of disease by pacifying vitiated Srotas**

*Nidanparivarjan* means avoidance of causative factors, *Srotoshodhan* through *Panchkarma* and *Apunarbhava chikitsa* provides relief from *Srotodushti*. The drugs which pacify vitiation of *Dhatus*, *Agni* and *Srotas* can alleviate *Srotodushti*. Drugs used in specific conditions of *Srotodushti* mentioned in Table No.1.

**Table No.1: Srotodushti and their management**

| S.No | Srotodushti       | Drugs used to pacify specific Srotodushti                |
|------|-------------------|--|
| 1    | Pranvaha Srotas   | Bhallatak, Amalaki and Kasturi                           |
| 2    | Rasavaha Srotas   | Lajamand, Guduchi, Yashtimadhu and Manjistha             |
| 3    | Raktavaha Srotas  | Guduchi, Loha Bhasma, Sarivai and Aamalaki               |
| 4    | Annavaha Srotas   | Kapardik, Shankh Bhasma, Nagkeshar and Hing              |
| 5    | Mamsavaha Srotas  | Ashwagandha and Shatavari                                |
| 6    | Udakavaha Srotas  | Abhrak Bhasma, Gudardark and Trifala                     |
| 7    | Medovaha Srotas   | Guduchi, Guggulu, Shilajit and Bhunimbha                 |
| 8    | Asthivaha Srotas  | Kukkutand Twak Bhasma, Asthishrunkhala and Shankh Bhasma |
| 9    | Mutravaha Srotas  | Punarnava, Shilajit, Pashanbhed and Gukshur              |
| 10   | Majjavaha Srotas  | Vacha, Brahmi, Shankhpushpi, Bhrungaraj and Jatamunsi    |
| 11   | Purishvaha Srotas | Bilva, Kutaj, Suvarnapatri and Haritaki                  |



**Figure No.1: Common disturbances related to micro-channels/pores/ Srota**

## CONCLUSION

*Srotas* one of the vital entities of human body responsible for many important functions and help to maintain normal health status. *Srotas* nourishes body, control metabolic activities and also perform functions of detoxifications. *Srotas* helps to produce healthy tissues, provide longevity, immunity, strength and regularizes digestive activities. Vitiation of *Srotas* can lead many pathological consequences including *Atipravritti*, *Sanga*, *Siragranthi* and *Vimarga Gamana*, etc. The clinical manifestations of *Srotodushti* are dehydration, electrolyte imbalances, improper respiration, *Prameha*, *Visarpa*, *Raktapitta*, *Kustha*, constipation, *Ama* and infertility, etc.

Pathological conditions related to abnormalities in *Srotas* can be managed clinically by pacifying vitiation of *Srotas*. Consideration of *Nidanparivarjan*, uses of *Shodhan* therapies and Ayurveda drugs helps to pacify vitiation of *Srotas* thus cure many diseases. Drugs which acts on *Sukshma Srotas*, improves *Agni*, balances *Doshas* and boost *Dhatu*s provides beneficial effects in case of *Srotodushti*. *Bhallatak*, *Amalaki*, *Guduchi*, *Yashtimadhu*, *Manjistha*, *Ashwagandha*, *Punarnava*, *Shilajit*, *Gukshur*, *Vacha*, *Shankhpushpi*, *Bhrungaraj*, *Brahmi*, *Kutaj*, *Bilva* and *Shatavari*, etc. are some drugs can be used to cure pathogenesis of *Srotodushti*.

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## CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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