



A COMPREHENSIVE STUDY OF THE CONCEPT OF SROTAS ACCORDING TO ACHARYA CHARAK AND ACHARYA SUSHRUTA

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ABSTRACT

Srotas plays an important role in *Ayurvedic* science. Ancient science explains to maintain the balance of *Dosha*, *Dhatu*, *Agni* and *Mala*. This balance helps in living a healthy life. To attain a balance it is very important that these bodily elements should continuously be transported and circulated throughout the *Shareera*. *Srotas* are the inner transport system of *Shareera* and performs this function of transportation in the *Shareera*. *Srotas* can be correlated with various body channels, among these some are micro and some are macro in form. *Srotas* adopt the same colour of particular *Dhatu* of the *Shareera* to which they belongs. Any obstruction in these channels may leads to several diseases. Hence to understand basic concept of *Srotas*.

KEYWORDS: *Srotas*, *Ayurveda*, *Dhatu*, Channels.

INTRODUCTION

Srotas are the complex pathway which is responsible for performing all the physiological and functional activities in the *Sharira* and governed by *Vayu*. *Acharya Charak* explains *Srotas* as “*Sravanaat Srotassmsi*”^[1] which means from which *Sravana* takes place. According to *Gangadhara*, commentator of *Charak Samhita* explains *Srotas* as the pathway through which *Rasa* etc tissues are transported are called as *Srotas*. *Acharya Sushruta* has also explained *Srotas* as a hollow channels which originating from root space spreads in the *Sharira* and carries specific entities.^[2] All *Doshas*, *Dhatu* and *Mala* perform their functional activities with the help of these *Srotas*. *Sharira* made up of innumerable *Srotas*(channels). The term *Srotas* is derived from the Sanskrit root ‘*Stru- strabane*’ *Dhatu* which has many meanings like to ooze, to flow, to filter, to move etc. Those from which *Sravana* of the body substances takes place or those through which the materials flow in the body are called as *Srotas*. The word *Srotas* is used as a term indicating all the macro and micro channels. Thus, *Srotas* are the channels/ pathway of *Sharira* through which the materials needed for nutrition and nutrient from one end to another end of *Sharira* for tissue building i.e production place to needed place of *Sharira*.

There are innumerable *Srotas* in the *Shareera* and *Moola* of *Srotas* is anatomical seat of the respective *Srotas*. The body which is constituted by the *Sapta Dhatus* and the end product formed in the body due to catabolism of *Dhatus* i.e. *Mutra*, *Purisa* and *Sveda*. These are thirteen in number and *Acharyas* have also explained thirteen type of *Srotas* carrying each of them.^[3]

SYNONYMS OF SROTAS^[4]

Srotaamsi, *Rasayani*, *Sira*, *Dhamani*, *Rasavahini*, *Nadi*, *Pantha*, *Marga*, *Sharirachidrani*, *Samvruta-amamvruta*, *Sihaana*, *Niketa*, *Aashya* etc.

STRUCTURE OF SROTAAMSI

Acharya Charak described *Srotas* structure as *Srotaamsi deerghaani aakrutya prataana sadrushaani cha*^[5] which means *Srotas* has the colour of the *dhatu* that they are transporting. They are of different shapes and size viz, round, thick, large, small, micro, elongated and form network and branches.

Acharya Sushruta describes *Moolat Khadantaram Dehe Prasrutam Tu Abhivaahi Yat, Srotaha Tat Iti Vigneyam Sira Dhamanee Varjitam*^[6] which means *Srotas* are distributed from root to any terminal portion of the

Shareera.

CLASSIFICATION OF SROTAAMSI

1. *Suksma*- Innumerable- Body-mind-Spirit system has as many as *Srotaamsi* as are the number of life factors operating in the life process.
2. *Sthula*- Numerable- *Bahirmukha* - 9 in male. 11 in female, *Antarmukha*- 13^{7/8}

MOOLA OF SROTAS

All *Srotas* has their own *Moolasthanas* and *Chakrapani*

has described *moolam* as '*Mulamiti Prabhava Sthanam*', which means that *Moola* of *Srotas* is the anatomical seat of the respective *Srotas*. Any infection caused at the *Moolasthanas* of particular *Srotas* causes the vitiation of that *Srotas* and hampers its normal functioning and leads to various related disease.

Acharya Charak has described thirteen major *Srota* that are important for the normal functioning of the living body^[9] and *Acharya Susruta* explains eleven pair of *Srotas*.^[10]

Below table shows the *moolasthanas* of various major *srotas* as described by *Acharyas*

S.NO.	Name of <i>Srotas</i>	According to <i>Acharya Charak</i> ^[11]	According to <i>Acharya Susruta</i> ^[12]
1	<i>Pranvaha</i>	<i>Hrudya</i> (Heart), <i>Mahasrotas</i>	<i>Hrudya, Rasavahini</i>
2	<i>Udakavaha</i>	<i>Talu</i> (Palate), <i>Kola</i> (Oropharynx)	<i>Talu, Kloma</i>
3	<i>Annavaha</i>	<i>Vamaparshwa</i> (Left flank), <i>Aamashya</i> (Stomach)	<i>Annavahini Dhamani, Amashya</i> (Stomach)
4	<i>Rasavaha</i>	<i>Hrudya, Das</i> (Ten) <i>Dhamni</i>	<i>Hrudya, Rasvaha Dhamani</i>
5	<i>Raktavaha</i>	<i>Yakrit</i> (Liver), <i>Pleeha</i> (Spleen)	<i>Yakrit, Pleeha, Raktvaha Dhamani</i>
6	<i>Mamsavaha</i>	<i>Snayu-twak</i> (Ligament,skin)	<i>Twak, Snayu, Raktavaha Dhamani</i>
7	<i>Medovaha</i>	<i>Vrukka</i> (Kidney), <i>Vapavahanam</i> (Omentum)	<i>Vrukka, Kati</i>
8	<i>Asthivaha</i>	<i>Meda</i> (Adipose tissue), <i>Jaghan</i>	-
9	<i>Majjavaha</i>	<i>Asthi</i> (Bones), <i>Sandhi</i> (Joint)	-
10	<i>Sukravaha</i>	<i>Vrushana</i> (Testis), <i>Shepha</i> (Penis)	<i>Vrushana, Stana</i> (Breast)
11	<i>Mutravaha</i>	<i>Vankshan</i> (Kidney), Urinary bladder	<i>Basti, Medhra</i>
12	<i>Purishavaha</i>	<i>Pakwashaya</i> (Large intestine), <i>Guda</i> (Rectum)	<i>Pakwashaya, Guda</i>
13	<i>Svedavaha</i>	-	-
14	<i>Artvavaha</i>	-	<i>Garbhaashya</i> (Uterus), <i>Aartava Vaahini Dhamanis</i> (Fallopian Tube)
15	<i>Manovaha</i>	<i>Hridya</i> (Heart)/ Brain	-

FUNCTION OF SROTAS

- Transformation of *Poshya Dhatu* occurs in *Srotas*.^[13]
- Each *Srotas* provides nutrition to their respective *Dhatu*.^[14]
- All the *Dosha, Dhatu* and *Mala* are dependent on *Srotas* for their formation, transportation and destruction.
- Every body structural component originated from *Srotas*.^[15]

GENERAL ETIOLOGY OF SROTAS VITIATION

General etiology of *srotas* vitiation is *Ahara*(diet) and *Vihara*(lifestyle) which is *Sam Guna* of *dosha*, leads to *Dosha* vitiation and unsuitable to *Dhatu* which causes morbidity in *Srotamsi*.^[16]

LALSHANA OF SROTAAMSI MORBIDITY^[17]

- *Atipravrutti*- Increased flow
- *Sanga*- Obstruction.
- *Sira Granthi*- Formation of nodules.
- *Vimargamana*- Flow of body fluid/ contents in the wrong or opposite direction.

These four kinds of *Srotodusti* may occurs either individually or in combination, leads to disease.

DISCUSSION

According to *Ayurveda* *Srotas* are important structure in the *Shareera*. *Srotas* are the Channels that are distinct from *Sira* and *Dhamani*, Which transport nutrients and extensively distributed throughout the *Shareera*. Additionally, it transport waste for the body to excrete. The physiological processes of the human body wouldn't feasible without *Srotas*. Every *Srotas* has two *Moolasthanas*, and the purpose of these *Moolasthanas* is to create the components that flow through the *Srotas*. The *Srotas* will be flawed if the *Moolasthanas* is Flawed. However, just because *Srotas* is flawed doesn't guarantee that *Moolasthanas* is as well. *Sroto Dushti* and *Sroto Sanga* are the causes of pathological alterations in the *Shareera*. Any *Srotas* imbalance leads to disease, hence *Srotas* must work properly for the human body to develop properly.

CONCLUSION

Srotas is nothing more than a hollow area or canal,

which together representing the circulatory system, *Srotamsi* also depict the internal transport system of the organism. *Shareera* is made up of numerous *Srotas* which carry out a variety of tasks, including excretion, transportation and material exchange. These *Srotas* are crucial for moving items that need sustaining health and battling numerous ailments. They are particular to the materials that serve as their carriers. Even the name given to the *Srotas* demonstrates this e.g. *Udakvaha Srotas*, *Annavaaha Srotas*, *Raktavaha Srotas* etc. . *Srotas* and their *Moolasthanas* have been discussed in relation to the study of pathology and clinical medicine. The vitiation results in health problems, hence, by thoroughly understanding the concept of *Srotas*, a physician can make a decision about the treatment and prognosis of a disease.

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