

Concepts of Srotas and their Physiological Component in the Body- A Review

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Abstract:

Classical Ayurvedic literature highlighted the idea of "Srotomayam hi Shariram," which suggests that the human body is made up of countless tiny channels that facilitate the movement of waste and nutrients. These tiny pathways, known as Srotas in Ayurveda, are said to regulate both gross and subtle energy fields. Srotas are the body's macro and microchannels, which can filter, leak, and secrete substances. The body's srotas are the systems that handle material metabolism, transportation, and secretion. Srotas carry nutrients, which strengthens Dhatus and aids in body building. They also remove waste from the body and keep the circulatory system functioning normally. The body's tiny pores and passageways, or srotas, can cause pathological issues when they don't operate properly, thus it's crucial for overall health that this microchannel function normally. Srotas distribute dosha, dhatu, mala, and other bodily material on place to another place. Srotas normal function essential for our Pancha Bhautika body.

Keywords: *Srotas, Niketa, Srota dusti, Seera, Shareera.*

INTRODUCTION:

The Sanskrit word "Sru" (Sru+tasi= Srotas) is the root of the term "Srotas," which meaning exude, ooze, filter, permeate, and so on. Srotas are necessary for sustaining the fundamental physiological processes of the human body in addition to being crucial in the disease's presentation. According to Ayurvedic traditions, "Srotomayam hi shariram" signifies that the living organism is a network of channels or is made up of countless channels that are intended to serve as internal transport systems for various functions, including biological and energetic

as well as gross and subtle. The organization of the body, mind, and spirit contains as many living components operative in the life process as Srotamsi (1). The definition of srotas is Srotambu Saranam, which means natural flow inside the body system. They are the conduit or channels that the body uses to transfer waste products, nutrients, and dhatu. The active, methodical movement of fluids is the circulatory channel's primary purpose. They are also in charge of Dosha's transportation. They provide as a conduit for information, particularly regarding nutrients and temporary or tissue types that are needed to produce permanent dhatus. One fundamental characteristic of srotas that Acharya Charak has emphasized is that they bear Ayanmukha in exchange (2). According to Acharya Charak, srotas are the blood vessels that move changing tissue from one location to another (3). Acharya Sushruta, Sira states that the arteries, or Dhamani, define the extent of the srotas and are comparable to the channels found within the srotas that allow fluids to circulate and exude (4).

MATERIALS AND METHODS

Materials:

Ayurveda Samhita/ Grantha

1. Charak Samhita
2. Sushruta Samhita
3. Ashtanga Hridaya
4. Sharangdhar Samhita
5. Google Scholar, Diff. Journals article, Wikipedia.

Synonyms of Srotas:

Sira (vein), *Dhamani* (artery), *Rasayani* (lymphatic duct) *Nadi* (tubular structure), *Panthana* (passage) *Sharira chhidras* (body orifices), *Niketas* (resorts).

CLASSIFICATION OF SROTAS

Acc. to Charaka (5):

1. Bahir Mukha srotas-9
2. Antar Mukha srotas-14

S.no.	SROTAS	SROTO MOOL	DUSHTI LAKSHAN
1	Pranavah srotas	Hridaya, mahasrotas	Atishrastam,atibadhham,alpam
2	Udakavah srotas	Taalu, klom	Jivha,taalu,ostha,kantha,shusk-klom, Atipravridhha,Trishna
3	Annavah srotas	Aamashya,vaamparsha	Annaabhilasha,arochak,avipak & chhardi
4	Rasavah srotas	Hridaya, Das dhamni	Ashradha,aruchi,mukhaverasya,jwar,pandu,klevya ,akal-palitya
5	Raktavah srotas	Yakrit,pleeha	Yakrit-pleha,kushtha,visarpa,pidika,charmatal,gulma, vidradhi
6	Mamsavah srotas	Snayu,twak	Adhimamsa,arbud,galgand,gal-shundika,alajee
7	Medovah srotas	Vrikka mool, vapavhan	Atistholya,purwaroop of prameha
8	Asthivah srotas	Medomool,jaghan Pradesh	Aadhyasthi,aadhiant,kesh,nak-shramsho vikar
9	Majjavah srotas	Asthimool, sandhi	Parvabhed,bhhram,murchha,tamh-pravesh
10	Shukravah srotas	Vrishana,shef	Klevya,dhvajbhang,apraaharsh,napunsakta, garbhapat, garbhasraav,vikratsantan
11	Mutravah srotas	Basti,vankshan	Mutra-atipravatti,Dushit-mutra,Mutrakrichra,Mutraaghat
12	Purishvah srotas	Pakvashya,sthool guda	Vibandha,Atisaar,Bandhamal,Mal-tyagwith shool,Gathddar-maltyag,
13	Swedavah srotas	Romakoop	Swed-aabhav, Swed-aadhikya, Lomharsh
14	Artavaah srotas	Garbhashaya, artavaahi dhamni	Bandhatva,Aartavnash,maithunasahiushnata, aartav-krichata

Acc to Shusruta (6):

He stated 11 pairs that are 22 srotas. He had not considered Asthivaha, Majjavaha and swedvaha srotas.

S.No	Yogavahi srotas	Sroto moola	Sroto vidha lakshan
1	Pranavah srotas	Hridaya, rasvaahi dhamani	Akrosh,vinaman,bhram,vephathu,maran
2	Udakavah srotas	Taalu, klom	Pipasa,miratyu,sadhyomaran
3	Annavah srotas	Aamashya,anna vahi dhamni	Adhyaman,shool,chhardi,pipasa, aandhya,maran
4	Rasavah srotas	Hridaya,rasvaahi dhamni	Shosh,pranavah srotavidhha,maran
5	Raktavah srotas	Yakrit,pleeha,ra ktavaahi dhamni	Jwar,daah,pandu,shonitaagaman, Raktanetrata ,krishn varna

6	Mansvah srotas	Snayu,twak,rakt avaahi dhamni	Sooth,shosha,shiragranthi,maran
7	Medovah srotas	Kati,Vrikka	Sweda,snigdhata,taaloshosh, shosha,pipasa
8	Shukravah srotas	Stanya, vrishana	Klewya,chirprasek,raktashukrata
9	Mutravah srotas	Medra,basti	Basti ka fulna,mutrasang, stabdhamedra
10	Purishvah srotas	Guda, pakvashya	Aanah,durgandha,aatragranthi
11	Artavah srotas	Garbhashaya,art avaahi dhamni	Bandhatwa,maithun asahiushnata,artavahnash

BY DIFFERENT ACHARYAS:

Srotas	Charaka	Sushruta
Pranavaha	Hridaya, mahasrotas	Hriday,rasvahi dhamanya
Udakaavaha	Talu, klom	Talu, klom
Annaavaha	Aamashay, vaamparshva	Aamashaya, annavahi dhamanya
Rasavaha	Hriday, dashdhamanya	Hriday, rasavahi dhamanya
Raktavaha	Yakrut, pliha	Yakrut,pliha, raktavahi dhamanya
Mamsavaha	Snayu, twak	Snayu, twak
Medovaha	Vrukk, vapavahan	Kati, vrukk
Asthivaha	Meda, jaghan	-
Majjavaha	Asthi, sandhi	-
Shukravaha	Vrushan, shef	Vrushan, stan
Mutravaha	Basti, vankshan	Basti, medhra
purishavaha	Pakwashay, sthulaguda	Pakwashay, gud
Swedavaha	Med, romkup	-
Aartavavaha	-	Garbhashay, artavavahi dhamanya

Srotas's physiological function:

- These are tiny passageways that carry waste products, nutrients, and biological stuff from the Kostha to the outside world.
- Since Srotas can only effectively eliminate waste when they are in a healthy state, Srotas aids Samsodhana therapy.
- Because Srotas facilitates the movement of Pitta, Kapha, and Vata, it keeps the dosha balances in check. The fundamental function of Srotas is the Grahana or Sangrahana, which involves collecting and storing biomaterials.

- Assimilation and absorption of the materials.
- Since Srotas generates Dhatu, these channels aid in the development of the body.
- Srotas aids in the regulation of hormone production and enzyme activity.
- Srotas keep the body's electrolyte balance in check and guard against dehydration.
- Srotas supports the body's metabolic and biotransformation processes.

SPECIFIC FUNCTION (7, 8, 9, 10):

Depending on where they originated and where they are found, there are many kinds of Srotas. These Srotas control specific bodily functions and regular physiology. Some srotas that regulate bodily functions are Pranavaha, Udakavaha, Raktavaha, Mutravaha, Anna Vaha, Rasa Vaha, Sukra Vaha, and Artava Vaha, among others. While Udakavaha Srotas move water and other fluids, Pranavaha Srotas assist in moving Prana. While Mutravaha Srotas is involved in the transportation of garbage and urine, Raktavaha Srotas transports Rakta. Sukra Vaha and Artava Vaha Srotas help the reproductive system, Rasa Vaha Srotas carry out the transfer of Rasa, and Anna Vaha Srotas transport Ana Rasa and nutrients.

Characteristics of Sroto dushti:

Depending on how their contents move through knotted conditions in the passage or in irregular channels, the features of the morbidity of the body channels are either raised or diminished. There are four kinds of channel vitiation, or srotodusti.

1. Atipravritti
2. Sanga
3. Sira granthi
4. Vimarg gaman

Modern Review of Srotas:

In addition to the circulatory system, srotas also symbolize the body's internal transit system. It provides every macro and micro level description related to excretion, transit, and exchange.

Macro and microstructures span the whole spectrum of functional units, from large to small, and are made to convey materials, molecules, impulses, emotions, biological fluids, and physiological regulating elements as well as nourish tissue.

It falls into two categories: -

1. Srotas generals are crucial pathways for the movement of nutrients.
2. Specific srotas: It oversees exchange mechanisms, such as biological processes like osmosis, diffusion, and modification that take place via microchannels between cells.

DISCUSSION:

Srotas are essential for sustaining the fundamental physiological functions of the human body in addition to playing a crucial part in the disease's appearance. A vital component of the human body are the srotas. The physiological processes of the human body would not be feasible without Srotas. There are two Moolasthanas in each Srotas, and their purpose is to create the elements that flow through the Srotas. The Srotas will be flawed if Moolasthana is flawed. They provide as routes of communication, particularly for the temporary tissues and nutrients that are needed to build permanent dhatus. They have three kinds of mala, udaka, and prana.

CONCLUSION:

The channels, or canal-like structures, known as srotas, are responsible for carrying out the body's transportation and nourishment distribution processes. The functions of srotas are distinct, and each srota feeds the corresponding Dhatu. Breathing problems, mouth dryness, anorexia, kustha, impotence, urination issues, and Arbuda are all possible consequences of improper srota functioning. Therefore, it is crucial to comprehend srotas, srotodushti, and its complexities in the contemporary situation. Humans need to regulate their srotas, which can be done by sadvritta detoxification, yoga, meditation, pranayama, excellent seasonal and daily regimen conduct, healthy living practices, and other methods that help stop the pathogenesis of srotodushti.

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