

Review Article

Volume 14 Issue 05

May 2025

INTRODUCTION OF SROTAS IN AYURVEDA – REVIEW ARTICLE

Dr. Sujata Gupta, Dr. Atul kumar Gupta, Dr. Raushan Jahan, Dr. Anish kumar

Final year M. D Scholar, P.G. Department of Rog Nidan Evam Vikriti Vigyan, Govt Ayurvedic College & Hospital

Assistant Professor, P G. Department of Rog Nidan Evam Vikriti Vigyan, Govt Ayurvedic College & Hospital

*Corresponding Authors

Dr. Sujata Gupta

Final Year MD Scholar

Post Graduate Scholar, Department of Rog Nidan Evam Vikriti Vigyan

Government Ayurvedic College and Hospital, Patna, Bihar, India.

Email: drsujatagupta14@gmail.com

ABSTRACT

According to Ayurveda, the body has many channels called srotas that allow the dhatu, doshas, and malas to flow. These include both subtle channels, like capillaries and more subtle one like the intestinal tract, lymphatic system, arteries, veins, and genito-urinary tracts.

Ayurveda offers a number of diagnostic methods that need to be discussed in light of the modern world. Since the entire body is composed of millions of srotas and this is one of the Ayurvedic terms and a fundamental component of Ayurveda.

Ayurveda aids in identifying the srotas that are impacted, and ultimately the illness process.

In order to diagnose sickness, Ayurveda also uses Agni and Dhatu in the dosha imbalance.

23

Ayurveda uses dosh imbalance as a tool. Dhatu and Agni in illness evaluation Sushrut provided a surgical aspect of srotas, but Charak provided a medicinal explanation.

Students studying Ayurveda will benefit from having their understanding of srotas clarified.

Ayurvedic Acharyas, an, unhealthy lifestyle and unwholesome diet can cause the Srotas system to lose its integrity, which affects the entire range of life processes in both health and sickness.

According to Acharya charak, Without the help of the srotas that transport the Dathus, which are continually undergoing transformations, no structure in the body can grow and develop or waste away and atrophy

INTRODUCTION

The Sanskrit root “Sre- gatau” (sru +tasi=Srotas) is the origin of the terms “Srotas,” which means “exude,” “ooze,” “filter,” “permeate,” and so on. “Sravanata srotamsi means the structure through which sravanam take place,” according to Charaka’s definition. The sravanat to rasadi poshya Dhatu has been elucidated by Chakrapani. Srotas is a genetic term that refers to all the channels and pathway, whether large and little, that are present in a living thing. Any slight disruption in the structure or function of the srotas causes sammurchana of Dushya & and Dosha. When the srotas are incompetent, illness appears within the body.

Only the circulatory channels in a healthy body carry out their regular tasks. In the Srotas, the Dhatu’s means of delivering nutrients, blood, and semen that are changing. Conceptual knowledge of Srotas is essential to preventing disease recurrence since it aids in selecting the right treatment, understanding the prognosis, and improving immunity.

KEYWORD: Srotas, Dosha, Dhatu, Channels, Circulation.

Synonyms of Srotas

Srothas, Sira, Dhmani, Rasayani, Rasavahini, Marga, Samvritasamvrita, Sthana, Ashyaya, Nikets.

Srotas Aakrati

Colour -According to *Acharya Charak*, Srotas have their color similar to that Dhatu which transported through it.

Size - Anu (Microscopic), Sthula (Macroscopic)

Shape - Vritta (Cylindrical), Dirgha (Long), Pratana (Reticulated)

Classification of Srotas

1. *Bahya Srotas*
2. *Abhyantra Srotas*

The interior channel has thirteen srotas. Three of thirteen srotas link the person to the outside world through breathing in and out food, drink, and air, Sevan is in the upper body, and two is in the lower body. In female 9+3 These are twelve srotas since women have extra Bahya srotas.

Charak lists thirteen different kinds of srotas. Sushrut Asthivaha claims that the Majjavaha and Swedavaha srotas are not mentioned, but the Artavaha srotas are.

Types of Srotas

Srotas	Site (Mulasthana)	Function	Vitiation /Obstruction
Pranavaha	Hridya (Brain & heart) Mahasrotas	Proper circulation of oxygen to the tissues	Respiratory ailments, anxiety -neurosis & impending fear
Udakavaha	Talu, Kloma	Regulation of the body fluid	Excessive dryness of mouth, tongue, lips & palate, & excessive thirst
Annavaha	Stomach, left flank	Transportation of food nutrients in the digestive tract	Loss of appetite, dyspepsia, emesis & anorexia, are the features
Rasavaha	Hridya, ten Dhamani	Transportation of rasa (plasma) through blood vessels to the rasa dhatu	Respiratory ailments anxiety -neurosis & impending fear, & even a death
Raktavaha	Ykrita (liver)& Pliha (Spleen)	Transportation of rakta(blood) to the rakta dhatu	Skin redness, eye redness, skin changes, fever, anemia & other blood disorders
Mamsavaha	Ligament, skin	Ensure supply of rakta (blood) to the rakta dhatu	Tumors, cysts, wasting of muscles, swelling etc.
Medovaha	Kidneys, Omentum	Ensure supply of fatty tissue ingredients to the Meda dhatus	Edema, thirst, obesity etc.

Asthivaha	Adipose tissue, jaghan	Supplies nutrition to the asthi (bone) & extra-articular apparatus	Excessive teeth growth, bone tissue, hair, bone, nails deformities
Majjavaha	Bones, joints	Supplies nutritions to the majja (bone marrow)	Gets damaged by crushed, trauma, injury ect
Shukravaha	Testes, pudendum	Carry sukra (semen), dimba (ovum), & ojas (immunity)	Erectile dysfunctions, premature ejaculation, impotency, scrotum & penile disorders etc
Mutravaha	Urinary bladder, Vankshanas (kidneys)	Urination	Voiding too much of urine, suppression of urine, urination associated with pain etc
Purishvaha	Large intestine, rectum	Evacuation of feces	Improper evacuation, loose motions, constipating, difficulty & passing stools ,undigested food evacuation, painful evacuation etc
Svedavaha	Adipose tissue, hair follicles	Evacuation of expelling sweat	Evacuation of feces
Artavaha	Uterus, Artava vahan Dhamani	Flush menstrual fluid, & products of waste from the garbhasaya, milk secretion	Infertility & menstrual abnormalities

Cause of vitiation of Srotas

Aahaaraha cha vihaaraha cha yaha syaat dosha gunaihi samaha

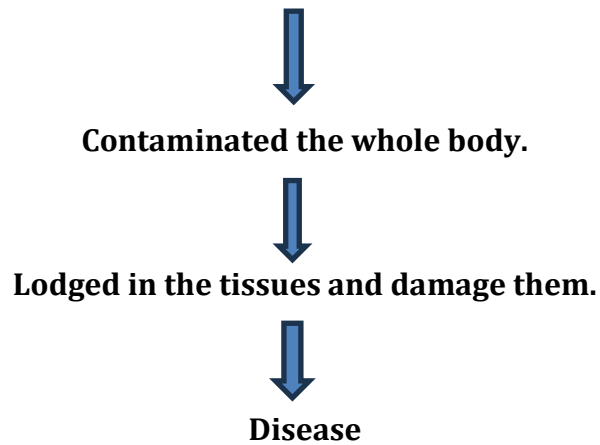
Dhatubahini viguna cha api srotasaam pradooshakaha (Ref- Charaka Vimana 5/23)



Aahaar & Vihaar nidan seven



Undergo increase & get vitiated.



According to sushruta Samhita – this process in detail explained under the heading of Shadkriya kala .in which, Chaya, Prokapa, Prasara, & Sthanasamshraya, relate to accumulation, excitation spread & initiation of symptoms of disease fourth stage of shadkriya is due to Khavaigunya or Srotovaigunya.

Features of srotas vitiation

- **Atipravatti** = Excessive flow

E.g. Excessive urinary output in diabetes mellitus.

Excessive loose motion in diarrhea or cholera.

Excessive white discharge in leucorrhea.

Increased respiration in breathlessness.

Increased Heartbeat that is tachycardia

- **Sanga** = Obstructed to the flow

E.g. Shwas, Jwar, Mootrasanga, Vibandha, Anaha, etc.

Sira grantni = Localized dilatation (such as varicose)

E.g. Arsha, Granthi, Arbud, Dhamni- Visphara, Dhamni pratichaya, etc.

- **Vimargagamana** = Out of the course of the sroathas

E.g. Bhagandar, Chaardi, Tiryak-Raktpitta, Hikka & Udawarta, etc.

Role of Srotodushti/Srotovaigunya in Pathology of Disease

The food that the Dhatus eat, which is provided by the Agni, helps them stay healthy during Paka. Both Agnivyapara and Paka take place at the Dhatuvaha srotas level in this way.

Dushti may be the cause of Srotovaigunya, which is the impairment of the Srotovaigunya, which is the impairment of the Srotas' function integrity. It is unable to perform its normal functions.

They engage with the local Dushyas and the Doshas become vitiated.

This phenomenon is called Dosha- Dushya Sammurchana. Sammurchana of Dosha and Dushya results from any minor structural or functional disruption at the level of Srotas, whether it be

Abrupt. ``

When Dosha and Dhatus are in their increased state due to their relative causes, but Srotas are unaffected as in obstruction, then Doshas expand to whole body and cause disease in whole body,

i.e., systemic disease

DISCUSSION

The srotas, which are dispersed like creeper branches, are the fundamental framework of the human body. Since the Sthoola Srotas and its matching Dhatus share a tight structure and function, they could be regarded as one organ system. They are channels that can be enclosed, like blood vessels and lymph vessels, or they can be the spaces between tissues and organs, through which not only blood and organs, through which not only blood and lymph flow, but also liquid and gaseous substances, such as Vata, Pitta, and gaseous substances, such as Vata, Pitta, and Kapha, according to Ayurveda.

Additionally, they remove Mala and transfer Rasa. For Dhatus, the primary functions of the Srotas are excretion, transformation, and nourishment.

CONCLUSION

Srotas are performing process of transportation & distributed throughout the body. The 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.

Srotas are the empty passage, originating from the root site, and lofting throughout the entire body to serve as a carrier system for the organism's nutritional demands, according to their architecture. From its inception, Raktavaha Srotas can be compared to the hemopoietic

system. We learn from its origins that the liver and spleen function as a collection of blood, and from the passage of blood, we can also compare it to the body's circulatory system. Additionally, damaged red blood cells are removed from circulation and destroyed by phagocytic macrophages that are fixed in the liver and spleen, while the remaining products are recycled.

REFERENCE

- 1 Prof. K.R. Srikanth Murthy editor. Suhruta Samhita Vol- 2, 1st ed Varanasi: Chaukhamba Orientalia. Sharirsthana 1\19, 2001; 13
- 2 P. V. Sharma editor – translator. Caraka Samhita Vol- 1. Reprint ed. Varanasi: Chaukhamba Orientalia; Vimanasthana, 2011; V\25:333.
- 3 Chouhan Mahesh. A Clinical Study to Establish the importance of Srotomoola
- 4 Charak Samhita, Vimana Sthana, Srotasam vimanam, 5\3, Sharma Rk and Dash B. English translation based on Chakrapani datta's Ayurveda Dipika,
- 5 Dwarikanth C, Fundamental Principles of Ayurveda
- 6 Bradhhajeevaktantra Hindi Vidhhotani Tika, Pandit Hemraj Sharma Varanasi Chaukhambha Sanskrit Sansthan Edition 2009.
- 7 Astanga Hrdayam Vidyotini, Kaviraja Gupta Atrideva, 1st edition. Varanasi: Chaukhambha prakashan:2016. Vol.i Asthang Hridaya sharir 3/40-41, page n. 42.
- 8 Shastri Kashi Nath, Vidyotini Commentary on Charka Samhita Varanashi: Chaukhamba Academy, 2018. Ch. Viman 5/24 page – 71
- 9 Vaidya Jadavaji Trikamji Acharya, Editor, Charaka Samhita by Agnivesha, Chaukhambha Publications, New Delhi, 2017.p .214
- 10 Vaidya Jadavaji Trikamji Acharya, Editor, Madhava nidana, Chaukhambha Orientalia, Varanasi, 2017, p.186