



**SROTAS AND THEIR CLINICAL IMPORTANCE IN NIDAN:
AN AYURVEDA REVIEW**

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Abstract

Ayurveda as science of health management postulates many theories related to the diseases and their management. In this regards under the heading of *Rog Nidan Evam Vikruti* Ayurveda elaborated various modalities to assess etiopathogenesis of different diseases. *Rog Nidan* stream of Ayurveda not only described ways to diagnose disease but this branch also dealt with possible causative factors of diseases. Amongst the many causes of diseases the *Srotodushti* is also considered as one of the prime causes of many health ailments. *Rogotpatti* associated with disturbance of *Srotas* mainly arises when specific *Srota* get stimulated or suppressed. *Prameha*, *Adhimamsa*, *Raktapitta* and *Udara Rog*, etc. may occurs due to the improper functioning of *Srotas*. Considering this view present article described etiological and pathological role of *Srotas* towards the prevalence of some diseases and their Ayurveda management.

Key-Words: *Ayurveda, Nidan, Etiology, Srotas, Diseases.*

INTRODUCTION

The *Srotas* are considered vital entity of human body as micro channels which perform circulation of *Anna, Prana, Jala, Malas* and *Dhatus*, etc. Ayurveda further compared functional similarity of *Sira, Srotasmsi, Dhamanis, Nadya* and *Rasavahinya* with *Srotas* since these also perform function of transportation. *Srotas* perform their function by various mechanism including diffusion, filtration and osmosis, etc. Specific *Srotas* perform particular functioning i.e.; *Pranavaha Srotas* transports oxygen, *Raktavaha Srotas* transport blood cells and *Mutravaha Srotas* transport urine. The disturbed functioning of *Srotas* can leads many pathological events inside the body therefore *Srotodushti* itself and causative factors of *Srotodushti* can be considered as triggering factors of many diseases.

Antreshu, Gavinyau, Hira, Panth, Khani, Dwar and *Srawanti*, etc. can be correlated with *Srotas* since these all together play significant role in the circulation and transportation of biological materials. Structurally *Srotas* are hollow, porous and tubular in shape and very minute in size therefore referred as minute channels of body. *Srotas* contributes physiologically since helps to perform many works inside the body or provides essential components require performing biological activities. The pathological manifestations related to the *Srotas* arise when various etiological factors affects *Srotas* leading to the *Srotodushti*. The various types of *Srotodushti* responsible for pathological consequences depicted in **Figure 1**.



Figure 1: Various types of *Srotodushti*

This article dealt with different aspects of *Srotodushti Nidan, Prakara* and possible management of pathological conditions associated with *Srotodushti*.

Etiological factors for *Srotodushti* & *Rogotpatti*:

Diets and regimens possess properties opposite to the different types of *Dhatu* can cause *Srotas* vitiation. Aggravation of *Vatadi doshas* due to the awful dietary habits and disturbed living regimens can affect functioning of *Srotas*. Similarly aggravation of *Meda Dhatu* can obstruct path of *Srotas* leading to the *Srotodushti*. This obstruction decreases process of transportation of essential materials through *Srotas* thus pathological manifestation may be observed.

Ayurveda elaborated terminology "*Sroto Vaigunya*" as condition of pathological changes due to the influence of etiological factors on *Srotas*. Etiological factors like hereditary predisposition can cause disease like *Madhumeha* and *Sthoulya* through *Srota* vitiation. *Srotovaigunya* associated with many pathological conditions like defect in *Shukra* or *Shonita*, *Pangu* and *Vaamana*, etc. The classical text of Ayurveda mentioned that *Vridhhi* of *Doshas*, *Shaitilyata* of *Dhatu*s and *Srotovaigunyata* responsible for occurrence of diseases.

The above mentioned facts suggested that many pathological events may occur due to the disturbed functioning of *Srotas*. *Atipravritti*, *Sanga*, *Siragranthi* and *Vimarga Gamana* are various types of *Srotas Dushti* responsible for many diseases. *Atipravritti* means excessive flow which can cause pathological conditions like; *Artav vridhi*, *Prameh* and *Diarrhea*. *Sanga* means obstruction responsible for pathological conditions like; *Rudhhapath Kamala* and *Jwara*. *Sira-Granthi* is another type of *Srotas Dushti* which means formation of glandular structure like; *Arsha*. *Vimarga Gamana* resembles flow of fluid in different channels which results *Shotha* and *Bahupitta Kamala* due to the *Vimargagaman* of *Pitta*.

***Atipravritti* & Related Diseases:**

- ✚ *Jalodhara* occurs due to the *Rasa dhatuatipravrutti*
- ✚ *Atisara* due to the *Atidravamalapravrutti*
- ✚ *Bahumutrata* in *Prameha*.

***Sanga* & Related Diseases:**

✚ *Sanga of Purisha in Vibandha*

✚ *Sanga of Vata in Gulma*

✚ *Swedaavarodha in Jwara*

✚ *Sanga of Pitta in Shakashrita Kamala*

Vimargagamana & Related Diseases:

✚ *Mala Vimargagamana in Udavarta*

✚ *Vimargagamana of Apanavata in Bhagandhara*

✚ *Vimargagamana of Ahara & Ama in Chardi*

✚ *Vimargagamana of Rakta in Raktapitta*

Siragranthi & Related Diseases:

✚ *Arbuda*

✚ *Aneurysm of an artery*

✚ *Varicose veins*

✚ *Granthi & Arshas*

Disease Specific to Particular Srotas:

Problem in respiration and chest pain may arise due to the improper functioning of *Pranavaha Srotas*. Dysfunction of *Udakavaha Srotas* may lead dryness lips & throat along with thirst. *Annavaha Srotas* if get disturbed then symptoms of indigestion and anorexia may arises. Vitiating of *Rasavaha Srotas* can cause heaviness and drowsiness. Disturbance in *Raktavaha Srotas* responsible for *Kustha* and *Raktapitta*. *Mamsavaha Srotas* if get disturbed then *Arbuda*, *Adhimamsai* and *Galashundika* may be seen. *Prameha* is associated with disturbance of *Medovaha Srotas*. The improper functioning of *Asthivaha Srotas* may results *Adhidanta*, *Adhyasthi* and *Asthisula*. *Shukravaha Srotas* if become morbid then condition like impotency, loss of lust and erectile dysfunctions may arises. The improper functioning of *Mutravaha Srotas* may results excretory abnormalities, burning sensation during urination, urinary retention leading to the edema and swelling.

Similarly if *Purisha vaha Srotas* get affected by etiological factors then constipation, diarrhea and abdominal cramps may occurs as pathological events.

Ayurveda Management of Srotodushti & Prevention of Rogotpatti:

- ✓ *Amalaki, Kasturi and Bhallatak* helps to normalizes functioning of *Pranvaha Srotas*
- ✓ *Sarivai, Aamalaki and Guduchi* strengthen functioning of *Raktavaha Srotas*
- ✓ *Shatavari* is beneficial for *Mamsavaha Srotas*
- ✓ *Guggulu, Bhunimbha and Shilajit* is helpful for *Medovaha Srotas*
- ✓ *Shilajit, Pashanbhed, Gukshur and Punarnava* provides beneficial effects to pacify vitiation of *Mutravaha Srotas*
- ✓ *Guduchi, Manjistha, Yashtimadhui and Lajamand* is good for *Rasavaha Srotas*
- ✓ *Shankh Bhasma, Kapardik and Hing* recommended to manage pathological conditions associated with *Annavaha Srotas*
- ✓ *Gudardark, Trifala and Abhrak Bhasma* used for *Udakavaha Srotas* vitiation
- ✓ *Kutaj, Suvarnapatri, Haritaki and Bilva* helps to cure diseases related to the *Purishvaha Srotas*
- ✓ *Asthishrunkhala, Shankh Bhasma and Kukkutand Twak Bhasma* can be used to manage disturbance of *Asthivaha Srotas*
- ✓ *Brahmi, Vacha, Jatamunsi and Bhrungaraj* are helpful for *Majjavaha Srotas*

CONCLUSION

The *Srotas* are vital structure of body spread like branches and perform functioning of transportation thus potentiates *Dhatus*. *Srotas* transport *Rasa*, nutrients and also eliminate waste (*Ama & Mala*) from body therefore proper functioning of *Srotas* is very important aspect for normal physiological state of human body, if *Srotas* get disturbed through etiological factors then many pathological events may arises. Therefore *Srotas* itself acts as causative factor for many diseases when their functioning gets hampered. *Srotas* disturbance can leads *Sammoorchana* of *Dosha* resulting pathological manifestations. *Ahara* and *Vihara* can vitiate *Srotas* therefore disciplinary

conduction of dietary and daily regimen along with Ayurveda drugs recommended to normalizes functioning of *Srotas*.

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