



MAMSAVAHA SROTAS; AYURVEDA AND MODERN VIEW: A REVIEW

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Abstract

The term *Strotas* described for micro-channel which performs functioning of transportation of bio-materials and excretion of wastes. *Strotas* is defined as “*Srawanaat srotansi*” according to the *Charak*, these are the structure through which *Sravanam* takes place. *Strotas* involves in the flow of body substances from one place to another and responsible for the nourishment of tissues. There are many *Strotas* in body amongst them *Mamsavahastrotas* is very important that can be correlated with muscular channels. The origin of *Mamsavaha strotas* are *Snayu* (ligaments & tendons) and *Twak* (Skin). The vitiation of *Mamsavahastrotas* may leads pathological conditions like; *Arbuda*, *Adhijivha*, *Upakush*, *Arsha*, *Galashundika*, *Galaganda*, *Gandamala* and *Aalji*, etc.

Key-Words: *Ayurveda, Strotas, Mamsavahastrotas, Muscles, Channels.*

Introduction

Srotas distributed from the root to terminal part of body, *Srotas* are located throughout the spaces of body and carry essential materials. They differ from *Siras* and *Dhamanis* and play important role towards the normal physiological functioning of body. *Srotas* are two types as depicted in **Figure 1**.

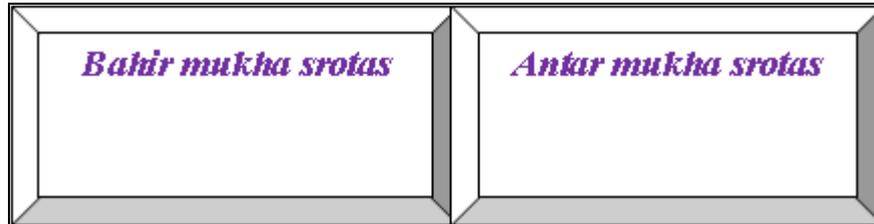


Figure 1: Types of Srotas

Bahir mukha srotas (*Mahanti srotas*) described as external openings or channels of body while *Antar mukha srotas* (*Yogavahi srotas*) are described as internal channels of the body which are also described as *Sukshma srotas* due to their minute nature.

MAMSAVAHA SROTAS:

The origin of *Mamsavaha srotas* are *Snayu* (ligaments & tendons) and *Twak* (skin). *Mamsavaha Srotas* are minute transporting channels of muscle tissue, *Mamsavaha srotas* are two in numbers, they are associated with *Snayu-twak* (ligaments and skin) and *Rakta vahini dhamanees* (arteries that carrying blood). *Mamsavah srotas* are the channels which convey materials requiring for the building of muscle tissue. Psychologically this *Srota* helps to achieve body firmness, compactness and muscular strength.

Mula:

- ✚ Fascia, between the muscles and nerves, connection to *Majja*.
- ✚ Six layers of the skin.
- ✚ Small tendons, superficial fascia (*Snayu*).

Marga:

- ✚ Muscle system.

Mukha:

- ✚ The pores of the skin.

Normal Physiology of *Mamsavaha Strotas*:

- *Mamsavaha Strotas* provides firm, muscular and healthy muscle tonus along with stability.
- The normal physiology of this *Strota* gives rigid posture and physical strength.
- Carrying nutrients to the muscle tissue.
- Covers the bones and joints
- Supports the inner organs (heart, pancreas and lungs, etc.)
- Enables movement and muscular coordination.

Mamsavaha Strotas having roots viz. *Snayu*, *twacha* and *Raktavahini dhamanees*, since *Twacha* is *Upadhatu* of *Mamsa* thus muscular channels that originates from the ligaments, tendons and skin, provides nourishment to the muscle *Dhatu*. The intake of heavy, oily foods, excessive sleep, sedentary lifestyle and day time sleeping, etc. may cause vitiation of *Mamsavaha Strotas*.

Analysis of *Mamsavaha Strotas*:

Mamsavaha Strotas are small in size (*Aṇu*), *Sthula* in nature and *Dirgha* & *Pratana* in shape. Ayurveda physician examines following clinical points related to the *Mamsavaha Strotas*:

❖ *Shwas teevra*

It is related with respiration rate and examination revealed normal state or abnormal state of physiology, the excess of *Mamsa* or improper functioning of *Mamsavaha Strota* leads abnormal *Shwas teevra*

❖ *Nadi*

Examination of pulse rate, the *Mamsa Dhatu* in excess may cause obesity which further produces improper functioning of circulatory elements of body including *Mamsavaha Strota*.

❖ *Sukshmata*

Mamsavaha Strota as like others minute channels thus possess characteristics of *Sukshmata*, as like orifice, vessels and artery they are very small in size and can be examined as circulatory channel of body

❖ Colour

It posses colour to that of *Mamsa Dhatu*

❖ Examination of vessels carrying fluids of body

Vessels can be correlated to the channels of body thus vessels nourishing muscles can be examined as *Mamsavaha Strota*.

❖ Body movement

The movement of joints supported by muscular tissue (*Mamsa Dhatu*) thus joints moves gives idea about the state of *Mamsa* as well as *Mamsavaha Strota*.

❖ Firmness and body built up.

Symptoms of vitiation or injury to *Mamsavaha srotas*:

❖ *Shwayathu*

❖ *Mamsa shosha*

❖ *Sira granthi*

❖ *Adhi maamsa*

❖ *Arbudam*

❖ *Gala shaalooka*

❖ *Pooti maamsa*

Characteristics of *Mamsavaha srota Srotodushti*:

➤ *Atipravritti*

➤ *Sanga*

➤ *Sira granthi*

➤ *Vimarga gaman*

Management of *Mamsavaha srotas* vitiation:

➤ *Samshuddhi* means body cleansing therapy including *Vamana* and *Virechana*.

➤ *Shastra karma*

➤ *Kshaara karma*

➤ *Agni karma*

Modern View:

As per modern science the symptoms of vitiation of *Mamsavaha Strotas* are tumors, tonsillitis, swollen uvula, hemorrhoids and swelling, etc. These types of abnormalities can be investigated by the physical examination, visual inspection and palpation method of examining the patients. The physical examination helps to observe deformities, muscle wasting and injury to the muscular channels.

Snayu means ligaments and tendons are the roots of muscle transporting channels, ligaments are hard tissues which hold or support the ends of the muscles and considered as roots of muscle carrying channels.

Tendons are hard structures which connect the muscles to the bones; muscles are attached to the bones at their origin or at end places through tendons. Tendons can be considered as the channels of muscle tissue.

Skin considered as roots of the muscle transporting channels since skin is very close to the muscles, skin covers the muscles and protects them. Skin is considered as the channels of transportation of muscles.

Blood carrying channels (arteries) as root of muscle transporting channels, wasting of muscles may occur due to the damage to the roots of muscle carrying channels. Arteries can be considered as the roots of muscle carrying channels.

Conclusion

Strotas are minute channels of body which performs functioning of transportation and responsible for the nourishment of tissues. *Mamsavahastrotas* is very important *Srota* of body that can be correlated with muscular channels. The origin of *Mamsavaha srotas* are *Snayu* (ligaments & tendons) and *Twak* (Skin). The vitiation of *Mamsavahastrotas* causes *Arbuda*, *Adhijivha*, *Upakush*, *Arsha*, *Galashundika*, *Galaganda*, *Gandamala* and *Aalji*, etc. *Mamsavah srotas* convey materials essentials for the growth of muscles. This *Srota* provides firmness, compactness and muscular strength. The *Snayu* and *Twak* are *Moola* of *Mamsavaha srotas*, as per *Acharya sushruta* the *Moola* of *Mamsavaha srotas* are *Snayu*, *Twak* and *Raktavahi dhamanis*.

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