



CONCEPTUAL REVIEW OF SHODHASH SROTAMSI W.S.R. TO CHANNELS

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ABSTRACT:

Srotas, meaning channels or pores, are present throughout the visible body as well as at the “invisible” or subtle level of the cells, molecules, atoms, and subatomic strata. It is through these channels that nutrients and other substances are transported in and out of the body. *Vata*, *Pitta*, *Kapha* moves inside the *Srotas* to perform, their normal function at different places. Similarly things which are beyond perception of sensory organ like mind etc. move inside the *Srotas* & are located in sentient portion of the body. Healthy *Srotas* perform their normal function as a result body is free from diseases & unhealthy *Srotas* become root cause for the development of pathogenesis. In Ayurvedic classics various *Acharyas* have classified *Srotas* into different types. Present article is aimed to describe accepted number of *Srotas*, their functions, *Moolsthana*, *Viddha Lakshana* (Symptoms of injuries), *Dusti Hetu* (Causes of Vitiation) & *Dusti Lakshana* (Symptoms of Vitiation). *Srotas* is one of the most controversial points, but of course important too, as it is recognized as the structural & functional unit of the body.

Keywords: *Srotas*, *Vata*, *Pitta*, *Kapha*, *Moolsthana*, *Viddha Lakshana*, *Dusti Hetu*, *Dusti Lakshana*.

INTRODUCTION: *Srotamsi* of the body comprise of channel of different kinds. They may be *Sthula*, *Sukshma* or *Anu*. In general usage the term *Srotamsi* comprehends all channels big & small, perceptible & imperceptible- that compose the internal transport system of the body which provide platform for activities of the other important bio-factors like *Tridosha*, *Saptadhatu*, *Oja*, *Agni* etc. In Ayurvedic classics the term *Srotas* is used as dynamic inner transport system of body-mind-spirit organization in addition to circulatory system. Bodily humours *Vata*, *Pitta*, *Kapha* move inside the *Srotas* to perform their normal function at different places. Things which are beyond perception of sensory organ like mind move inside the *Srotas* located in sentient portion of the body. The

term *Srotas* is derived from the root word '*susravano*' means which exude, ooze, filter, and permeate. The *Srotas* are also called *Marga*, *Ayana*, *Panthana*, meaning passage, channels or gateway. *Srotas* have predominance of *Akash Mahabhoot*. Each *Srotas* have their special function, the work of one particular *Srotas* cannot be done by another *Srotas*. *Srotas* are those in which *Manas*, *Prana*, *Anna*, *Jala*, *Dosha*, *Dhatu*, *Updhatu*, *Dhatumala*, *Mutra*, *Purish* are circulating & these are innumerable^[1] All metabolic activities take place in the concerned *Srotas*.^[2] *Dhatu* being functional tissues, *Mala* being excretory products and *Prana*, *Anna* and *Udaka* is being the vital entities or *Bahyaprana*, have their own *Srotas* or separate functioning channels.^[3] *Srotas* is recognized as the structural &

functional unit of the body. It is pre-requisite for the maintenance of good health. Healthy *Srotas* perform their normal function as a result body is free from diseases & unhealthy *Srotas* become root cause for the development of pathogenesis.^[4] Without *Srotas* no body part can grow and develop or degenerate. *Srotovaigunya* plays vital role for the *Sammurchhana* of *Dosa* & *Dusya* at a particular site as a result disease manifests inside the body.^[5]

SYNONYMS

Srotas Many Synonyms Listed Below:^[6]

Srotamsi- Channels, *Sira*- Veins, *Dhamani*- Arteries, *Rasayani*- Lymphatics, *Rasavahini*- Capillaries, *Nadi*- Tubular Conduits, *Panthanas*- Passages, *Marga*- Pathways, *SharirChhidra*- Body Orifices, *Samvruta asamvrotani*- Open ,Closed, *Sthanas*- Sites, Locus, *Ashayas*- Repositories, *Niketas*- Resorts

CLASSIFICATION:

Acharya Charaka had classified the *Srotamsi* into “*Sthula*” and “*Anu*”, meaning, ‘Gross’ and ‘Subtle’ respectively. In *VimanaSthana* he had classified the *SthulaSrotamsi* into 13 types. They are: *Pranavaha*, *Udakavaha*, *Annavaha*, *Rasavaha*, *Raktavaha*,

Mamsavaha, *Medavaha*, *Asthivaha*, *Majjavaha*, *Shukravaha*, *Purishavaha*, *Mutravaha*, and *Swedavaha Srotamsi*.^[7]

Sushruta, on the other hand, had explained 11 pairs *Sthula Srotamsi*. He had not included *Asthivaha*, *Majjavaha* and *Swedavaha Srotamsi*, while he had, in addition, has included *Artavavaha Srotamsi*.^[8] Another way of classifying the *Srotamsi* has been *Bahirmukha* (those channels that open to exterior) and *Antarmukha* (those channels that do not open to exterior).^[9]

Among thirteen *Srotas*, three *Srotas* connects the individual to the external environment, by bringing air, food, and water into and out of the body. Seven *Srotas* are associated with the seven bodily tissues (*SaptaDhatus*). Another three *Srotas* direct wastes out of the body. However three additional *Srotas* related to lactation, menstruation, and the flow of thoughts through the mind is also described. This brings the total number of *Srotas* to sixteen which is the accepted description.

Here is a list of the sixteen *Srotas*:

Three *Srotas* connect the individual to the external world: by bringing air, food, and water into and out of the body.

Sr. No.	<i>Srotas</i>	Function
1.	<i>Pranavaha</i>	The channels carrying <i>Prana</i> , the breath
2.	<i>Annavaha</i>	The channels transporting solid and liquid foods
3.	<i>Udakavaha</i>	The channels transporting water

Seven *Srotas* represent channels to and from the tissues (*Dhatus*):

Sr. No.	<i>Srotas</i>	Function
4.	<i>Rasavaha</i>	The channels carrying plasma and lymph
5.	<i>Raktavaha</i>	channels carrying blood cells and specifically haemoglobin
6.	<i>Mamsavaha</i>	The channels carrying muscle nutrients and wastes
7.	<i>Medavaha</i>	The channels supplying the various adipose tissues of the body
8.	<i>Asthivaha</i>	The channels bring nutrients to the bones and transporting

		wastes.
9.	<i>Majjavaha</i>	The channels supplying the bone marrow and nerves including the brain
10.	<i>Sukravaha</i>	The channels carrying the sperm and ova and supplying their nutrients

Three Srotas regulate the elimination of metabolic waste products:

Sr. No.	<i>Srotas</i>	Function
11.	<i>Purishavaha</i>	The channels which carry the faeces
12.	<i>Mutravaha</i>	The channels which carry the urine
13.	<i>Swedavaha</i>	The channels which carry perspiration

Two Srotas are specific for women:

Sr. No.	<i>Srotas</i>	Function
14.	<i>Artavavaha</i>	The channels which carry the menstrum
15.	<i>Stanyavaha</i>	The channels carrying the breast milk during lactation

One Srotas is associated with the mind (Mana)

Sr. No.	<i>Srotas</i>	Function
16.	<i>Manovaha</i>	The channels which carry thoughts, ideas, emotions, and impressions

MOOLASTHANA (Main Seat) OF SROTAS: Chakrapani had described *Moolas PrabhavSthana*^[10] means the anatomical seat of respective *Srotas*, main seat of pathology of that *Srotas* or principal seat of manifestation of the diseases of that *Srotas*. The cause of morbidity of *Srotas* and their manifestations first strikes the *Moolasthana* of the respective *Srotas*. This morbidity slowly spreads throughout the body by Law of functional connectivity.

Moolasthana of any *Srotas* can be determined by some logical points and been categorised^[11] i.e.

1. *Utpattisthana*- seat for origin of that element (*Dhatu/ Mala* etc.)
2. *Sangrahasathan*- seat for storage.
3. *Vahansthana*- seat of carriage or flow of bodily elements.
4. *Naidaniksthana*- *Moolasthana* having diagnostic importance.
5. *Chikitsatmaksthana*- *Moolasthana* important in treatment of certain *Srotas*.

Sr. No.	<i>Srotas</i>	<i>Moolasthana</i>	
		<i>Charak</i> ^[12]	<i>Sushruta</i> ^[13]
1.	<i>Pranavaha</i>	<i>Hridaya, MahaSrotas</i>	<i>Hridaya, Rasavahidhamani</i>
2.	<i>Annavaaha</i>	<i>Amashaya, Vamaparshwa</i>	<i>Amashaya, Annavahidhamani</i>
3.	<i>Udakavaha</i>	<i>Talu, Kloma</i>	<i>Talu, Kloma</i>
4.	<i>Rasavaha</i>	<i>Hridaya, Dashadhamani</i>	<i>Hridaya, Rasavahidhamani</i>
5.	<i>Raktavaha</i>	<i>Yakrut, Pleeha</i>	<i>Yakrut, Pleeha, Raktavahidhamani</i>
6.	<i>Mamsavaha</i>	<i>Snayu, Twak</i>	<i>Snayu, Twak, Raktavahidhamani</i>
7.	<i>Medavaha</i>	<i>Vrukka, Vapavahan</i>	<i>Kati, Vrukka</i>
8.	<i>Asthivaha</i>	<i>Medas, Jaghan</i>	-

9.	Majjavaha	Asthi, Sandhi	-
10.	Sukravaha	Vrushana, Shefas	Stana, Vrushana
11.	Purishavaha	Pakwashaya, Sthoolguda	Pakwashaya, Guda
12.	Mutravaha	Basti, Vankshana	Basti, Medhra
13.	Swedavaha	Meda, Romakupa	-
14.	Artavavaha	-	Garbhashaya, Artavavahidhamani

SROTAS VIDHA LAKSHANA (Symptoms of injuries)^[14], DUSTI HETU(Causes of Vitiation)^[15] & DUSTI LAKSHANA(Symptoms of Vitiation)^[16, 17].

1. Pranavaha Srotas:

- **Srotas Viddha Lakshana**-Aakroshana, Vinamana, Mohana, Bhramana, Vepana, Maranam
- **Srotas Dusti Hetu**-Kshaya, Sandhaaranaat, Roukshyaat, Vyaayaamaat Kshudhitasya, Anya daarunakaarya
- **Srotas Dusti Lakshana**- Atissrushta, Atibaddham, Kupitam, Alpamalpam, Abheekshnam, Sashabda & Sashulashwasam.

2. Annavaha Srotas:

- **Srotas Viddha Lakshana**-Aadhmaana, Shula, Anna vidweshha, Chardi- Pipaasaa, Aandhya, Maranam
- **Srotas Dusti Hetu**-Atimaatrasyaakaale, Ahitabhojana, Vaigunyatpaavakasya
- **Srotas Dusti Lakshana**-Anannaabhilasha, Arochaka, Avipaaka, Chardi

3. Udakavaha Srotas:

- **Srotas Viddha Lakshana**-Pipasa, Maranam
- **Srotas Dusti Hetu**-Ushnaaahaaravihara, Aam, Bhayaat, Paanaat, Shushkaannasevana, Trushnaapeedana.

- **Srotas Dusti Lakshana**- Jihwa, TaaLu, Oshta, Kantha & Kloma shosha; Atipravridham pipaasaa

4. Rasavaha Srotas:

- **Srotas Viddha Lakshana**-Shosha, Pranavaha Srotasvidha lakshana, Maranam.
- **Srotas Dusti Hetu**- Guru, Sheeta & AtiSnigdha Ahara, Atimatrasamshana, Atichintanat.
- **Srotas Dusti Lakshana**- Ashraddha, Aruchi, Aasyavairasya, Arasagnata, Hrullasa, Gaurava, Tandra, Angamarda, Jwara, Tama, Pandutwa, Srotorodha, Kalibya, Sada, Krushangata, Nashoagni, Vali, Palita.

5. Raktavaha Srotas:

- **Srotas Viddha Lakshana**-Jwara, Daha, Panduta, Shonitaagamana, Raktanetrata
- **Srotas Dusti Hetu**- Snigdha, Ushna & Drava Ahara; Atapa, AnalaSevan
- **Srotas Dusti Lakshana**- Guda, Medhra & Aasyapaka, Pleehaa, Gulma, Vidradhi, Neelika, Kamala, Vyangaha piplavaha tilakaalakaha, Dadru, Charmadalam, Shvitram, Pama, Kotha, Asramandalam

6. Mamsavaha Srotas:

- **Srotas Viddha Lakshana**-Shwayathu, Mamsashosha, Siragranthi
- **Srotas Dusti Hetu**-Abhishyandi, Sthula & Guru Bhojan; Bhuktwa cha Svapatamdiwa.
- **Srotas Dusti Lakshana**- Adhimaamsa, Arbudam, Keelam, Gala shalooka,

Gala shundike, Pootimamsa,
Galaganda, Gandamala, Upajihwika

7. **Medavaha Srotas:**

- **Srotas Viddha Lakshana-** swedaagamanam, snigdhaangata, talushosha, sthula, shophata, pipasa
- **Srotas Dusti Hetu-** Avyaayaamat, diva svapnat, medyanam cha atibhakshanam, varunyahaati sevana
- **Srotas Dusti Lakshana-** Ashtanindita purushas, Prameha purvarupavat

8. **Asthivaha Srotas:**

- **Srotas Viddha Lakshana-**not mentioned
- **Srotas Dusti Hetu-** Vyaayaama, AtiSankshobha, AsthiVighattana, VatalAharaSevan
- **Srotas Dusti Lakshana-** Adhyasthi, Adhi Dantau, Danta-Asthi Bheda & Shulam, Vivarnata, Kesha-Loma-Nakha-Shmashru Dosha.

9. **Majjavaha Srotas:**

- **Srotas Viddha Lakshana-**not mentioned
- **Srotas Dusti Hetu-** Utpeshat, Atiabhishtyandana, Abhighaataat, Prapedanaat, ViruddaAhara
- **Srotas Dusti Lakshana-** Parvaruk, Bhrama, Murcha, Tamo Darshana, Arumshi, Sthulamula of Parva.

10. **Shukravaha Srotas:**

- **Srotas Viddha Lakshana-**Kleebataa, Chiraat Praseka, Rakta Shukrata.
- **Srotas Dusti Hetu-** Akala Maithuna, Ayoni Gamana, Nigraha, AtiMaithuna, Shastra, Kshaara, Agni.
- **Srotas Dusti Lakshana-**Klaibyam, Aharshanam, Na cha jaayategar bhaha, Rogivakleebam, GarbhahaPatati, Prasravati.

11. **Purishavaha Srotas:**

- **Srotas Viddha Lakshana-** Aanaha, Durgandha, Grathita Antrata.

- **Srotas Dusti Hetu-** Sandhaaranaat, AtiAshana Ajeernat, Adhyashanat, DurbalaAgni, Krusha.

- **Srotas Dusti Lakshana-** Kruchharena, Alpam Alpam, SaShabdham, Sa-Shulam, AtiDravam, AtiGrathitam, AtiBahu.

12. **Mutravaha Srotas:**

- **Srotas Viddha Lakshana-** AanaddhaBasti, MutraNirodha, Stabdha Medhrata.
- **Srotas Dusti Hetu-** Mutrita Udaka Bhakshya Stree Sevanat, Mutra Nigrhat, Ksheenasya, Abhikshatasya.
- **Srotas Dusti Lakshana-** Ati-Srushtam, Ati-Baddham, Alpam, Bahalam, Sashulam

13. **Sweda Vaha Srotas:**

- **Srotas Viddha Lakshana-**not mentioned
- **Srotas Dusti Hetu-** Vyayama, AtiSantapaat, SheetaUshnaAkramaSevana, Krodha, Shoka, Bhaya.
- **Srotas Dusti Lakshana-** Aswedanam, AtiSwedanam, Parushyam, AtiShlakshnata, Paridaha, Lomaharsha.

14. **Artavavaha Srotas:**

- **Srotas Viddha Lakshana-**Vandhyata, Maithuna Asahishnuta, Aartava Nasha.

15. **Manovaha Srotas:**

- **Manovaha Srotas** when occupied by morbid *Dosha*, one could experience bad dreams.^[18]
- **Manovaha Srotas** when afflicted by morbid *Dosha* and get obstructed, mental diseases like *Unmada* (insanity) get manifested.^[19]

CONCLUSION:

Srotas is recognized as the structural & functional unit of the body. It is pre-requisite for the maintenance of good health.

Together with knowledge of the *Doshic* imbalances, the *Dhatus*(tissues) involved, the state of the *Agni*(digestive fire), and other diagnostic means, assessment of the *Srotas* is one of the means in Ayurveda by which diseases can be distinguished. By knowing which *Srotas* are affected and the nature and extent of their disturbance, one can understand a great deal about the disease process.

Improper foods, erratic behaviour & such other things which are not conducive to the body bring abnormality in *Srotas* leading to manifestation of diseases. Adoptance of normal conducive foods & actions leads to happiness & sound health.

A physician with the proper knowledge of *Srotas*, their roots of origin, their end points, the materials they carry, the kind of deformity or damage or vitiation occurring in them is the best in identifying the disease and site of pathology. So, the knowledge of *Srotas* not only helps in learning about the anatomy of transport system of the body but also to understand their physiology and pathology which is the key for success in the treatment.

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