

A CONCEPTUAL STUDY OF *MEDOVAHA SROTAS* AND IT'S *VIDDHA LAKSHANAS*

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ABSTRACT

Ayurveda is the science of life and *Sharir* is the basic stream of *Ayurvedic* classics. There is some very important concept like *Srotas*, *Marma*. The concept of *Srotas* is unique contribution in the understanding of Anatomy of human body. *Ayurvedic* classics described micro and macro channels for transportation, transfusion, secretion etc. is called *Srotas* (channel). There are infinite *Srotas* in our body some are described by *Acharyas*, *Medovaha Srotas* is one of them. *Mula Sthan* is the area from which *Srotas* evolves or arises, similar to root of the tree. There are two *Mulas* described for each *Srotas*. *Acharya Sushrut* mentioned *Viddha Lakshans* (injury) of *Medovaha Srotas* e.g. *Pipassa* (thirst) *Stholya* (obesity) *Shophtha* (oedema) *Snigdhangta* (oily appearance of body) etc. The vitiation or an injury to the *Srotas* may inflict their *Mulas* and treating the *Mulasthan* of respective *Srotas* the disease will be cured. Here to establish clinical relations between *Medovaha Srotas* and *Medovaha Srotomula* in modern anatomy and physiology with the help of *Ayurvedic Literatures*. Knowledge of anatomical principal can aid in understanding the logical interpretation in relation to *Medovaha Srotas* and Its *Viddha Lakshana* in the terms of *Ayurvedic* and modern texts.

Keywords: *Medovaha srotas*, *Vrikka*, *Vapavahanum*, *Kati*, *Srotodusthi*, Clinical Anatomy.

INTRODUCTION: *Ayurveda* is the science which deals with the health of human being. *Ayurveda* classics which deal with the structural and functional aspect of body. *Ayurveda* classics proclaim “*Dosh Dhatu Mala Mulam Hi Shariram*” (basic constitutes of body) this basic constituent is continuously circulating through different channels or carries in our body.ⁱ These transportation systems of body are well known as *Srotas* (channel). There are eleven numbers of *Srotas* described in *Sushruta Samhita*.ⁱⁱ In which *Medovaha Srotas* is one of them. *Srotas* has been called as structure or channel which is different from *Sira* (vein) and *Dhamani*(artery) and having a *Mulasthan* (initial origin) and dispersing in body.ⁱⁱⁱ *Srotas* are innumerable in numbers and represent as inner transport system of

body.^{iv} In *Ayurvedic* literature *Srotas* are delineate in many ways like *Antarmukha*(inner), *Bahirmukha*(outer), *Anu*(small), *Sthul*(large), *Sankhya* (countable) *Asankhya*(infinite). *Srotas* are same colour of *Dhatu* they carry.^v The *Srotas* is related with absorption and transfusion of *Meda* (fat) in human body has been named as *Medovaha Srotas*. Every single *Srotas* has specific *Mulasthan* mentioned in *Samhitas*. *Acharya Chakrapani* has described *Mulasthan* is anatomical seat of individual *Srotas*.^{vi} The vitiation or an injury to the *Srotas* may inflict their *Mulas* and treating the *Mulasthan* of respective *Srotas* the disease will be cured.^{vii}

Medovaha srotas, the channel where *Meda* dwells and works. *Medovaha Srotas* is one of the important *Srotas* in all which

is described by *Vrahttrayi Samhitas*. According to *Acharya Sushrut*, *Medovaha Srotas* are two in numbers and rooted (*Mulasthan*) in 'kati' (waist region) and 'Vrikka' (kidney)^{viii} where as *Acharya Charak* has mentioned 'Vrikka' and 'Vapavahanum' (omentum).^{ix} Description of *Meda* is available in *Vedas*, other literature and *Ayurvedic Samhitas*. The *Meda* denotes "fat or fat like substance".

Only *Acharya Sushrut* mentioned *Viddha Lakshan* of *Srotas*, here tried to correlation between *Ayurvedic* concept of injury on *Srotas* and comparative science.

AIMS AND OBJECTIVE-

- Clinical correlation is tried between *Medovaha Srotas* and *Medovaha Srotomula* (*Kati*, *Vrikka*, *Vapavanum*).
- *Medovaha Srrodusthi* and *Srotoviddha Lakshanas*, related with *Mula*.

MATERIAL AND MATHOD

- It is a conceptual study. The material is collected from the classical *Ayurvedic* and modern literature, previous research work.

- *Mulasthan of Medovaha Srotas*-*Vrikka* (kidney), *Vapavaha* (omentum) along with *Kati* (waist region) have been considered as *Mulasthan* (root) of *Medovaha Srotas*. The formation of *Medas* (fat) in the body does not take place in these areas then why these three structures have been considered as *Mulasthan* (root) of *Medovaha Srotas*?

Many of the important complications like Excessive increase of *Medo Dhatu* produce obesity (*Sthaulya*), such as insulin resistance diabetes, hypertension, hyperlipidemia, and hyperandrogenism in women are linked more strongly to intra-abdominal and or upper body fat than to overall adiposity. The mechanism

underling this association is unknown but may related to the fact that intra-abdominal and or upper body adipocytes are more lipolytic active than those from other depots. But this mechanism is vivid in the minds of *Acharyas* hence they considered the intra-abdominal fat as the *Mulasthan* of *Medovaha Srotas* i.e. *Vapavahanum* and the upper body fat area as the seat of *Kaph* these two parts of the body are controlling parts of *Medas* and *Kapha*. In *Charak Samhita* he said that there is no difference between these two i.e. *Kapha* and *Medas*.^x *Vrikkas* are also considered as *Mulasthan* of *Medovaha Srotas*. As we have seen above regarding *Vapavahnum*. It is clear that it acts as *Mulasthan* of *Medovaha srotas*. Regarding *Vrikka* these are the organ situated in extra peritoneal space of posterior part of abdomen and vitally related with fat metabolism (*Medo Dhatu Pusthi*). These have been covered by an adipose tissue which is known as perirenal fat or renal capsule, which is helpful for keeping the kidneys in position. There is also a reference that when anybody goes on fasting in body the fat which is present in other part of body goes on fasting in the body the fat which is present in other parts of the body undergoes emaciation.^{xi} The fat around the kidneys are not been lipase unless there is a severe corollary in the body. This may be the one of the reasons to consider the *Vrikkas* as the *Mulasthan*.^{xii} The *Mulasthan* as per *Sushruta* are *Kati* and *Vrikka*. He considered *Kati* rather than *Vapavaha*, because most of the *kaph* will be present around the *Kati* region only that's why *Acharya* would have considered as *Kati* as the *Mulasthan*.

Absence of physiological activity, day sleep, excessive fatty diet, food which increase *Kapha* and wine of *Varuni* type are risk factor that vitiates the *Medovaha*

Srotas and vitiation of *Medovaha srotas*^{xiii} leads to manifestation of eight type of social unfit body like *Atidirgh*, (too tall) *Atihashva*, (too short) *Atisthaulya* (too corpulent), *Atikrusha* (too emaciated), *Atiloma*, (too hairy) *Alaoma*, (hairless) *Atikrishna* (too black), *Atigoura* (too white) , etc.^{xiv} while the injury to *Mulasthan* of *Medovaha Srotas* develops excessive sweating (*Swedaangamanam*), oily appearance of body (*Snigdha Angtta*), dryness of palates (*Talu Sosh*), obesity (*Stholya*), edema (*Shophtta*) and thirst (*pipassa*).^{xv}

According to *Acharya Sushruta Viddha Lakshnas* of *Medovaha Srotas* are

- *Swedagman* (Excessive Sweating)-
Sweat glands is a tubular coiled gland. It consists of two parts one coiled portion lying deeper in dermis, which secretes the sweat and other duct portion, which passes through dermis and epidermis. Eccrine sweat gland opens out through the sweat pore. The coiled portion is formed by single layer of columnar epithelial cells, which are secretory in nature. Epithelial cell is the interposed by the myoepithelial cells.^{xvi} According to Henry Gray's estimates, the breast, abdomen and have 155 per cm² and back and legs have 60-80 per cm² sweat gland.^{xvii}

- *Snigdhangta* (Oily appearance of body)-

Sebaceous glands pour their secretion, the sebum, on to the shaft of hairs as they pass up through the necks of hair follicles. They are situated on the sloping under surface of follicles and lie within the dermis apart from palm and soles.^{xviii} sebum is an oily material that helps preserve that flexibility of the emerging hair.^{xix} Oily appearance of body (seborrhea) occurs when oversized sebaceous glands produce excessive

amount of sebum giving the appearance of shiny and greasy skin.^{xx}

- *Talusosh* (Dryness of plate)-

The major function of kidneys is to remove waste products and excess fluid from body. These waste products and excess fluid are removing through the urine. This process is necessary to maintain a stable balance of body chemicals. The kidneys are powerful chemical factories that perform the balance of body fluids.^{xxi}

- *Sthaulya* (Obesity)-

It is a *Santarpanjanya Vyadhi* which occurs due to the vitiation of *Medovaha srotas*. It is found that dietary factors, lifestyle factors, physiological factors and genetic factors all responsible for *Stholya*. Food rich in carbohydrate (ghee oil, newly harvested rice and fresh wine) sedentary lifestyle (lack of exercise, day sleep) and psychological factors (lack of mental generic factors (*Matrija Bija*) is responsible for formation of *Medo Dhatu* and the excessive *Medo Dhatu* is formed by defective generic material, this is referred as *Bijasvabhava* in *Ayurveda*.^{xxii} as *Bijasvabhava* in *Ayurveda*. It is defined as an excess of adipose tissue in our body mainly due to dietary imbalance and over nutrition that imparts the health risk. The most widely used method to gauge obesity in body mass index (BMI) which is equal to weight in kg/height in m². A BMI between 25 to 29.9 kg/m² is called overweight and BMI greater than 30 kg/m² is called obese, which is associated with increase adipose store in subcutaneous tissue, skeletal muscle and internal organs such as kidney, omentum, and heart liver each 9.3 calories of excess energy stores approximately 1 gm of fat.^{xxiii}

Generally, adipocytes are fat storing cell and these cells release leptin (energy

regulator hormone), cytokines, angiotensinogen. Increased fat deposition in body stimulates leptin synthesis-increase in plasma leptin synthesis increase in plasma leptin concentration stimulation of hypothalamus (increase activation of leptin receptors) decreased in food intake and increased in energy expenditure.^{xxiv} It is also controlling the size of body fat depots. Therefore, a defect in the leptin receptor genes result in obesity.^{xxv}

- *Shopha* (Edema)- edema is defined as the swelling caused by excessive accumulation of fluid in the tissues. It may be generalized or local. In renal diseases, the kidneys fail to excrete water and electrolytes particularly sodium, leading to relation of water and electrolytes. So, the fluids leaks from blood into interstitial space causing extracellular edema.^{xxvi}

Failure of kidney to excrete sodium and electrolytes cause increase in extra cellular fluid volume resulting in development of edema.^{xxvii}

- *Pipassa* (Thirst)- This cause an imbalance and loss of water in your body, leading to excessive urination and thirst. Diabetes insipidus: is the condition characterized by excretion of large quantity of water through urine, resulting in increased thirst.^{xxviii}

DISCUSSION- In *Ayurvedic* classics *Acharyas* have described many *Srotas* and their particular *Mula Sthan*, but they have not mentioned the criteria of selecting those particular structure or organ as *Mulasthan* of respective *Srotas*.

Acharya Chakrapanidutta has said that '*Mulamiti Prabhav Sthanam*' It means *Mula* of *Srotas* is well thought out as Storage site or origin site of *Srotas*.^{xxix} He has compared *Mula* of *Srotas* to root of tree. He Said that if the tree is cut of its

root, it gets destroyed completely. In the same way injury to any *Srotas* or to any *Srotas* or the root of *Srotas* (*Mula* of *Srotas*) leads dysfunction or *Vikriti* of the related *Srotas*.

We can assess *Mulasthan* of *srotas* on various points i.e. *Sangrah Sthan*(*Mula Sthan* of *Medovaha Srotas* act as Storage Site), *Chikitsa Mahatva*(Various disease of *Srotas* can treat by treating of their own *Mula sthan*),Controlling point, Monitoring point.

If we consider *Srotomula* as *Sangrah Sthan* (reservoir) then according to *Ayurveda*, *Vrikka*, *Kati*, *Vapavahnum* are the *Ashrya* of *Medo Dhatu*. In modern science kidney, *omentum* and waist region are the place where mostly fat desoposite. It can be said that to reservoir and causative factor for *Medo Dhatu* in *Vrikka*, *kati*, *Vapavahnum*.

COCLUSION: As tree is seriously affected by injury to its root, similarly channels are circulation in human body are affected when their rooted (*Mulasthan*) is affected. *Ayurvedic* literature stated that the *Mulasthan* of *Medovaha Srotas* is *Vrikka*, *Vapavahan* along with *Kati* because adipose tissue is stored in stomach liver, intestine, kidney, and flank. So fat deposition is found mainly in the region due to injury of *Medovaha Srotas*. *Vitiation* of *Medovaha Stotas* described by ancient scholar of *Ayurveda* are very much similar to the factor found in modern science.

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