

Concept of Srota and Srotadusti in Ayurveda

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Abstract

Srota can be defined as channels or physiological pathways. There are innumerable Srotas exist within human body among them thirteen channels are considered to be main. The root of each Srotas plays an important role in their normal functions along with in the manifestations of their vitiation. With their distinct functions, each Srotas helps to maintain the normal functions of body. Thus Srotas are the vital components of human body. Due to intake of various causative factors there is vitiation of Doshas which ultimately afflicts Dhatus results in Srotadusti. Such Srotadusti ultimately gives rise to various types of diseases in human body. So, knowledge of Srota and Srotadusti is very much important to understand the normal human physiology as well as pathological procedure of diseases.

Keywords : Srota, Srotadusti, Dosha, Dhatu

Introduction

In Ayurveda, the term Srota has several meanings, but it primarily denotes channels or vessels or any hollow space. ⁽¹⁾ As per Atreya school of thought, as propounded by Acharya Charaka, Srota refers to any specific physiological system related with any particular body tissue or other vital elements. But as per Dhanwantary school of thought, as propounded by Acharya Sushruta, Srota refers to specific anatomical structures or anatomical channels. The total number of Srotas as per Acharya Charaka is thirteen whereas as per Acharya Sushruta, total number of Srotas are eleven pairs (each Srota has one pair). ⁽²⁾ As per Acharya Sushruta, Srotas refer to some anatomical structures. This is also evident from the fact that, the term used by Acharya Sushruta to denote the vitiation of Srotas is 'Srotavidha'. The term 'Viddha' is the adjective form of the noun 'Vedhana' which means puncture. So, the word Srotavidha implies for puncturing wound (form of mechanical injury) to Srotas i.e. channels. But if we consider the term used by Acharya Charaka that is 'Srotadusti' then we can come to a conclusion that this term implies for a gross alteration of normal physiological functions of Srota. The central function of Srotas are to transport the respective contents. Although the content of Srota may varies accordingly (it may contains Prana, Udaka, Anna, seven types of Dhatus or thee types of Mala) but three types of Doshas (mainly Vata Dosha) are the main force behind the normal activities of each Srotas. As a concept, it is regarded that, the principal effect of Nidan Sevana (intake of causative factors of any disease) are three - Dosha Prakopana (vitiation of Dosha), Dhatu Pradushana (affliction of Dhatus) and Khavaigunya (impairment of hollow space i.e. Srotas). ⁽³⁾ So, as

consequence of this complex phenomenon, whenever any person intakes unwholesome diet and regimen it leads to vitiation of Doshas, which in due course get localised at a particular site within the Srotas depending on the site of Khavaigunya. This phenomenon is known as Sthanasamshraya of Dosha which ultimately leads to the affliction of respective Dhatus and Malas of that particular Srota by vitiated Doshas (known as Dosha Dushya Sammurchhana) resulting in to alteration of normal function of that Srota, which is known as Srotadusti. ⁽⁴⁾ As result of this Srotadusti, several abnormal clinical features will appear in the body that ultimately give rise to several diseases. So, each Srotadusti has their own distinct features along with the diseases caused due to affliction of that particular Dhātu and Mala by vitiated Dosha are also caused due to Srotadusti.

Materials and Methods

All the literary information has been taken from various Ayurvedic compendiums like Charaka Samhita, Sushruta Samhita, Ashtanga Hridayam etc. Along with some contemporary books like Nidan Panchak by S.C.Dhyani has also been used for reference purpose.

Discussions

Acharya Charak has mentioned that, human body is composed of numerous Srota or channels. Among these Srotas, some may be visualised at macro level but majority of these channels are existed at micro level.

Number of Srota : According to Acharya Charak, number of total Srotas are 13 ⁽⁵⁾. These are - (1) Pranavaha Srota (2) Udakvaha Srota (3) Annavaha Srota (4) Rasavaha Srota (5) Raktavaha Srota (6) Mamsavaha Srota (7) Medavaha Srota (8) Asthivaha Srota (9) Majjavaha Srota (10) Shukravaha Srota (11) Mutravaha Srota (12) Purishvaha Srota (13) Swedavaha Srota. According to Sushruta, number of Srotas are 11 pair ⁽⁶⁾ - (1) Pranavaha Srota (2) Udakvaha Srota (3) Annavaha Srota (4) Rasavaha Srota (5) Raktavaha Srota (6) Mamsavaha Srota (7) Medavaha Srota (8) Shukravaha Srota (9) Mutravaha Srota (10) Purishvaha Srota (11) Artavvaha Srota

Root of Srotas (Srotamula) : ⁽⁷⁾

| Name of Srota | Charak | Susruta |
|------------------|---------------------------|------------------------------------|
| Pranavaha Srota | Hriday & Maha Srota | Hriday & Rasavahi Dhamani |
| Udakvaha Srota | Talu & Kloma | Talu & Kloma |
| Annavaha Srota | Amashaya & Vam Parsha | Amashaya & Annavahi Dhamani |
| Rasavaha Srota | Hriday & 10 Dhamani | Hriday & Rasavahi dhamani |
| Raktavaha Srota | Yakrita & Pliha | Yakrita, Pliha & Raktavahi Dhamani |
| Mansavaha Srota | Snayu & Twak | Snayu, Twak & Raktavahi Dhamani |
| Medavaha Srota | Vrikka & Vapa vahan | Vrikka & Kati |
| Asthivaha Srota | Meda & Jaghan | - |
| Majjavaha Srota | Asthi & Sandhi | - |
| Shukravaha Srota | Vrishan & Shopha | Vrishan & Stan |
| Mutravaha Srota | Vasti & Vankshan | Vasti & Shishna |
| Purishvaha Srota | Pakkvashaya & Sthula guda | Pakkvashaya & Guda |

| | | |
|-----------------|------------------|---------------------------------|
| Swedavaha Srota | Meda & Loma kupa | - |
| Artavvaha Srota | - | Garbhashaya & Artavvaha Dhamani |

Causative Factors of Srotadusti : ⁽⁸⁾

Pranavaha Srota : 1. Kshaya (depletion of body tissue) 2. Vega Sandharan (suppression of natural urge) 3. Ruksha Dravya Bhojan (intake of dry food) 4. Vyayam after getting Hungry (exercise after getting hungry) 5. Darun Karma (heavy physical work)

Udakavaha Srota : 1. Ushnatwa (exposure to hot) 2. Ama Dosha 3. Bhaya (fright) 4. Vahupana (excessive drinking) 5. Ati Sushka Dravya Sevan (intake of excessive dry substance) 6. Trishna Nigrahan (suppression of thirst)

Annavaha Srota : 1. Atimatra Bhojan (excessive eating) 2. Akala Bhojan (untimely intake of food) 3. Ahita Bhojan (intake of unwholesome food) 4. Agni Vaigunya (impairment of Agni)

Rasavaha Srotas : 1. Guru Bhojan (intake of heavy meal) 2. Shita Bhojan (intake of cold substance) 3. Atimatra Bhojan (excessive eating) 4. Atisnigdha Bhojan (intake of excessive oily substance) 5. Chintyanam Cha Ati Chintanat (excessive thinking)

Raktavaha Srotas : 1. Vidahi Annapan (intake of heart burning substance) 2. Snigdha, Ushna , Drava Dravya Sevan (intake of hot, liquid food) 3. Atap Sevan (exposure to sun light) 4. Anila Sevan (exposure of cold breeze)

Mamsavaha Srota : 1. Abhishyandi Bhojan (intake of srota obstructing food) 2. Sthula, Guru Bhojan (intake of heavy food) 3. Diva Swapna after Ahar (day sleeping after intake of food)

Medavaha Srota : 1. Avyayam (refrain from exercise) 2. Diva Swapna (day sleeping) 3. Ati Meda Bhakshan (intake of excessive fatty substance) 4. Varuni Madya Atisevan (intake of alcohol)

Asthivaha Srota : 1. Vyayam (excessive physical exercise) 2. Ati Sankshova (excessive trauma) 3. Ati Vighattan (excessive crushing type of injury) 4. Vatala Dravya Sevan (intake of Vata vitiating food)

Majjavaha Srota : 1. Utpeshan (crushing) 2. Ati Abhishyandi Bhojan (intake of srota obstructing food) 3. Abhigat (trauma) 4. Prapidan (crushing pain) 5. Viruddha Ahar Sevan (unwholesome food)

Shukravaha Srota : 1. Akala Yoni Gaman (coitus in improper time) 2. Shukra Vega Nigraha (suppression of urge to ejaculate) 3. Ati Vyavay (excessive coitus) 4. Sastra, Kshara & Agni Parinam (injury by surgical instruments, alkali & fire)

Mutravaha Srota : 1. Drinking of Water after suppressing the Mutra Vega 2. Stri Sevan after heavy meal 3. Mutra vega Dharan (suppression of urine) 4. Kshina (depletion of tissue) 5. Abhigat (trauma)

Swedavaha Srota : 1. Ati Vyayam (excessive physical exercise) 2. Ati Santap (excessive hot) 3. Adhyashan (unwholesome diet) 4. Durvalagni (impairment of digestive fire) 5. Karshya (emaciation)

Clinical Features of Srotadusti : ⁽⁹⁾

Pranavaha Srota : 1. Ati Srasta Ucchas (excessive respiratory distress) 2. Ati Vaddha Ucchwas (obstruction of respiration) 3. Kupita Ucchas (aggravated respiration) 4. Alpalpa Ucchas (diminished respiration) 5. Sa Shabda Shula Ucchas (painful respiration)

Udakavaha Srota : 1. Jihva, Talu, Ostha, Kantha Sosh (dryness of tongue, palate, lips) 2. Pipasa Vriddhi (increase of thirst)

Annavaaha Srota : 1. Anannavilasha (anorexia) 2. Arochak (anorexia) 3. Avipaka (digestion impairment) 4. Chhardi (vomiting)

Mutravaha Srota : 1. Ati Srista Mutra Tyag (excessive urination) 2. Ati Vaddha Mutra Tyag (obstruction in urine) 3. Alpam, Abhikshnam Mutra tyag (frequent, scanty micturition) 4. Vahala Mutra Tyag (turbid urination) 5. Sashula Mutra Tyag (painful micturition)

Purishvaha Srota : 1. Ati Drava Mala (watery stool) 2. Ati Grathita Mala (constipated stool) 3. Vahu Mala (excessive passing of stool) 4. Sa Shabda Shula Mala (painful defecation with sound)

Swedavaha Srota : 1. Aswedan (absence of sweating) 2. Ati Swedan (excessive sweating) 3. Parushya (roughness of skin) 4. Paridaha (burning sensation over the skin) 5. Loma Harsha (horripilation)

Rasavaha Srota : 1. Ashraddha (anorexia) 2. Aruchi (anorexia) 3. Rasa Gyan Hani (tastelessness) 4. Hrillas (nausea) 5. Tama (blackout) 6. Pandutwa (pallor) 7. Klaivya (impotency) 8. Karshya (emaciation) 9. Jwar (fever)

Raktavaha Srota : 1. Kustha (leprosy) 2. Visarpa (erysipelas) 3. Rakta Pitta (bleeding disorder) 4. Kamala (jaundice) 5. Nilika (hyper pigmentation) 6. Pliha (splenomegaly) 7. Gulma (tumor) 8. Vidradhi (abscess)

Mamsavaha Srota : 1. Adhi Mansa (tissue growth) 2. Arbuda (tumor) 3. Gala Shaluk (tonsillitis) 4. Gala Shundika (pharyngitis) 5. Charma Kila (keloid) 6. Gandamala (goiter)

Medavaha Srota : Purva Rupa of Prameha, Such as : 1. Talu Sosha (dryness of palate) 2. Kara Pada Daha (burning sensation in hand and feet) 3. Mukha Madhurya (sweetness of mouth) 4. Jatila Bhava Keshesu (tangling of hair) 5. Kaya Chhidreshu Upadeha (deposition of waste product on hair follicles) 6. Mutre Abhidhavanti Pipilakascha (movement of ants towards urine)

Asthivaha Srota : 1. Adhi Asthi (excess bone) 2. Adhi Danta (excess tooth) 3. Danta Asthi Bheda (cracking of tooth and bones) 4. Kesha, Loma, Nakha, Smasru Vikar (diseases of hair, nails, beard etc.)

Majjavaha Srota : 1. Parva Ruka (joint pain) 2. Bhrama (vertigo) 3. Murchha (unconsciousness) 4. Tama Darshan (blackout) 5. Sthula Mula Arunshika at Parva (nodules at joint)

Shukravaha Srota : 1. Klaivya (impotency) 2. Aharshan (loss of libido)3. Garbha Na Dharanam (infertility)

Types of Srotadusti : ⁽¹⁰⁾

Acharya Charak has mentioned that, four types of Srotadusti are seen in different pathogenesis of diseases. These are : 1. Ati Pravritti (seen in - Atisara, Prameha, Rakta Pitta) 2. Sanga (seen in - Jwar, Meda Roga, Vata Rakta) 3. Vimarga Gaman (seen in – Chhardi, Urdhaga Rakta Pitta etc.) 4. Shira Granthi (seen in - Arbuda, Gulma, Arsha etc.).

Conclusion

Srotas can be primarily compared with different physiological pathways in body. Each of the different Srotas have distinct functions within the body and vitiation of these Srotas results into different ailments within body. Srotadusti is essential phenomenon for pathological process of any disease. Thus, Srota is one of the fundamental concept of Ayurvedic philosophy.

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