SROTAS FOR PHYSIOLOGICAL FUNCTIONING: A REVIEW BASED ON AYURVEDA LITERATURE

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ABSTRACT
Srotas are channels of body perform transportation of the fluid & structurally intra, inter and extra cellular spaces. *Srotas* encompasses of Sroto Mula, Sroto Marga and Sroto Mukha. Srotas circulate the Doshas and Dhatu to the organs for various physiological functions. Srotas perform transportation of nutrition to different organs and also help in removal of waste products through their micro channels. Obstruction of Srotas leads various Srotas vyadhi. Srotas distributed throughout the body they found in gastro-intestinal tract, arteries, lymphatic system and in urinary tracts, etc. The *Srotas* of gastrointestinal tract is largest *Srotas* and termed as Maha Srotas. The *Doshas*; Vata, Pitta and Kapha also circulated through these Srotas. This article summarizes conceptual aspect of Srotas.

KEYWORDS: Srotas, Sroto Mula, Ayurveda, Transportation/Circulation.

INTRODUCTION
Ayurveda is belongs from category of applied sciences which aimed to maintain healthy physiology. The transportation system of body also play important role towards the health and disturbances in this circulatory process leads many diseases due to the inhibition of nutritional exchange. Srota improve the circulation of Dosas and Dhatus and thus help in growth & development process. Disturbed functioning of Srotas may cause inappropriate nutritional transportation and thus affect growth and development process in early growing stages. The proper functioning of Srotas is essential for the normal physiological health. The diseases arises due to the disturbances of Srotas classified separately in Ayurveda as Srotas Vyadhi and various types of Srotas Vyadhi mentioned in traditional text of Ayurveda depending upon the disturbed route of Srotas. Srotas not only responsible for maintaining normal health status but also responsible for disease pathogenesis since these Srotas not only transport normal Dosha, Vaya & Dhatu but also circulate vitiated Dosha, Vaya & Dhatu from one part to another and thus leads disease pathogenesis. The disturbances in Srotas functioning significant affect physiological functioning of different organs; thus it is very essential to remain Srotas in proper working conditions. The understanding of Srotas, their routes and their diseases is necessary to explore concepts of traditional belonging “Srotomayam hi shariram”.

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Figure 1: Srotas & their Route of Distributions.
General Functioning of Srotas

- Transportation of food nutrients to the organs as Dhatu.
- Detoxification process by removing waste material (feces, urine and sweat) from body.
- Help in circulation of Vayu.
- Srotas also exchange sensory information
- Srotas perform significant role in various function such as; digestion, defecation and breathing, etc.

Specific Functioning of Srotas

- Anna Vaha Srotas performs function of nutritional supply since it covers esophagus & gastrointestinal tract.
- Prana Vaha Srotas perform function of transportation of Vayu since it moves through heart & respiratory tract.
- Rasa Vaha & Rakta Vaha Srotas transport Rasa & Rakta through heart, venous, arteriole circulatory system & other vessels.
- Sweda Vaha & Meda Vaha Srotas performs detoxification since it covers subcutaneous fat tissue & sweat glands along with micro pores of the skin.
- Mano Vaha & Majja Vaha Srotas responsible for neuronal and sensory transportation since Mula, Marga & Mukha of this Srotas belongs from brain, spinal cord & nervous systems along with sense organs & marma points etc.
- Sukra Vaha, Artava Vaha & Rajah Vaha Srotas transported essential component throughout the reproductive and sexual organs since these Srotas belongs from testicles, ovaries & aeriole of the nipple.
- Stany Vaha Srotas help in lactation since their routes covers lactation glands, lactiferous ducts & nipple.
- Purisha Vaha Srotas help for the circulation of Dushti Vayu from cecum, rectum and intestine then through anal orifice.
- Mutra Vaha Srotas helps for detoxification through urinary tract.¹ [2-6]

Role of Srotas in pathogenesis

The Srotas helps in transportation of Dosas, Dhatu and Malas if there is vitiation in Dosas, Dhatu and Malas then Srotas may also disturb and obstruction of Srotas also disturb physiological functioning of Dosas, Dhatu and Malas. The accumulation of Dhatu & Malas in the Srotas affects metabolic process of Dhatu. The associated Dhatu vitiated due to the obstruction in the transportation process which may leads Ama Dosa, this further block other Srotas; the diseases of Kapha Dosa are best examples of such condition, in the pathogenesis Kapha disease vitiated Dosa moves from the disturbed nasal Srota to the thoracic Srota and leads accumulation of cough, that after through the channels, Dosa reaches the ear and causes earache, heaviness and deafness. Movement of such Dosa through Srota to the head causes sinusitis, bronchitis on lungs and dysentery on bowels. It can be said that obstruction of Srota responsible for many physiological abnormalities similarly transportation of disturbed Dosa through Srota leads various diseases thus proper working of Srota essential for retaining good health.² [5-8]

CONCLUSION

Srotas or channels help in travelling of Vayu which control organs of the body and supply nutrients to the various tissues. The Vayu responsible for constitutional movement and functioning of Mana and these all done along with transportation of Vayu & Gyanendra through Srotas. Movement of Karmendra by Srotas correlates Prabritti and Nirbritti with Aman as Karya of Vayu. The Srotas not only help in nutritional transportation but also support healing process since Srotas circulate essential antibodies towards the injured area. The Srotas maintain physiological balances through exchange of Doshas & Dhatus therefore Ayurveda considered Srotomayam hi Shariram. Article described Ayurveda perspective of Srotas as to explore knowledge for further research on Srotas Vyadhi.

REFERENCES