

Department :- Ayurved Samhita & Siddhant

Topic: Srothas

Every one should know the fact



- The curative art of Ayurveda passed down from time immemorial through Sages and Scholars to their disciples is today recognized and accepted by **World Health Organization (WHO)** as an Alternative System of Medicine.

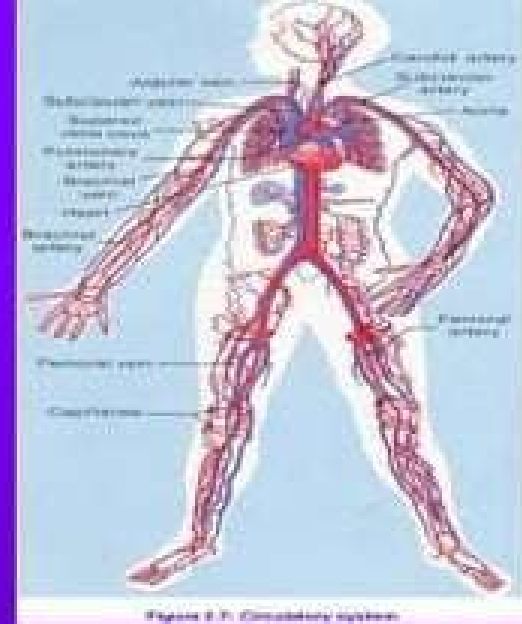
Basically Srothas means

- Srotas or Shrotas (स् रो तस्)
- means - the current, stream, torrent, channel, course -- in Ayurveda.
- There are 13 types of channels used to convey dhatus and malas.
- Any injury to the shrothas leads to poor circulation, thus resulting in disease.



SROTHAS

“स्रवणात् स्रोतामसि”



The body contains numerous channels through which the Dhatus, doshas and Malas circulate, known as *strotas* in Ayurveda, these consist of both gross channels, such as the intestinal tract, lymphatic system, arteries, veins, and the genito-urinary tracts, as well as the more subtle channels, such as the capillaries.(mentioned 'Malas' as mootravahastrotas etc).



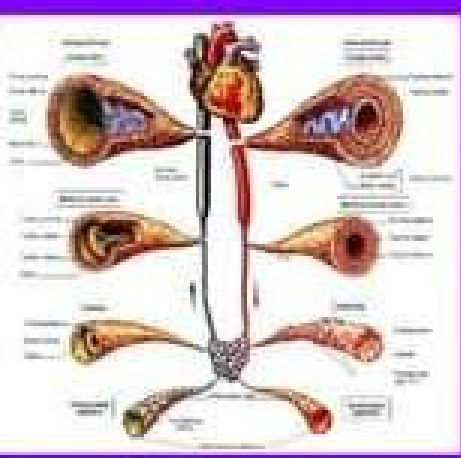
- Through one the digested forms of the consumed items are circulated from the gastro-intestinal tract to the cells and the tissues.

This nourishes the body.



- This highway also carries the right proportions of the doshas (constituted of the Mahabhutas) and the other basic tissue elements from one portion of the body to another.
- The other pathway transports the waste products produced by the body to be finally eliminated naturally via the Malas.

This mechanism keeps the body healthy.



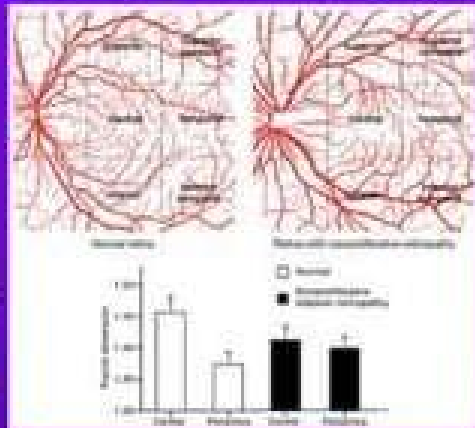
Channels of circulation & functions in the body

- यावन्तः पुरषे मूर्तिमनतो भावविषास्तावन्त् एवास्मिन् स्रोतसां प्रकारविशेषाः!
- सर्वे हि भावा पुरुषे नान्तरेण स्रोतांस्यभिनिर्वर्तन्ते, क्षयं वा~प्यभिगच्छन्ति !
- स्रोतांसि खलु परिणाममापद्यमानानां धातूनामभिवाहिनि भवन्त्ययनार्थेन !! च.वि.

continued--

- The specific varieties of the channels of circulation in the human body are the same in number as the structural entities in it.
- All structural entities in the human body cease either to maintain the continuity of their manifestations or undergo diminution in the absence of the respective channels of circulation.
- The channels of circulation carry the DHATUS i.e tissue elements or their constituents undergoing transformation to their destination.
- Murthimanthā means structural entities.
- Parināmāpadyamāna means undergoing transformation and Ayanārthena means destination.

Synonyms of Srothas



- Srothas,
- Sira,
- Dhamani,
- Rasayani,
- Rasavahini,
- Nadi,
- Pathin,
- Marga,
- Shariracchidra,

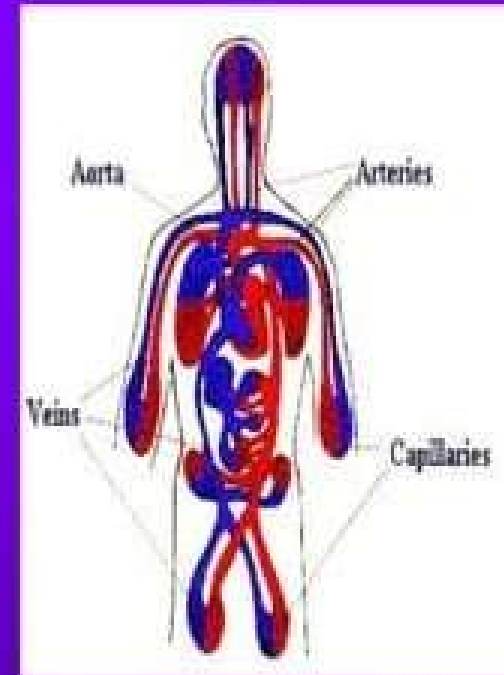
- Samvritasamvrita,
- Sthana,
- Ashyaya,
- Niketa

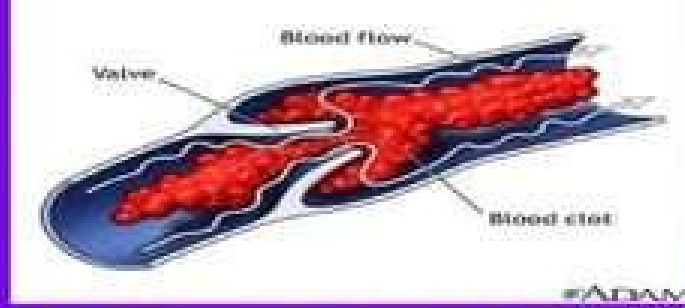
are the names for the visible and invisible spaces within the body.

Synonyms of Srothas

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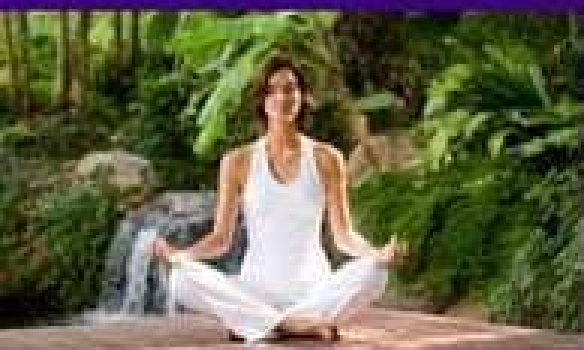




“तानि दुष्टानि रोगाय विशुद्धानि सुखायच” अ.हु. शा.
“सुखाय- आरोग्याय” --- अरुण्दत्त.

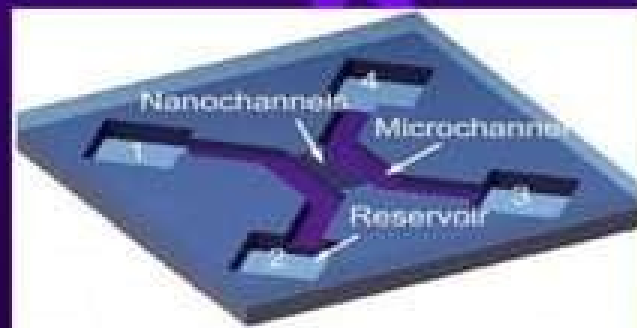
- In Ayurveda, a complex system of diagnosis is employed to trace the root cause of disease.
- The diagnosis of all diseases is based on which of the individual doshas are compromised and which channels are obstructed.
- An excess of any one dosha can create a spill or split - over effect in the body.

- The ways to keep healthy the **Srotas** are regular yogic exercises, and observance of a hygienic daily regimen.
- The literal meaning of the word **srota** is body passages or body channels.
- These channels are present throughout the visible and invisible body of the cells, molecules and atoms.

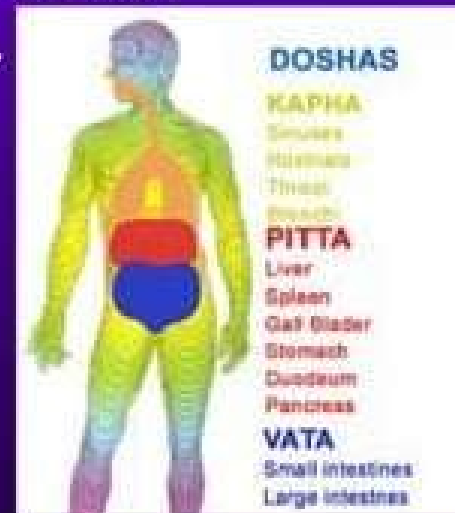


WHAT FOR BASICALLY THESE SROTHAS

- The body channels carry *solids, liquids, gases, nerve impulses, nutrients, waste products and secretions* in and out of the human body physiologies.
- According to some physicians human body is a network of appropriate nutrients and energies through the channels results in healthy mind and body. Any kind of blockage, deficiency or excess in the SROTHAS can result in various diseases.

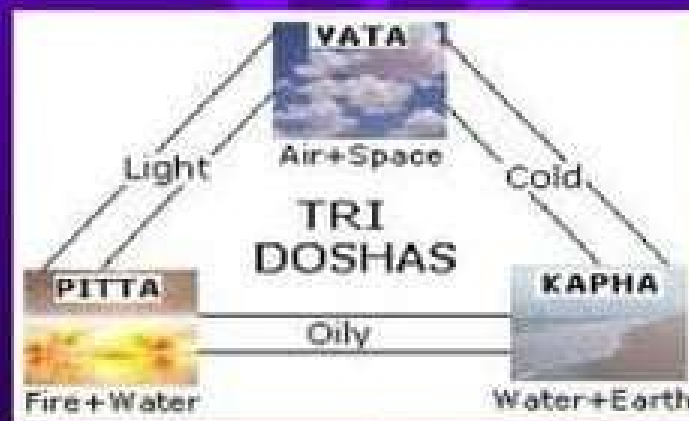


- Thus, a disease originating from one vitiated dosha is able to travel through the channels to the site of another dosha.
- Dosha excesses can also create blockages in the channels, thereby obstructing their normal flow.
- Men have thirteen groups of channels, and women have fifteen. Of the thirteen common groups of bodily channels, the first three are the channels through which the air (or breath), food, and water travel; these are governed by Vata, Pitta, Kapha, respectively.



AYURVEDA RECOGNISED AS

- Ayurveda helps in diagnosing the affected **srotas**, its nature and extent of blockage and ultimately helps in knowing the process of disease.
- *Ayurveda* also takes the help of doshic imbalances, dhatus and Agni in the assessment of disease.



Srothas and Akasa Bhuta

- Srotas is channel; the origin of srothas is in akasha. Akasha does not come from anywhere and it doesn't go anywhere.
- The cardinal feature is NOT coming across anything i.e. non resistance.
- The origin of akasha leads to mula akasha--we only capture space in the formation of a body.
- Akasa is spread throughout the body.

- Body compartments exist to permit the functioning of the respective tissue.
- Space is necessary for flow but also for the nutrition.

Srothas related to Dhathu and Mala

- There are as many srotamsi in body as there are different substances. e.g. 7 dhatus (meaning 7 tissues) and requires 7 channels (1 for each) (all of these are commonly called the nutritional channels) + 3 for the three malas (wastes)--purisha (feces), mutra (urine), sveda (sweat)--called the elimination channels-- + 3 srotamsi for intake: food + prana + water



DOSHA , DHATHU AND SROTHAS

“वृद्धि स्स्मानै सर्वेषां विपरीतैर्विपर्ययः”

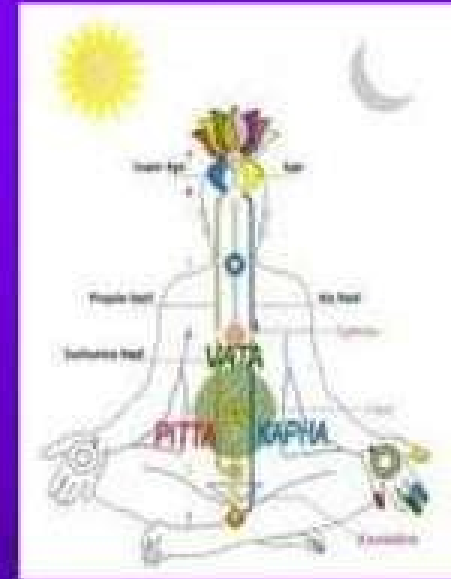
DOSHA

DHATHU

AGNI &

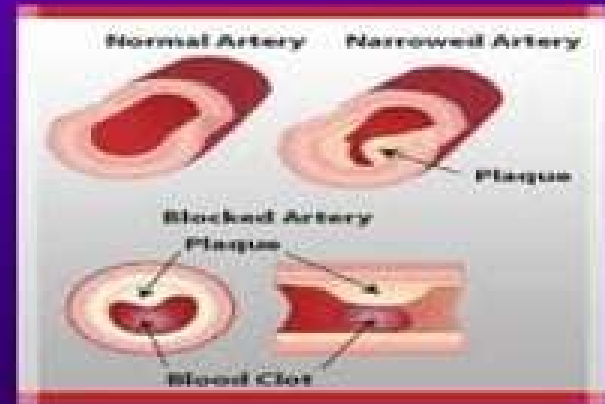
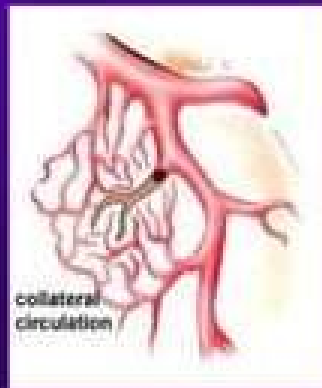
SROTHAS

THEN DUSHTI OCCURS



One on another effect in dhathus

- If any dhathu got vitiated and even though it is in its Ashaya and also in its dhamani ultimately other dhathus also get disturbed. Means dhatwanthara disturbs.
- For example if any means Rasa vaha srothas is under threat it also replies on Rakta vaha srothas.



स्रोतो मूलं

मूलम् इति प्रभवस्थानम् !



Srotho swaroopa and lakshana

स्रवणात् इति रसादेरेव पोष्यस्य स्रवणात् !

चक्रपाणि.

शरीरछिद्राणि संवृतासंवृतानि शथानानि आशयाः कशया
निकेताश्च इति !

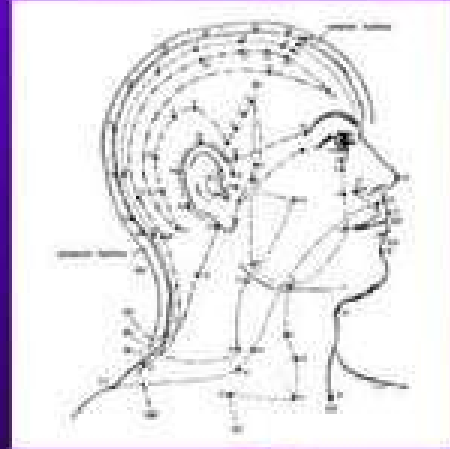
शरीरं धात्ववकाशानां लखण्याणां नामानि ! च.वि.

स्व धातु समवर्णानि वृत्त स्थुलान्यणूनि च !
स्रोतांसि दीर्घाण्याकृत्या प्रतान् सदृशानि च ! च.वि.

The channels have the colour similar to that of the Dhathu they carry , they are tubular, either small or large in size and either straight or reticulated in shape.

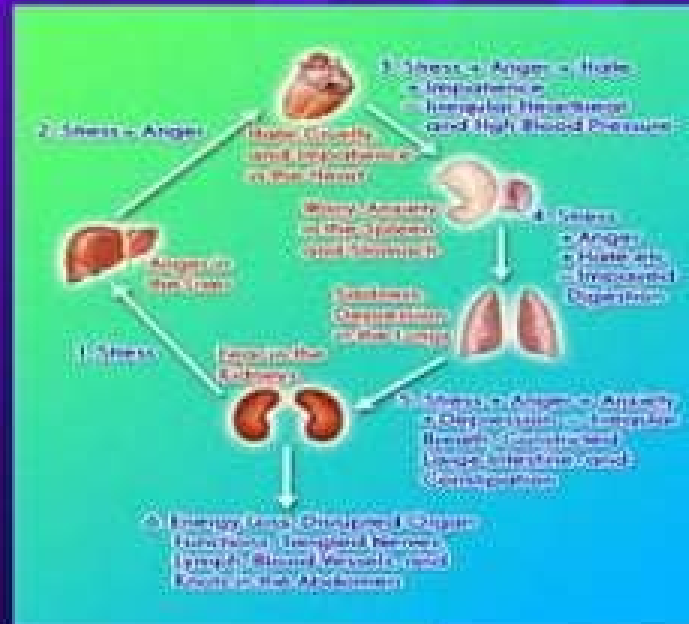
External Srothas (बहिर्मुख)

श्रवणनयनवदनघ्राण गुदमेढ्रानि नवस्रोतांसि नराणां
बहिर्मुखानि ! सु. शा.



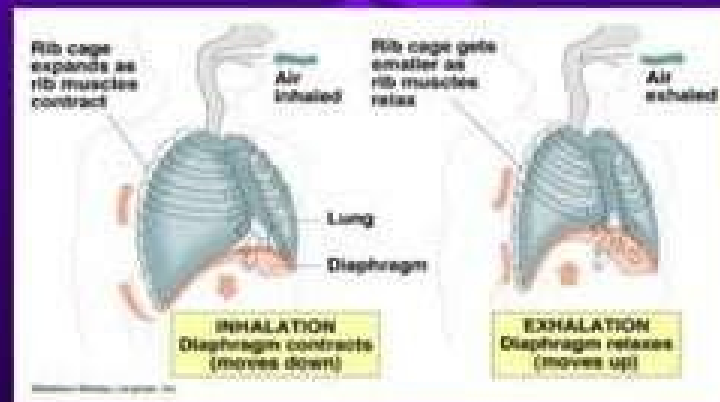
Internal srothas (अन्तर्मुख)

- यावन्तः पुरुषे मूर्तिमन्तो भावविशेषाः तावन्त एव अस्मिन् स्रोतासां प्रकार विशेषाः । च.वि.



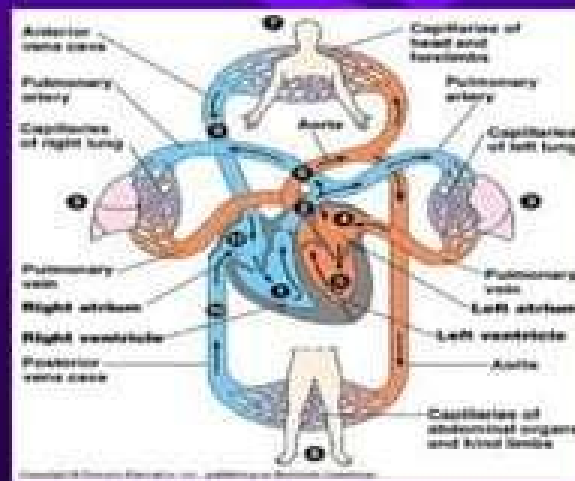
Srothas are devided into two categories

- External channels (Bahya Srothas),
 - Internal channels (Abhyantara Srothas).
-
- There are thirteen **srothas** in the internal channels. Among thirteen srothas, three **srothas** connect the individual to the external environment by inhaling and exhaling air, food and water.



These three **srothas** are:

- **Prana vaha srothas** – carries the breath to all parts of the body
- **Anna vaha srothas** – transports solid and liquid foods
- **Udaka vaha srothas** – transports water

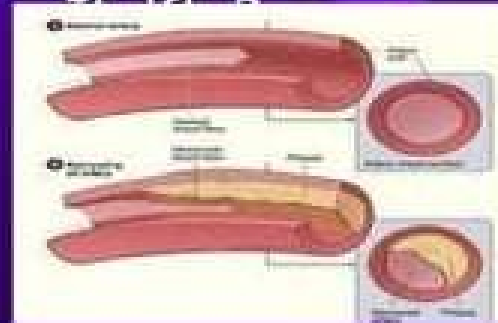


- The other seven srothas are associated with the seven dhatus or tissues. These are:
- **Rasa vaha srothas** – carries plasma and lymph
- **Rakta vaha srothas** – carries blood cells specially haemoglobin
- **Masma vaha srothas** – carries muscle nutrients and wastes
- **Meda vaha srothas** – supplies adipose tissues
- **Asthi vaha srothas** – carries nutrients to bones and transports wastes
- **Majja vaha srothas** – supplies bone marrow and nerves including the brain
- **Shukra vaha srothas** – carries the sperm and ova and supply nutrient to them

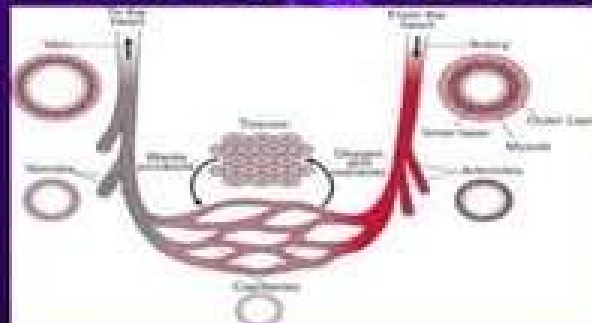


SROTHO DUSHTI

- तेषां प्रकोपात् श्थानस्थाश्चैव मार्गास्च शरीरधातवः प्रकोपमाद्यन्ते; इतरेषाम् प्रकोपादितराणिच, स्रोतामसि स्रोतांस्येव, धातवश्च धातून्नेव प्रदुषयन्ति प्रदुष्टाः तेषां सर्वेषामेव वातपित्तश्लेष्मनः प्रदुष्टाः दूषयितारो भवन्ति दोषस्वभावादिति.



- Affliction of Srothas leads to the vitiation of the tissue elements residing there or passing through them – vitiation of one leads to the vitiation of other.
- The vitiated srothas and dhathus i. e tissue elements on their part vitiate other srothas and Dhathus respectively.
- Because of their vitiating nature, DOSHAS are responsible for vitiation of all other srothas.



Gross understanding about Srotho dushti

- अतिप्रवृत्ति सन्डो वा सिराणां ग्रन्थयोपि वा !
विमार्गगमनं चापि स्रोतसां दुष्टिलक्षणम् !! च. वि.



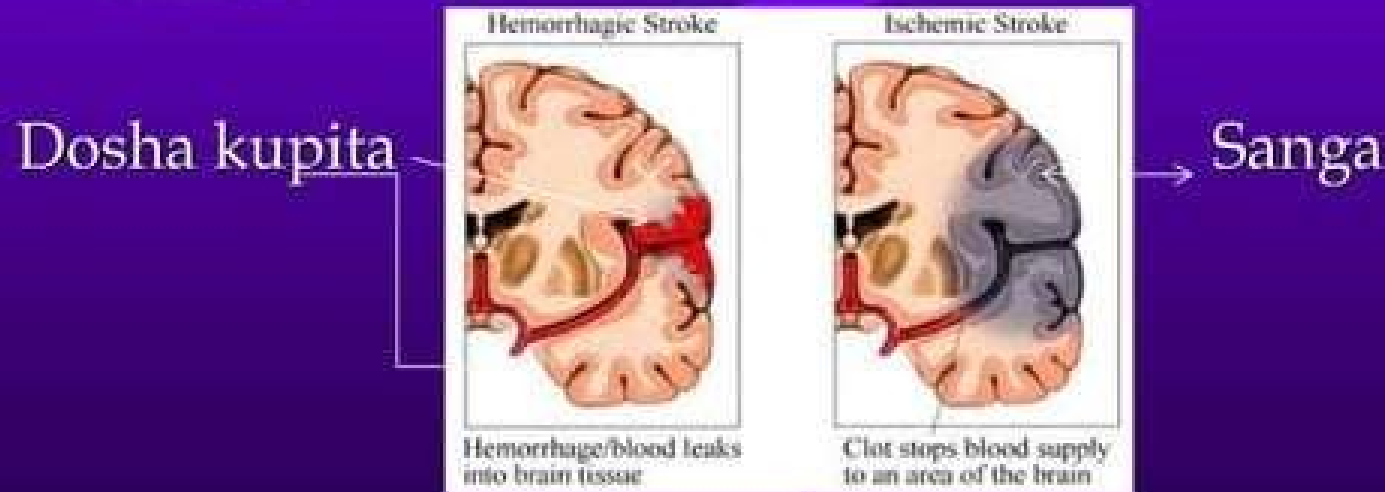
General symptoms of vitiation

1. Atipravriti = excessive flow
- 2. Sanga = obstructed flow
- 3. Sira granthi = localized dilatation (such as varicose veins)
- 4. vimarga gamana = out of the course of the srothas e.g. eating too much tares stomach so obstruction may occur in stomach

Importance of Srothas

- कुपितानां हि दोषाणां शरीरे परिधावतम् !
यत्र संगः खवैगुन्यात व्याधिः तत्र उपजायते !! सु. सू.

Susrutha also narrated the same type of vitiation of srothas.



How Ahara is the cause for srothodushti

“वृद्धि स्समानैस्सर्वेषां विपरीतैर्विपर्ययः”

With this Nyaya

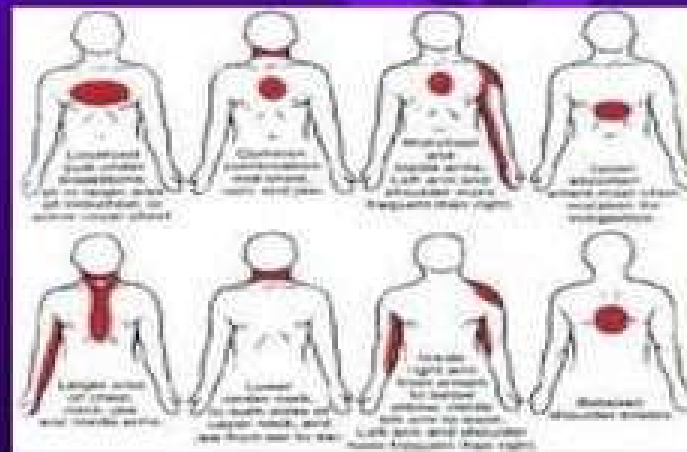
It is denoting that Dosha vardhaka Ahara is responsible for Srotho Dushti means which the Ahara is relatively equal to Dosha guna.

आहारश्च विहारश्च प्रदूषकः (च. वि)

स्रोतांमिस धातवश्च..... दोष्अक्रुतैवनेयाः(च.वि चक्रपाणि)



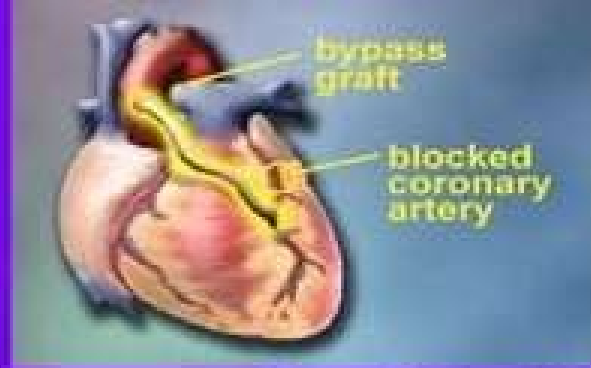
- According to the physicians human body is a network of appropriate nutrients and energies through the channels results in healthy mind and body.
- Any kind of blockage, deficiency or excess in the channels can result in various diseases.



Understanding between both the faculties

- Kayachikitsa faculty says the VEDANA vishesha is predominant with Srotho Dushti.
- Where as Shalya faculty says VEDANA vishesha is mainly caused by only with ABHIGHATHA.

By DALHANA.

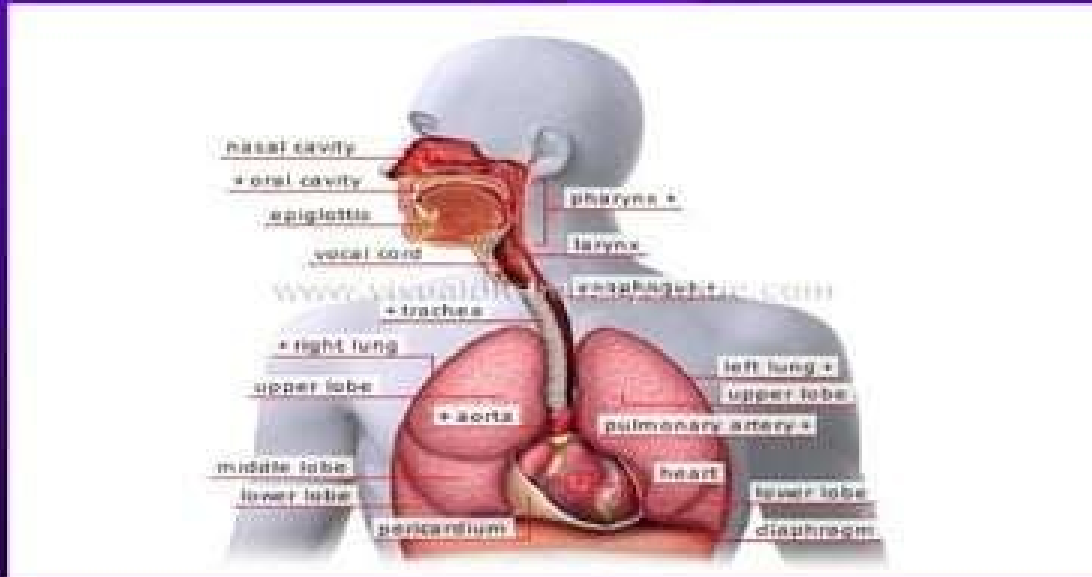


- In the body none other DRAVYA developed or produced without SROTHAS.
- In the same time KSHAYA also derived from SROTHAS only.
- It is denoting that if SROTHAS is in normal state then there is no chance of any disease initiation.
- So as to say that all means when SROTHODUSHTI occurs then state of disease occur.

प्राणवहस्रोतस् मूलं – दुष्टिलक्षणम्

Pranavaha srothas symptoms and srotho dushti

- तत्र प्राण् वहानाम् स्रोतसाम् ह्रिदयम् मूलम् महास्रोतश्च प्रदुस्तानाम् खल्वेशमिदम् विशेषज्ञानम् भवति अतिसुष्टमिति बद्धम् कुपितमल्पाल्पमभीक्षणम् वा सशब्दशूलमुच्वासन्तम् द्रुष्ट्वा प्राणवहन्यस्य स्रोतामसि प्रदुश्टानीति विद्यात्



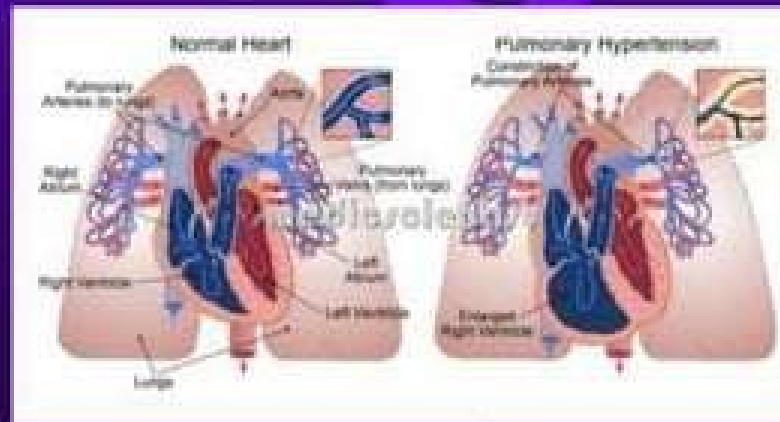
Pranavaha srothas

- The body's air channels originate in the heart and the alimentary tract and conduct pranic force and vitality through the respiration and circulation systems.
- These channels become impaired by the suppression of natural bodily urges, by ingesting dry or stale food, and by excessive physical exertion. Symptoms expressed by vitiated air channels are shallow and restricted breathing, fear, anxiety, and nervous tension.

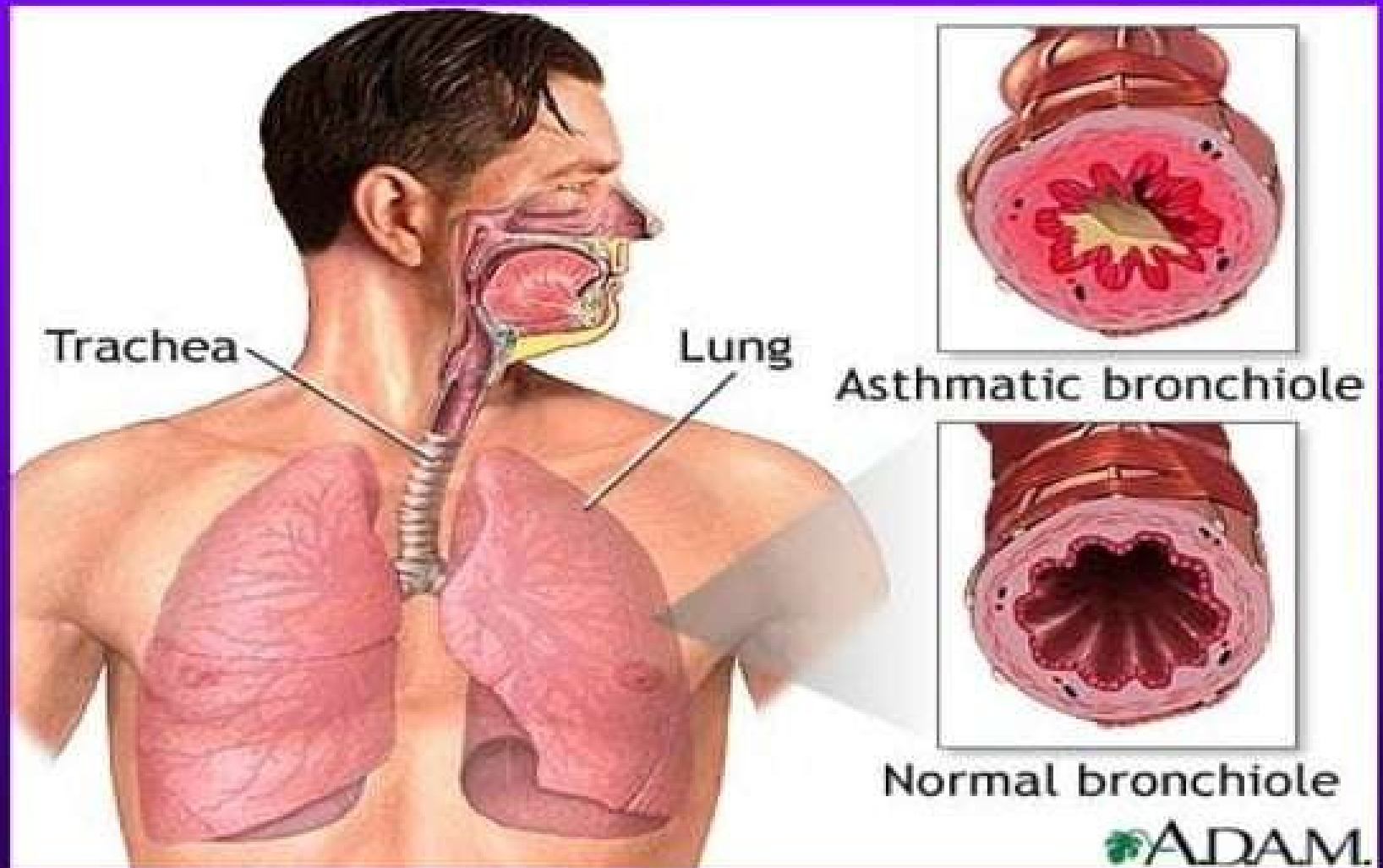


So as to Pranavaha srothas dushti lakshana

- Pulmonary vascular sclerosis shows symptoms like dyspnoea, fatigue, syncope, respiratory distress, cyanosis and right ventricular hypertrophy leads to death.
- These are similar to :
क्रोषण विनमन मोहन भ्रमन वेपन मरणं वा भवति !



In bronchial Asthma how dushti is involved?





molds



animals



feathers



certain foods



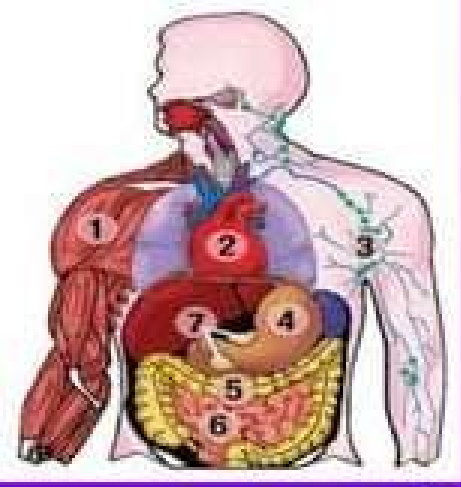
pollen



cigarette smoke



dust



ANNAVA SROTHAS (अन्नवह स्रोतस)

मूलस्थान एवं विद् लक्षणं as per Susrutha:

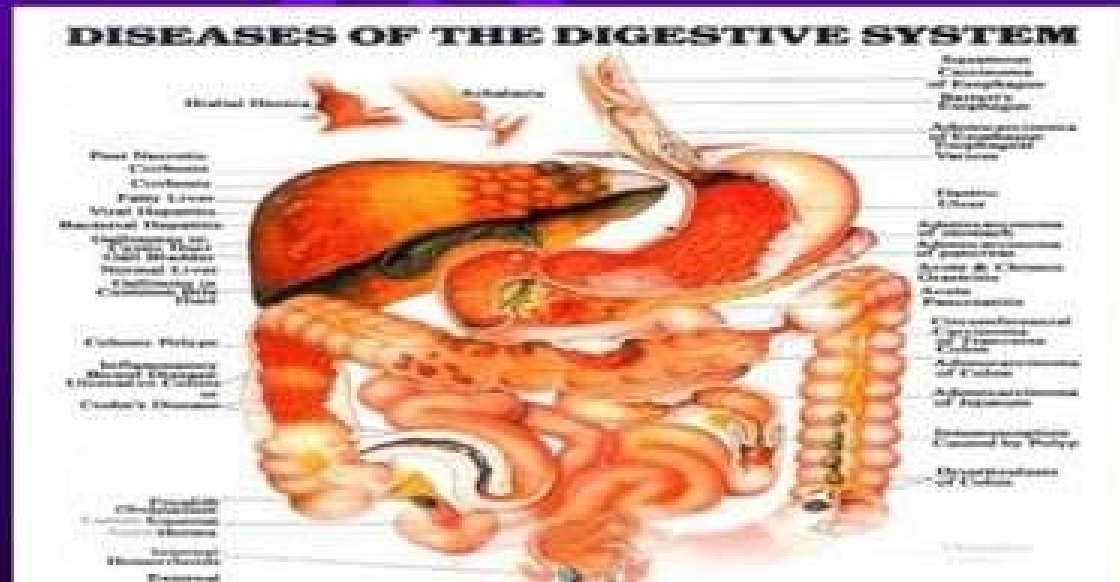
- आन्नवहे द्वे, तयोर्मूलं आमाशयो~न्नवाहिनी धमन्यः, तत्र विद्धस्याध्मानं शूलो~न्नद्वेषश्चर्दिः पिपासा~न्ध्यं मरणं वा भवति ! सु. शा.

मूलस्थान एवं स्रोतोदुष्टिलक्षणं as per Charaka:

- अन्नवहानां स्रोतसां आमाशयो मूलं वामं च पार्श्व, प्रदुष्टानां तु खल्वेषामिदं विशेषविज्ञानं भवति, तद्यथा –
अनन्नभिलाषणमरोचकाविपाकौ छर्दि च दुष्ट्वा~न्नवहानि स्रोतांसि प्रदुष्टानीति विद्यात् !! च. वि.

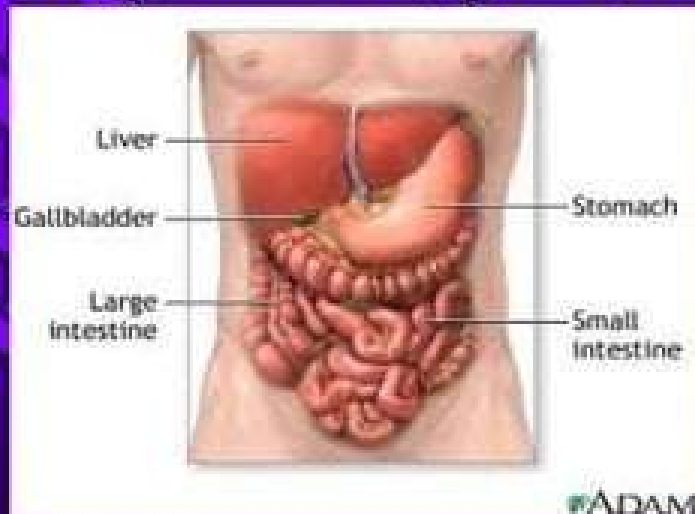
Understanding about Annavaha srothas

- Though the digestion starts from the stomach but the majority of the digestive and absorptive processes occur in the remaining GIT. i.e. duodenum, jejunum, ileum and large intestine.
- The lacteals which are present in the intestines are responsible for the digestion and absorption .
- These are the main principle components of annavaha srothas to understand.



Annava hastrotas

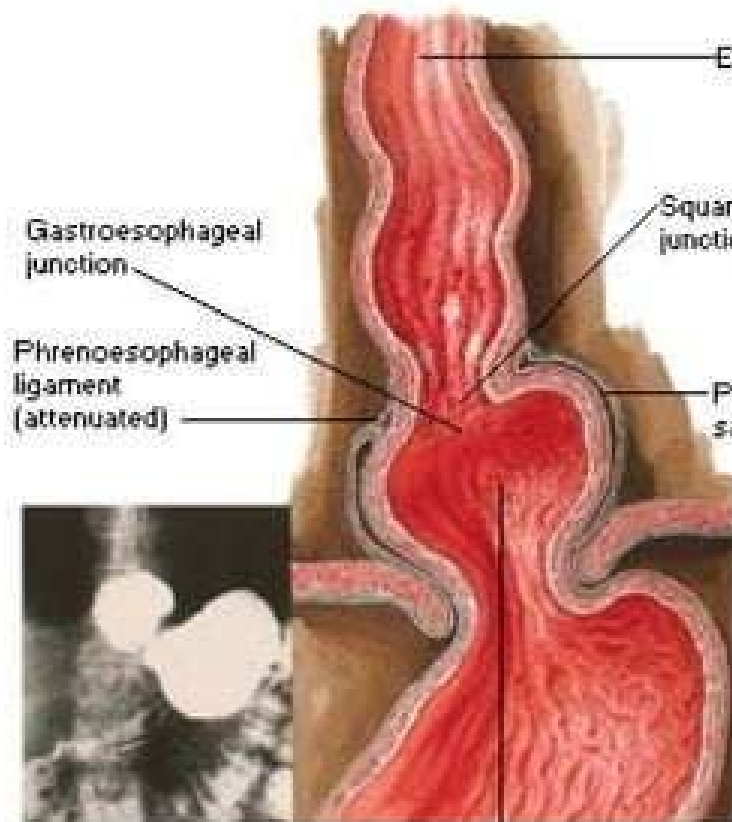
- Food channels originate in the stomach and carry food through the digestive system.
- Untimely or indiscriminate eating, unhealthy foods, and low digestive fire cause vitiation of these channels.
- The symptoms of afflicted food channels are loss of appetite, indigestion, vomiting, anorexia, greed, and possessiveness.



Hiatal Hernia

- Signs
 - Heartburn
 - Brief substernal burning sensation
 - Freq belching
 - Discomfort when lying supine
 - Dysphagia common
 - b/c inflammation of esophagus or mass of food in pouch compresses esophagus

Sliding esophageal hiatus hernia

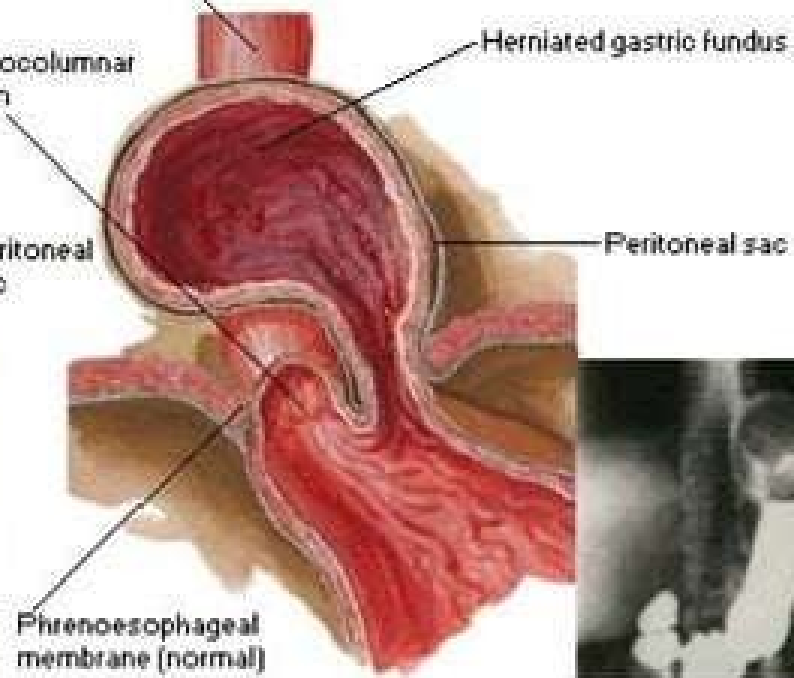


Barium study shows sliding esophageal hiatus hernia



Herniated stomach (sliding hernia)

Paraesophageal hiatus hernia



Barium study shows paraesophageal hiatus hernia



Gastroesophageal Reflux Disease (GERD)

- In conjunction with hiatal hernia
- Severity depends on lower esophageal sphincter (LES)
- Freq episodes at night
- Eliminate factors that decrease LES pressure
- Avoid spicy foods, take antacids

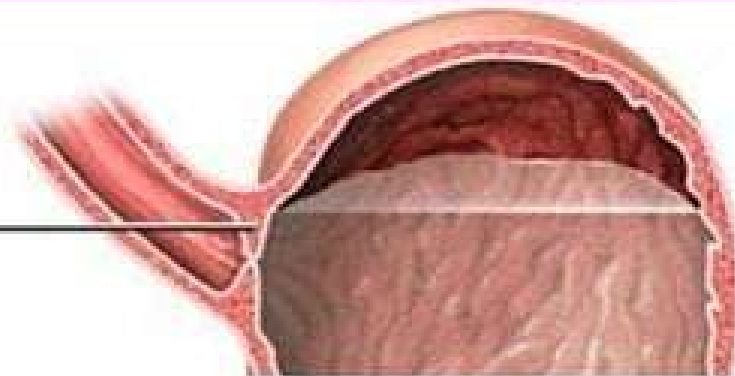


GERD

Lower esophageal
sphincter (LES)



Stomach contents
pass through the LES,
causing heartburn



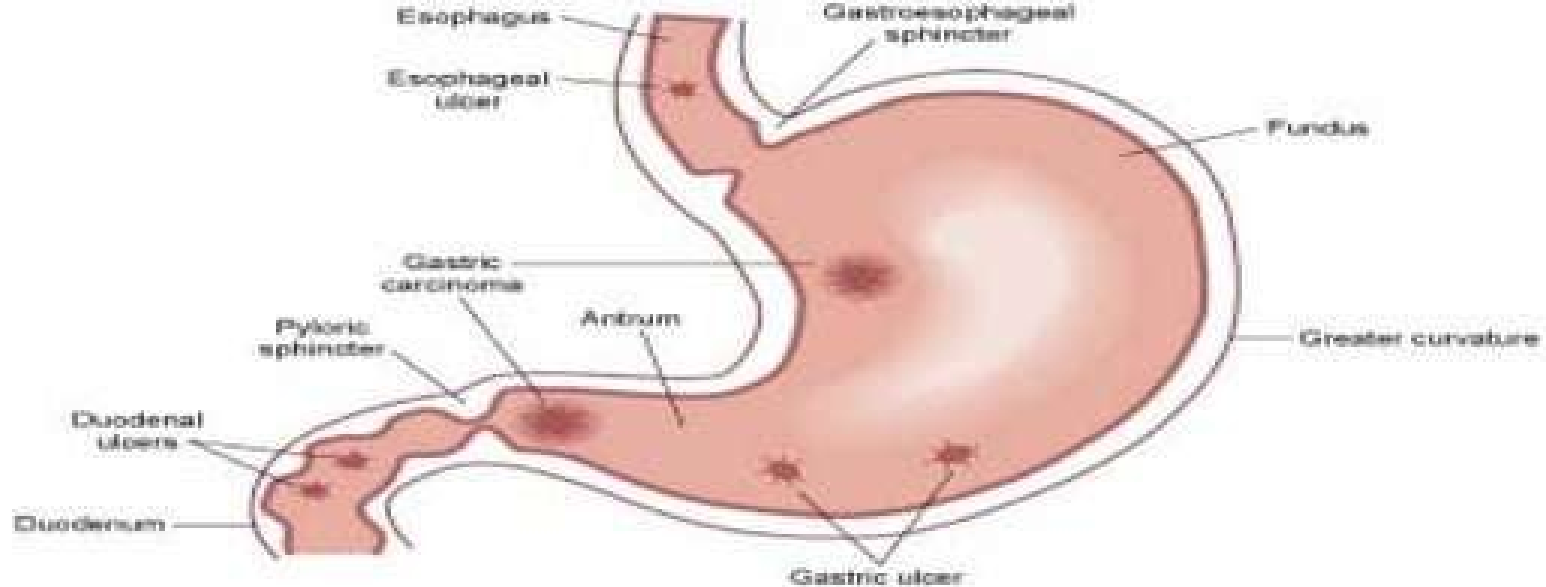
Closed LES



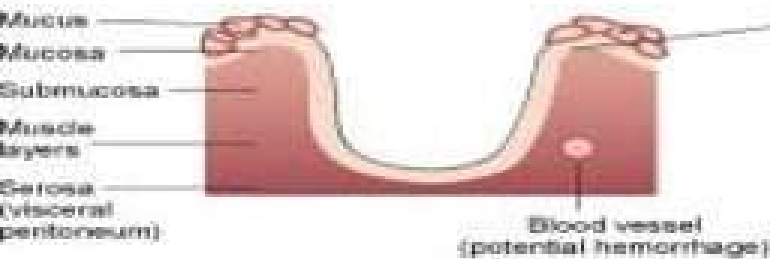
Open LES

Peptic Ulcers: Gastric and Duodenal Ulcers – Pathophysiology

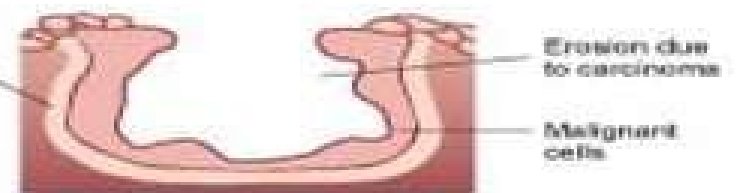
- Proximal duodenum most common
- Also found in antrum of stomach or lower esophagus
- Usually appear as single, small, round cavities
 - Smooth margins; penetrate submucosa
- Once acid or pepsin penetrate mucosal barrier tissues exposed to continuous damage
 - Acid diffuses into gastric wall
 - May erode deeply into musculature and eventually perforate wall
 - Inflammation surrounds crater



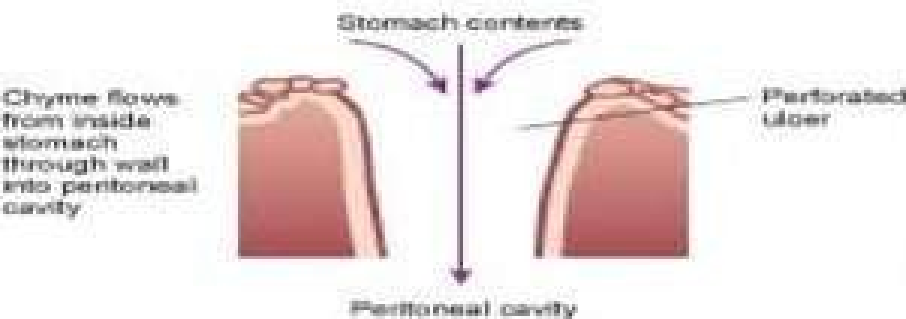
A Common locations



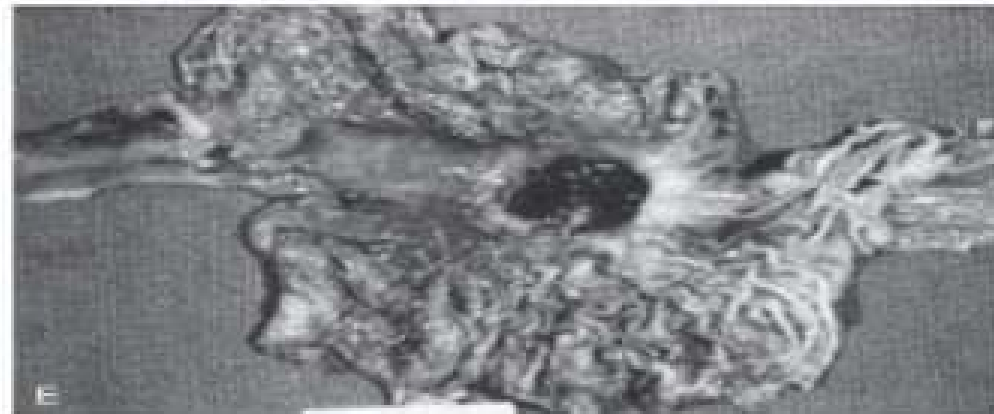
B Peptic ulcer



C Gastric carcinoma



D Perforated ulcer



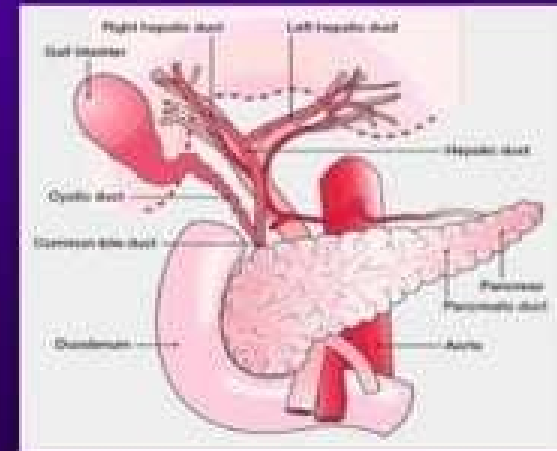
Udakavaha Srothas (उदकवह स्रोतस)

मूलस्थानम् एवं विद्मः लक्षणम् as per Sushruta:

- उदकवहे द्वे, त्योर्मूलं तालु कलोम च, तत्र विद्धस्य पिपासा सद्योमरणं च ! सु. शा.

मूलस्थानम् एवं स्रोतोदुष्टलक्षणम् as per Charaka:

- उदकवहानां स्रोतसां मूलं तालु कलोम च, प्रदुष्टानां खल्वेषमिदं विशेषविज्ञानं भवति, तध्यधा जिह्वतालुकलोमशोषं पिपासा चातिप्रवृद्धां दुष्टोदकवहन्यस्य स्रोतांसि प्रदुष्टानीति विद्यात् !! च. वि.



Udakavahastrotas

- Water channels originate in the palate and pancreas, and regulate the body's fluid.
- Obstruction of these passages is caused by excessive exposure to heat, excessive use of alcohol or other addictive substances, and ingesting very junk foods.
- The symptoms of vitiation are excessive thirst, dryness of lips, throat, tongue and palate, as well as selfishness and dullness.
- The following seven groups of channels service each of the body's seven dhatus. Like the dhatus, the nature of these channels range from the most gross (megascopic) to the most subtle (Microscopic cellular level).

Rasavaha Srothas (रसवहस्रोतस)

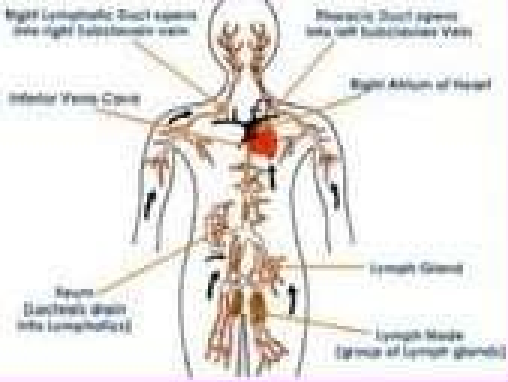
मूलस्थानं एवं विद् लक्षणं as per Sushruta:

- रसवहे द्वे, तयोर्मूलं हृदयं रसवाहिन्यश्च धमन्यः, तत्र विद्स्य शोषः प्राणवहविद्वच्च मरणं तल्लिङ्गानि च ! सु. शा.

मूलस्थानं एवं स्रोतोदुष्टलक्षणं as per Charaka:

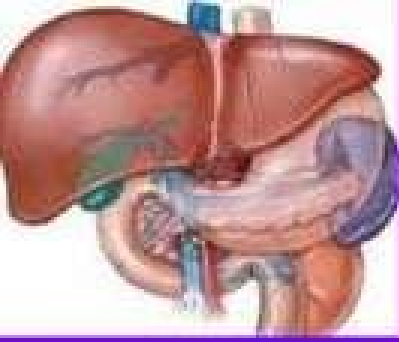
- रसवहानां स्रोतसां हृदयं मूलं दश च धमन्यः ! च.वि.





Rasa (Plasma) – rasavaha srothas

- Plasma channels begin in the heart and its several blood vessels and transport chyle and plasma to the rasa (plasma) dhatu (all over the body).
- Obstruction of these passages is caused by stress, grief, and excessively cold and heavy foods.
- The symptoms of vitiations are anorexia, drowsiness, nausea, fainting and anaemia, impotency, stress and grief.



Raktavaha Srothas (रक्तवहस्रोतस)

मूलस्थानं एवं विद् लक्षणं as per Sushruta:

- रक्तवाहे द्वे, तयोर्मूलं यक्ररुत्प्लीहानौ रक्तवाहिन्यश्च धमन्यः, तत्र विदुस्य शयवान्गत ज्वरो दाहः पाण्डुता शोणितागमनं रक्त्रैत्राता च ! सु. शा.

मूलस्थानं एवं स्रोतोदुष्टिलक्षणं as per Charaka:

- शोणितवहानां स्रोतसां यक्ररुतमूलं प्लीहा च !

Rakta (Blood) – Raktavaha srothas

- Blood channels originate in the liver and spleen and transport blood to the rakta dhatu (all over the body).
- This group of channels is often referred to as the circulatory system.
- Vitiation of this system is caused by hot and oily foods, excessive exposure to the sun or fire, and exposure to radioactivity.
- The symptoms of vitiation are skin diseases and rashes, abscesses, excessive bleeding and inflammation of the genital organs and anus. The emotional symptoms are anger, dullness, and aggressiveness.



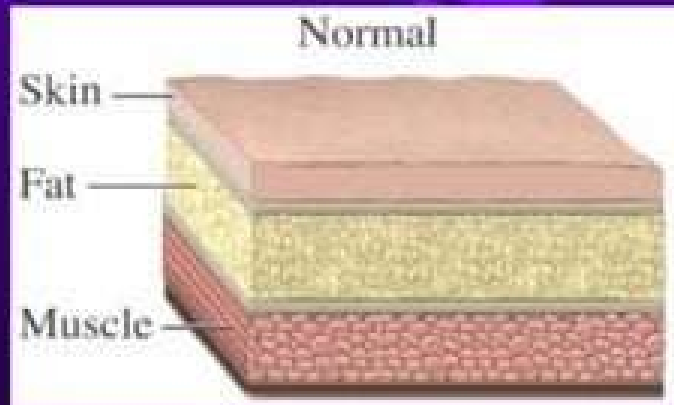
Mamsavaha srothas (माम्सवहस्रोतस)

मूलस्थान एवं विद् लक्षण as per Susrutha:

- मांसवहे द्वे, तयोर्मूलं स्नायुत्वचं रक्तवहाश्च धमन्यः,
तत्र विद्वस्य श्वयथुमांसशोषः शिराग्रन्थयो मरणं च ! सु.शा.

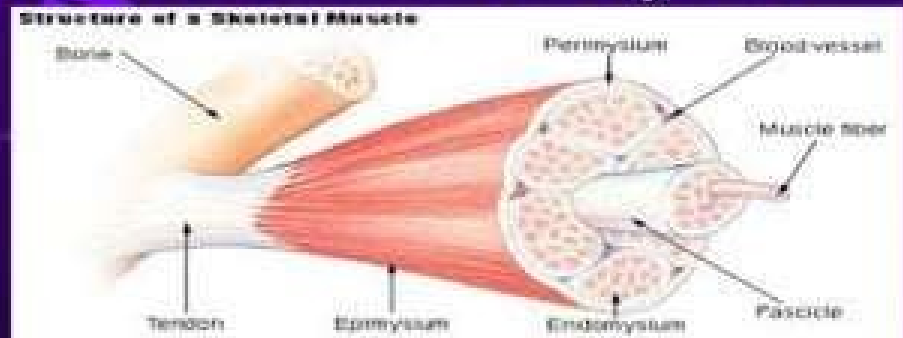
मूलस्थान एवं स्रोतोदुष्टिलक्षण as per Charaka:

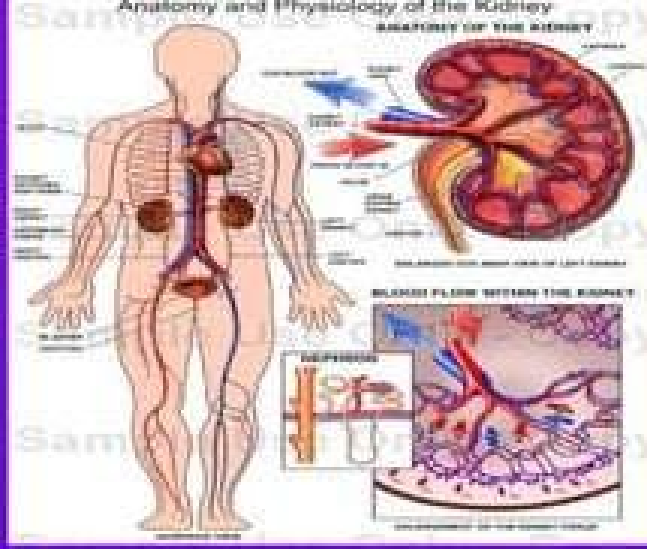
- मांसवहानां स्रोतसां स्नायुमूलं त्वक्च ! च. वि.



Mamsa (Muscular) - Mamsavaha srothas

- Muscular channels, which originate in the ligaments, tendons, and skin, supply nutrients to the muscle dhatu (all over the body).
- Impairment of these channels is due to regular intake of heavy, oily foods, excessive sleep, sleeping after meals, and sedentary lifestyle.
- The symptoms of vitiation are usually benign tumours produced by the muscular system, tonsillitis, a swollen uvula, hemorrhoids, and swelling of the thyroid glands and adenoids. The emotional symptoms are lack of mental clarity and nervous tension.





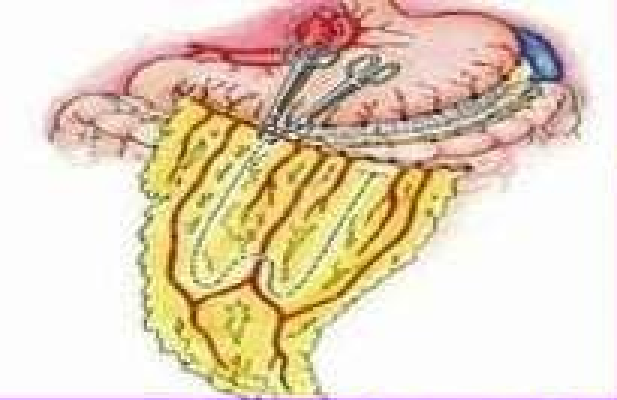
Medovaha Srothas (मेदोवहस्रोतस)

मूलस्थान एवं विद्व लक्षणं as per Sushruta:

- मेदोवहे द्वे, तयोर्मूलं कटी वृक्कौ च, तत्र विद्वस्य स्वेदागमनं स्निग्धान्गता तालुशोषः स्थूलता शोफः पिपासा च ! सु.सू.

मूलस्थान एवं स्रोतोदृष्टिलक्षणं as per Charaka:

- मेदोवहानां स्रोतसां वृक्कौ मूलं वपावहनं च ! च.वि.



Meda (Fat) – Medavaha srothas

- Fat channels, commonly known as the adipose system, originate in the kidneys and the omentum. They supply fat tissue ingredients to the Meda dhatus (all over the body).
- Vitiating of this system is due to suppression of digestive activities, and excess of fatty foods, alcohol, and other addictive substances.
- The symptoms of affliction are generally diabetes, urinary disorders, and possessiveness.

In case of diabetes how dushti initiated

- Diabetes mellitus is a systemic disease affecting many organ systems ,among them the pancreas which becomes incapable of producing insulin .

Insulin

- Is the **hormone** that promotes the utilization of glucose by the cells and ,in its absence, glucose accumulates in the blood to very high levels and leads to reactions

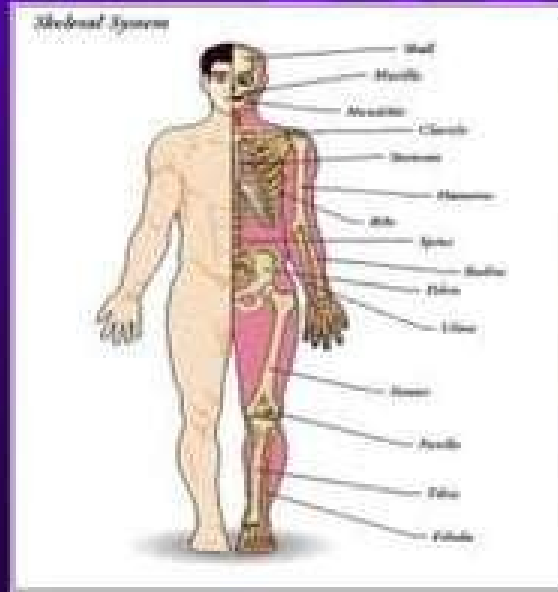
Asthivaha Srothas (अस्थिवहस्रोतस)

मूलस्थानं

- अस्थिवहानां स्रोतसां मेदोमूलं जघनं च ! च.वि.

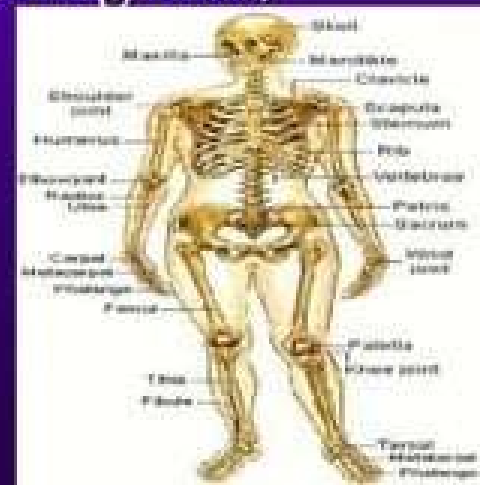
स्रोतोदुष्टि लक्षणं

- अध्यास्थिदन्तदनतास्थिभेदशूलं विवर्णता !
केशलोमनखश्मश्रुदोषाश्चास्थि प्रकोपजाः !! च.सू.



Asthi (Bone and Cartilage) - Asthivaha srotas

- Bone and cartilage channels, commonly known as the skeletal system, begin in the hipbone and supply nutritive ingredients to the Asthi (bone and cartilage) dhatus (all over the body).
- Affliction of these channels is generally caused by excessive activity, friction of the bones, and excessive intake of food which is dry, cold or stale.
- Some symptoms of vitiation are dry, flaky nails and decaying teeth, painful joints, dry and thinning hair, and feelings of deprivation and fear.



Majjavaha srothas (मज्जावहस्रोतस)

मूलस्थानम्

- मज्जावहानां स्रोतसामस्थीनि मूलं सन्धयश्च ! च.वि.

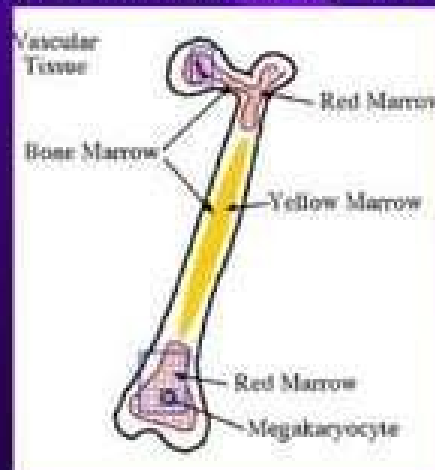
स्रोतोदृष्टि लक्षणम्

- रुक्पर्वाणां भ्रमो मूर्छा दर्शनं तमसो~सतः !
अरुषां स्थूलमूलानां पर्वजानां च दर्शनम् !! च. सू.



Majja (Bone Marrow) - Majjavaha srothas

- The bone marrow channels, commonly referred to as the central nervous system, supply the marrow and nerve tissue nutrients to the Majja (bone marrow) dhatus (all over the body).
-
- In Ayurveda, the marrow is not only the matter found in the bone encasement (called white and red marrow), but is also found in the brain and spinal cord.



continued:-

- Impairment of the bones and joints is generally caused by consumption of uneasy combination foods, such as the use of animal foods with milk, or hot and cold substances taken together, trauma and injury, which, in turn, affect the bone marrow.
- The symptoms of vitiation are fainting, dizziness, loss of memory, blackouts, and compound abscesses.



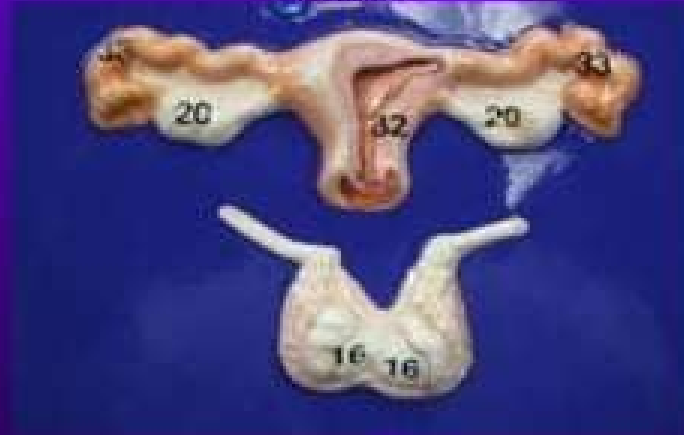
Sukravaha Srothas (शुक्रवहस्रोतस)

मूलस्थान एवं विद् लक्षणं as per Sushruta:

- शुक्रवहे द्वे, तयोर्मूलं स्तनौ वृषणौ च, तत्र विद्वस्य क्लीबाता चिरात्प्रसेको रक्तशुक्रता च ! सु. शा.

मूलस्थान एवं स्रोतोदुष्टिलक्षणं as per Charaka:

- शुक्रवहाणां स्रोतसां वृषणौ मूलं शोफश्च प्रदुष्टानीति विद्यात् !!
च.वि.





(Ovum and Sperm)–shukravaha srotas

- The ovum and sperm channels are subtler than the nine preceding channel groups.
- Originating in the testes and ovaries, these channels are ordinarily referred to as the reproductive system.
- They transport the semen, ovum, and ojas essence to the male and female tissues.

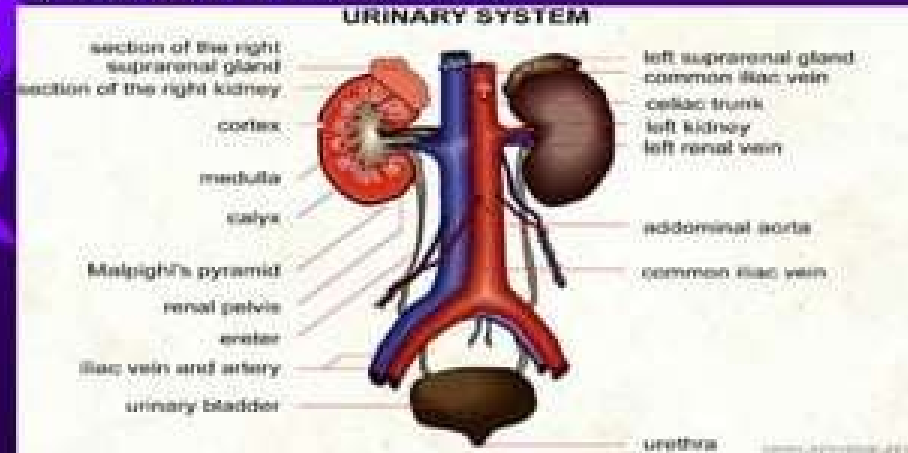
continued:-

- Affliction of these passages is normally the result of unwholesome activities such as excessive or suppressed sex, unnatural sex, sex at improper times like during menstruation and pregnancy, drug addictions, and abortions.
- The symptoms of vitiation are impotency, infertility, and defective pregnancy.
- The emotional symptoms are sexual perverted indulgences, selfishness, and aggression.



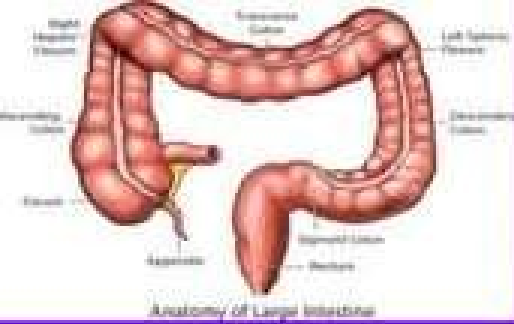
Urinary – Mootravaha srothas

- The urinary channels being in the kidneys and bladder eject urine from the body.
- Impairment of these passages is caused by the suppression of urination.
- The symptoms of vitiation are generally excessive, scanty, or frequent urination, as well as fears, anxieties, and nervousness.



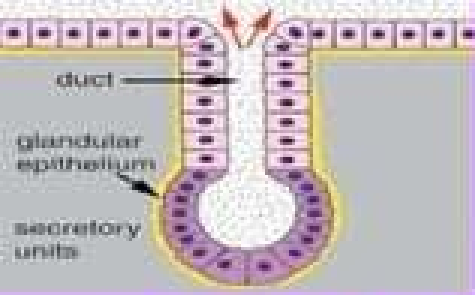
GLOMERULUS





Excretory - Purishvaha srothas

- The excretory channels ordinarily referred to as the excretory system, originate in the colon and rectum.
- They evacuate faeces from the body. Vitiating of these channels is caused by weak digestive fire, eating before the previous meal is digested, suppression of defecation, and ingesting food of opposite quality.
- The symptoms of affliction are usually diarrhoea, constipation, or excessively hard stools. The emotional symptoms are excessive attachment, dullness, and fear.



Sweat - Swedavaha srothas

- The last of the excretory channels, commonly known as the sebaceous system, originate in the fat tissue and hair follicles, and expel sweat from the body.
- Affliction of these channels is caused by excessive activity, heat, spicy foods, acidic foods, excessive alcohol, other addictive substances, grief, fear and anger.
- The symptoms of vitiation are excess perspiration or no perspiration, rough and dry skin, burning sensation of the skin, aggressiveness, or dullness.

Female srothas which are said as extra

- Two additional channels exist within the female body: the menstrual channel, which expels blood, secretions and tissue debris from the uterus, and the breast milk channel, which carries milk to the nourishing mother's breast.
- These two channels are both part of the plasma channel, which supply the plasma dhatus (rasa dhatu).

continued:-

- When the channels are blocked, their corresponding doshas/ dhatus/ mala and updhatus become vitiated.
- *(as mentioned before air, food and water channels are governed by vata, pitta and kapha respectively, also refer to the chart of primary dhatu, updhatu and mala).*
- The cleansing therapies of pancha karma restore order to the system by clearing away to obstacles so that the doshas can flow as they should.

Channels/Srotas

- Two separate channels for women:
 - Artava vaha srotas for menstruation
 - Stanya vaha srotas for lactation.
- When one of the channels is being used as in lactation, menstruation seldom occurs.
- It has been documented by research that increase in the number of ovulations increases the incidence of ovarian and uterine cancers.
- This may one of the reasons for increase in risk for uterine, breast and ovarian cancers since more women postpone pregnancies or are infertile.

Modern medicine

- It is very common in modern medicine to advocate suppression of menses.
- Lot of young people these days are on Birth Control Pills.
- This artificially reduces the quantity and duration of bleeding.
- This is suppression of the natural and physiological processes in the female human body.
- When it is suppressed, there has to be adverse consequences.
- Prana Vayu is the downward moving force which is responsible for:
 - Urination
 - Defecation
 - Menstruation and
 - childbirth

Treatment (चिकित्सा)

- Amapradoshika = deal with Ama or treat indigestion via
 - 1) Pachana--helping digestion .
 - 2) Dipana--building agni .
 - 3) Anulomana--promoting movement such as sipping hot water.
 - 4) Langhana--stop eating or eat very little at meal and drink hot water; this gives agni time to rekindle.

Treatment continued

- Rasa = all reducing measures
- Rakta = see chapter on properly formed blood
- Mamsa = evacuative measures, application of alkali and cauterization
- Meda = Medohara oushadha chikitsa
- Asthi = the 5 evacuative measures, enema, and bitter medicated milk and ghritam
- Majja = intake of predominately bitter and sweet food, sexual intercourse, physical exercise, elimination of the vitiated doshas
- Shukra = intake of predominately bitter and sweet food, sexual intercourse, physical exercise, elimination of the vitiated doshas
- Malas = suppression of urges to be taken care.

Thank You!

