

Department :- Ayurved Samhita & Siddhant

Topic :- Srotas

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INTRODUCTION

The physiological and anatomical pathways that carry all the components, elements, signals, and reflexes come under **Srotas**. There are many kinds of *srotas* and every *srotas* has its *moolsthana* from where transportation or transmission begins and its *prabhav sthana* where transported matter finally reaches its destiny and performs its functions.

Srotas carry *dosha*, *dhatu*, *upadhatu* and *mala* in it. Hence, *dosha dushti* can produce *Sroto dushti* and vice-versa. We will now study *srotas* from the POV of *Roga Nidana*.

Classical references

“स्रवणात् स्त्रोतामसि।” (च.सूत्र. 30/12)

It is the path that helps with the transformation of a substance.

मूलात् खातान्तरम् देहे प्रसृतम् तु अभिवाहियत् स्रोतस्तदिति विज्ञेयम् सिरा धमनि वर्जितम्।

(सु.शा. ९/९३)

- There are many types of *srotas* as many as corporeal entities. All (corporeal) entities do not arise or decay without *srotas*. *Srotas* are defined as transporting passages of *dhatus* transforming.
- Channels that carry transformed *dhatus* to different destinations through the network to nourish the cells and tissues.
- *Srotas* may be defined as empty spaces spread to the entire body which originates from root space except *sira* and *dhamani*.
- *Acarya Caraka* in *Srotovimana'* *adhyaya* of *Vimanasthana* also tells us that some hold that the person is only an aggregate of *srotas* because of their pervasiveness and diffusiveness of agents and pacifying *dosas*. This is not so because which *srotas* belong to, which they carry, nourish and where they are situated all are different from the *srotas* themselves. Some say that *srotas* are innumerable because they are many while others take them as numerable.

SROTAS PARYAYA (SYNONYMS)

स्रोतांसि सिराः धमन्यः रसायन्यः रसवाहिन्यः नाद्यः पन्थनः मार्गाः शरीरच्छिद्राणि-
संवृतान्संवृतानिस्थानानि आशयाः निकेताश्चेति शरीर धात्वावकाशानां लक्ष्यालक्ष्याभां नामानि
भवन्ति।। (च.वि. ५/९)

- *Srotamsi*
- *Sira*
- *Dhamani*
- *Rasayani*
- *Rasavahi*
- *Nadya*
- *Panthana*
- *Margashareera chidrani*
- *Samvrta asamvrtani*
- *Sthanani*

STRUCTURE OF SROTAS

अहित सेवनात् तानि दुष्टाय रोगाय विशुद्धानि सुखस्य च । (अ.ह.शा. ३/४२)

- Orifices of the *srotas* are minute, spread long and far away like lotus stalks. Through such channels, '*rasa*' circulates and nourishes cells and tissues.
 - *Srotas* have the colour of the *dhatu* that they are carrying or transporting.
- They could be of different shapes and sizes: round, thick, large, small, microscopic, elongated, and form networks and branches.

SROTAS PRAMUKHYATA

अहित सेवनात् तानि दुष्टाय रोगाय विशुद्धानि सुखस्य च । (अ.ह.शा. ३/४२)

Improper foods, erratic behaviour and other things that are not conducive to the body bring abnormality in srotas leading to the manifestation of disease. Acceptance of normal foods and actions leads to happiness and sound health.

वातपित्तश्लेष्मणां पुनः सर्वशरीरचराणां सर्वाणि स्रोतांस्ययनभूतानि, तद्वदतीन्द्रियाणां पुनः सत्त्वादीनां केवलं चेतनावच्छरीरमयन-
भूतमधिष्ठानभूतं च । तदेतत् स्रोतसां प्रकृतिभूतत्वात् विकाररूपसृज्यते शरीरम् ॥७॥

Acarya Charaka in *Srotovimanasthan* of *Vimanasthana* has mentioned *srotas* as detailed from now onwards.

The *tridosas* viz, *Vata*, *Pitta* and *Kapha* move inside the *srotas* to perform their normal functions at different places similarly things that are beyond the perception of sensory organs like the mind, etc. move inside the *srotas* and are located in each part of the body. Healthy *srotas* perform their natural

SROTO DUSHTI PRAKARA

आहारश्च विहारश्च यः स्याद्वैयर्थ्यगुणैः समः । द्वातुभिर्विगुणश्चापि स्रोतसां स प्रदूषकः ॥२३॥

Food (*ahara*) and behaviours or activities (*vihara*) which are similar to *dosas* and dissimilar to *dhatus* in properties cause morbidity in *srotas*.

अतिप्रवृत्तिः सङ्गो वा सिराणां ग्रन्थयोऽपि वा । विमार्गगमनं चापि स्रोतसां दुष्टलक्षणम् ॥२४॥

Symptoms of morbidity of *srotas* are as follows:

1. **Atipravrtti**: Excessive action. E.g., Excessive urination- *prameha*, Excessive watery stools- *atisara*.
2. **Sanga**: Excessive obstruction. E.g., *jwara* (fever).
3. **Sira granthi**: Tumor-like growth. E.g., *arsa*.
4. **Vimargagamana**: Leaving own path and entering into another path. E.g., entrance of *mala* into

COMMON SROTO-VIDDHA LAKSHANA

As explained in *Ashtanga Hridaya Sarirsthana's* 3rd chapter.

Clinical features developing from injury to *srotas* are called as '*viddha*'. Their lakshanas are *murcha* (unconsciousness), *kampa* (tremors), *adhamana* (abdominal distention), *chardi* (vomiting), *jwara* (fever), delirium, *mutra-avarodha* (urine obstruction) and even lead to death.

That is why it is said that the physician should inform the attendee about the poor prognosis and then plan the treatment and manage the wounds as per its treatment.

CLASSIFICATION

According to Acarya **Susruta**:

1. Bahya

Males: 9

Females: 12

These are-

- | | | |
|---------------------|------------------|---------------------|
| i. Nasal cavity: 2 | ii. Ear path: 2 | iii. Eye opening: 2 |
| iv. Genital path: 1 | v. Anal canal: 1 | vi. Oral cavity: 1 |

Above 9 are also commonly present in females and extra 3 are-

- | | |
|--------------|------------------------|
| i. Artava: 1 | ii. Breast channels- 2 |
|--------------|------------------------|

Acarya **Sharangdhara** included 1 more to the above mentioned 9 *Bahir Mukha srotas*- *Mastaka* (brain canal).

2. Abhyantara (11 pairs)

i. *Pranavaha srotas*

ii. *Udahavaha srotas*

- v. *Rudhiravaha srotas*
- vi. *Mamsavaha srotas*
- vii. *Medovaha srotas*
- viii. *Shukravaha srotas*
- ix. *Mutravaha srotas*
- x. *Pureeshavaha srotas*
- xi. *Artavavaha srotas*

According to Acarya **Charaka**:

- i. *Pranavaha srotas*
- ii. *Udakavaha srotas*
- iii. *Annavaha srotas*
- iv. *Rasavaha srotas*
- v. *Rudhiravaha srotas*
- vi. *Mamsavaha srotas*
- vii. *Medovaha srotas*
- viii. *Asthivaha srotas*

- xi. *Mutravaha srotas*
- xii. *Pureeshavaha srotas*
- xiii. *Swedavaha srotas*

Note: Acarya *Susruta* did not mentioned *Asthivaha*, *majjavaha* and *Swedavaha srotas*.

1. PRANAVAHA SROTAS

अथात् संधारणाद्रीक्ष्याद्व्याध्यायामात् सुधितस्य च । प्राणवाहीनि दुष्यन्ति ओतांस्यप्येष्ट दासनीः ॥१०॥

Moolsthana

- *Acarya Caraka: Hridaya and Maha srotas.*
- *Acarya Susruta: Hridaya and Rasavahi dhamani.*

Dushti Nidana

- *Dhatu kshaya*
- *Suppression of Vega*
- *Intake of dry food*
- *Doing exercise even though feeling hunger*

Pranavaha Sroto vikara

- *Kasa*
- *Shwasa*
- *Hridroga*

Viddha lakshana

Caraka	Susruta
Prolonged respiration	Groaning
Obstructed respiration	Bending down of body
Breathlessness	Illusion & Giddiness
Loud respiration	Tremors
Overall respiratory distress	Ultimately, death

2. UDAKAVAHA SROTAS

औष्ण्यादामाज्यात् पानादतिशुष्काग्रसेवनात् । अम्बुवाहीनि दुष्यन्ति तृष्णायाश्चातिपीडनात् ॥११॥

The srotas carry water.

Also called as *Jalavaha srotas*.

Moolsthana

- Acarya Caraka: Taalu and Kloma.
- Acarya Susruta: Taalu and Kloma.

Dushti Nidana

- Exposure to heat.
- Indigestion
- Fear
- Excess intake of alcohol and dry food

Pranavaha Sroto vikara

- *Trsna*

3. ANNAVAHA SROTAS

अतिमात्रस्य चाकाले चाहितस्य च भोजनात् । अन्नवाहीनि दुष्यन्ति वेगुण्यात् पावकस्य च ॥११॥

Moolsthana

- Acarya Caraka: Amashaya and Vamaparshva.
- Acarya Susruta: Amashaya and Annavaha dhamani

Dushti Nidana

- Atimatra ahara
- Akala ahara
- Dushti of agni

Dushti vikara

- Chardi, krmi, Amlapitta
- Atisara, Visuchika
- Ajirna, Gulma, Mukharoga

Viddha lakshana

<i>Caraka</i>	<i>Susruta</i>
<i>Annaabhilasha</i>	<i>Shoola</i>
<i>Aruchi</i>	<i>Andhya</i>
<i>Avipaka</i>	<i>Annadvesha</i>
<i>Chardi</i>	<i>Pipasa</i>
-	<i>Chardi</i>
-	<i>Marana</i>

4. RASAVAHA SROTAS

गुरु शीतमतिस्निग्धमतिमात्रं समञ्जताम् । रसवाहीनि दुष्यन्ति चिन्त्यानां चातिचिन्तनाद् ॥१३॥

Moolsthana

- *Acarya Caraka: Hrdaya and Dasha dhamaniya*
- *Acarya Susruta: Hrdaya and rasa vaha dhamani*

Dushti Nidana

- Excessive consumption of heavy, cold, oily food.
- *Viruddhahara*

Rasa pradoshaja vikara

- *Angamarda, Pandu roga*

Viddha lakshana

- *Moha*
- *Bhramana*

5. RAKTAVAHA SROTAS

विदाहीन्यन्नपानानि स्निग्धोष्णानि द्रवाणि च । रक्तवाहीनि दुष्यन्ति भयतां चातपानसौ ॥१४॥

Moolsthana

- Acarya Caraka: Yakrta and Pleeha
- Acarya Susruta: Yakrta, Pleeha and Raktavaha dhamani

Dushti Nidana

- Intaking substances causing the burning sensation
- Excessive sun exposure
- Injury by burn, heat, physical trauma

Viddha lakshana

- Bluish discolouration, fever, burning sensation, anaemia, bleeding, etc

Raktavaha dushti vikara

- Masoorika, Visarpa
- Raktapitta, Vidradhi
- Daha, Arsha

6. MAMSAVAHA SROTAS

अभिष्यन्दीनि भोज्यानि स्थूलानि च गुरूणि च । मांसवाहीनि दुग्धानि मुक्त्वा च स्वप्तां दिवा ॥१५॥

Moolsthana

- Acarya Caraka: Snayu, Tvak
- Acarya Susruta: Snayu, Tvacha, Raktavaha dhamani

Dushti Nidana

- Intake of abhishyandi ahara, heavy food
- Day sleeping

Viddha lakshana

- Oedema
- Arsha
- Vascular tortion
- Cyst
- Death

7. MEDOVAHA SROTAS

(अध्यायमारिवास्वप्नान्नेष्टानां चातिभक्षणात् । मेदोवाहीनि दुष्यन्ति वारुण्याश्चातिसेवनात् ॥१६॥)

Moolsthana

- Acarya Caraka: Vrkkā, Vapavahana
- Acarya Susruta: Kati, Vrkkā

Dushti Nidana

- Avyayama
- Divaswapna
- Atiahara sevana

Viddha lakshana

- Svedagamana
- Snigdha anga
- Talushosha
- Sthoolta

8. ASTHIVAHA SROTAS

व्यायामादतिशयोभादस्नायतिविघट्टनात् । अस्थिवाहीनि दुष्यन्ति वातलानां च सेवनात् ॥१७॥

Moolsthana

- *Acarya Caraka: Asthi and Jangha*

Dushti Nidana

- Excess exercise
- Intake of Vata vardhaka ahara
- Excessive exhaustion and friction between bones

Viddha Lakshana

- Extra bone growth
- Cracking pain in teeth and bones
- Discolouration
- Kesha, Nakha, Danta deformity

9. MAJJAVAHA SROTAS

(उत्प्रेषदत्वाभिष्यन्दादिभिषातात् प्रपीडनात् । मज्जवाहीनि दुष्यन्ति विरुद्धानां च सेवनात् ॥१८॥)

Moolsthan

- *Acarya Caraka: Sandhi and Asthi*

Dushti lakshana

- Neurological pain
- Parvani
- Bhrama, Murcha

Dushti Nidana

- *Increased moisture, etc.*

Majjavaha dushti vikara

- Sandhivata, Amavata, Pakshaghata
- Vatrakta, Kushtha
- Raivakshama

10. SHUKRAVAHA SROTAS

अकालपोनिगमनाग्निमहादतिमैथुनात् । शुक्रवाहीनि दुष्यन्ति शस्त्रक्षाराग्निभिस्तथा ॥१९९॥

According to Acarya Susruta,
The 7th kala; Sukradharakala is present all over the body.

Moolsthana

- Acarya caraka: Vrshana, Shefa
- Acarya Susruta: Vrshana, Stana

Dushti Nidana

- Akalayonigamana
- Shukra vegadharana
- Shatra, Kshara, Agni karma
- Intake of Amla, Katu, Tikta rasa

Dushti Lakshana

- Frothy and Thin semen
- Dryness

- Slimy
- Mixed with other dhatus
- Semen sinking to water when placed over water

Shuddha Shukra Lakshana

स्फटिकाभं द्रवं स्निग्धं मधुरं मधु गन्धि च।
शुक्लमिच्छन्ति केचितु तैल क्षौद्र निभं तथा॥(सु.शा.२/९)
शुक्लं शुक्रं गुरु स्निग्धं मधुरं बहुलं बहु।
घृत माक्षिक तैलाभं सद गर्भाय॥(अ.इ.शा.१/१५)

- Crystal clear
- Fluid
- Unctuous
- Sweet

11. ARTAVAVAHA SROTAS

Acarya Caraka did not explain this separately as he mentioned Sukravaha srotas which include both Shukra and artava,,

Moolsthana

- *Acarya Susruta: Garbhashaya, Artavaha dhamani*

Viddha Lakshana

- *Vandhyatva*: Incapable of reproduction

For *Vandhyatva*, Harita Samhita has mentioned 6 main reasons:

- *Garbhakoshbhanga* (acquired disease)
- *Dhatukshaya*
- *Kakavandhya* (one child sterility)
- *Anpatya* (absolute sterility)
- *Garbhastrava* (premature delivery)
- Stillbirth

12. MUTRAVAHA SROTAS

(मूत्रिते दक्षमक्ष्यस्त्रीसेवनान्मूत्रनिग्रहात् । मूत्रवाहीनि दृष्यन्ति क्षीणस्याभिक्षतस्य च ॥३०॥)

Moolsthana

- Acarya Caraka: Basti, Vankshana
- Acarya Susruta: Basti, Medhra

Dushti Lakshana

- Atistrushtama (increased urine frequency)
- Atibadda (difficulty in urine)
- Dysuria

Dushti Nidana

- Vegadharana
- Ksheena

Viddha Lakshana

- Mutranikredha

13. PUREESHVAHA SROTAS

सधारणादत्यशनादजोषाध्यशनात्तथा । वर्चोवाहीनि दुष्यन्ति दुर्बलाग्नेः कशस्य च ॥२१॥

Moolsthana

- Acarya Caraka: Pakvashaya, sthoola guda
- Acarya Susruta: Pakvashya, Guda

Dushti Nidana

- Vegadharana
- Adhyashana, Agnimandya
- Ajirna

Viddha lakshana

- Shoola
- Difficulty passing stools
- Hard stools
- Anaha

14. SVEDAVAHA SROTAS

व्यायामादतिसंतापाच्छीतोष्णाक्रमसेवनात् । स्वेदवाहीनि दुष्यन्ति क्रोधशोकभयैस्तथा ॥२२॥

Moolsthana

- Acarya Caraka: Medo, Loma koopa

Dushti lakshana

- Asweda, Atisweda
- Parushya, Atislakshana
- Lomaharsha

Dushti Nidana

- Ativyayama
- Ati atapa sevana
- Tikshna, Ushna ahara sevana



THANK YOU