

## A BRIEF POSTULATION OF THEORY OF STROTAS IN AYURVEDA

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**ABSTRACT**

Sharir Rachana and Sharir Kriya are two sides of coin. Ayurveda never explained separate Sharir Rachana or Anatomy and Sharir Kriya or Physiology. The Science of Ayurveda is divided into various branches, Strotas vivechan is one of them. Ayurveda has its own holistic approach to understand the Purush Sharir by different theories like Srotas. The term Srotas is used as all the macro and micro channels and pathways operating in the living organism. The concept of Srotas is unique contribution in the understanding of anatomy of human body.

**KEYWORDS:** Strotas, Channels, Sharir.**INTRODUCTION**

The body is divided into small units depending upon their chief function or structure. Each unit comprises of many avayavas (Organs) and each organ is made up of innumerable Srotas. Ayurveda has accepted the human body to be made up of innumerable Srotas

(channels) which are responsible for performing all the physiological and functional activities. All dosha, dhathu and mala perform their functional activities with the help of these Srotas. Hence these units are generally called Srotas.

The term Srotas is derived from the root “Susravana” meaning to exude, to ooze, to flow, to filter. Those from which sravana or flow of the body substances takes place or those through which the materials flow in the body are called Srotas. Thus, they are the channels or

pathways of the body through which the materials needed for tissue building, nutrition and other nutrients flow from one corner of the body to the other. In other words, materials are transported through these Srotas from the place of production to the place of need.

The entire range of life processes in health and diseases depends on the integrity of the Srotas system, which is prone to vitiate and lose its integrity due to life style disorders and faulty food practice resulting in pathological developments, demanding periodic bio-purification. Any macro or micro obstruction in channels lead to Sang Dosha which hampers patency at the Srotas level. This results into development of pathology and disease.

Srotas are the complex pathways or channels of the nervous system governed by Vayu for carrying out the functional and physiological activities of the human body.

### Synonyms of Srotas

Sira (Vein), Dhamani (Artery), Rasayani (Lymphatics ducts), Rasavahini (capillary), Nadi (Tubular conduits), Pantha (Passages), Marga (Pathways, tracts), Sharirachidra (Body orifices), Ashaya (Repertories), Niketa (resorts), Sthanas (Sites), Samvrutsamvratani (open / closed passages).

### Srotas Aakrati

Colour - According to Acharya Charak, Srotas have their color similar to that Dhatu which transported through it.

Size - Anu (Microscopic), Sthula (Macroscopic)

Shape - Vritta (Cylindrical), Dirgha (Long), Pratana (Reticulated)

### Srotas Bhed (Types)

Different texts of Ayurveda classified Srotas as (Table 1)

### Charaka Samhita – 12

Sr. No.	Srotas
1.	Pranavahastrotas
2	Udakvahastrotas
3	Annavahastrotas
4	Rasavahastrotas
5	Raktavahastrotas
6	Mansavahastrotas
7	Medovahastrotas
8	Ashtivahastrotas

9	Majjavahastrotas
10	Shukravahastrotas
11	Mutravahastrotas
12	Purishvahastrotas
13	Swedavahastrotas
14.	Manovahastrotas

### Susruta Samhita

**Bahirmukh Strotas** – 9 in Male and 12 in Female

Netra	-	2
Karna	-	2
Nasika	-	2
Mukha	-	1
Guda	-	1
Mutramarga	-	1 & 3 Extra 12 in female
Stanya	-	2
Apathyamarga	-	1

**Antarmukh Strotas** - 11

1. Pranavahastrotas      2. Udakvahastrotas
3. Annavastritas        4. Rasavahastrotas
5. Raktavahastrotas    6. Mansavahastrotas
7. Medovahastrotas    8. Shukravahastrotas
9. Mutravahastrotas    10. Purishvahastrotas
11. Artavavahastrotas

### STROTOMOOLA

Srotomoola is the area of influence, Chakradatta describes Strotomoola as the area from which Srotas evolves or arises. It is similar to root of the tree. It is also the Prabhavasthana i.e. the anatomical seat of respective Strotas. The cause of morbidity of Strotas and the manifestations first strikes the moolasthanas of their respective Strotas.

## **FUNCTIONS OF STROTAS**

- 1) Grahana or sangrahana : Storage or collection
- 2) Sravana : Secretes, oozing, discharge, exudates
- 3) Vahana : Carry, conduction, transportation
- 4) Shoshana : Absorption, Assimilation
- 5) Nissarana : Elimination or excretion
- 6) Pachana : Digestion
- 7) Vivechana : Selectivity
- 8) Receptable
- 9) Diffusion
- 10) Perniation

## **STROTODUSHTI**

The causes of vitiation of doshas are improper food habits and their activities. The expression of such vitiation is through the manifestation of diseases. The same causes which lead to doshadushti and dhathudushti are responsible for the vitiation of Strotas i.e. strotodushti.

## **SROTODUSHTI LAKSHANAS**

- 1) Atipravrutti : Increased flow or excess production of contents of the channel
- 2) Sanga : Obstruction or stagnation of the flow of content of the channel.
- 3) Siragranthi : Appearance of nodules in the channel
- 4) Vimargagamana : Diversion of the flow of the contents to an improper channel or flow in the path other than its own.

## **IMPORTANCE OF STROTAS**

Acharya Charak has mentioned that Vata, Pitta and Kapha move all over the body through Srotas. When these Srotas (channels of circulation) perform their normal function, then there are no diseases in the body. Any abnormality in Srotas causes abnormality in Dhatus which leads to disease. The Dhatus of the body get metabolized upon by their respective Dhatvagni. The Poshya Dhatus there after get nourished from these Dhatus (Poshaka Dhatus) through their respective Srotas. Ayurveda has given importance to Srotas for every Murthiman bhavas. Srotas are the channels different from sira and dhamani, which carries nutrients to the body organs and widely spreads all over the body. It also carries waste materials for the excretion from the body. Without Srotas, the physiological functions of the human body will not be possible. Every Srotas has two moolasthanas and function of these

moolasthanas is to produce the elements which flow through the srotas. If moolasthanas is defective, the srotas will be defective. But if srotas is defective, does not mean that moolasthanas will also be defective.

## CONCLUSION

Human body consists of Multiple and innumerable Srotas. Srotas indicate all Macro and micro level descriptions pertaining to the exchange, transportation and excretion taking place in the human body. Srotas not only plays a vital role in the manifestation of the disease but also are the prerequisite for maintaining the basic physiological function of the human body. They work as communicating channels especially for nutrients tissue/temporary tissues which are to be utilized for formation of permanent Dhatu. They carry Prana, Udaka, Anna, 7 Dhatus and three types of Mala. Acharya Charak has stated that a man is nothing but conglomeration of Strotomansi which pervades the entire body. All the Dosha, Dhatu and Mala are dependent on Srotas for their formation transportation and destruction. The impairment of the function Strotomansi leads to Srotovrodha or obstruction of Srotas.

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