

## STUDY OF ANATOMICAL CORRELATION OF MEDOVAHA SROTAS AND ITS APPLIED ASPECTS

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### ABSTRACT

The concept of *srotas* is unique contribution in the understanding of anatomy of human body. The microchannels, or *srotas* of body serve as a platform for the functions of *tridosha*, *dhatu*, *oja*, *agni*, and other entities. The anatomical genesis of *srotas* (*Moolasthanas*), its anatomy (form), the reasons of *dushti*, and the aetiology and signs and symptoms of *dushti lakshans* are also described by *Acharyas*. An individual's normal health condition is greatly influenced by their understanding of the anatomy and physiology of *srotas*, as incorrect physiological functioning and disrupted anatomical alignment can result in a variety of health problems. *Medovaha srotas* is one of the *srotas*. *Acharya Susruta* cited *Vrikka* and *Kati Moolasthanas* of *Medovaha Srotas*, *Acharya Charaka* mentioned *Vrikka* and *Vapavhan*. There is no disagreement in *Vrikka* as a *Moolsthana*, although *Vapavahan* has *Greater Omentum*, and *Katias* has a significant amount of fat in the area surrounding to lumbar region. The mechanism that transports or

circulates the constituents of the *Doshas* and *Dhatus* to the different organs is known as the *Srotas*.

**KEYWORDS:** *Medovaha srotas*, *Medadhatu*

### INTRODUCTION

*Srotas* is a system of channel in body which is responsible for formation, transportation etc. of certain entities. The transporting system which carries *medadhatu* from site of production to

site of action is *medovaha srotas*. Vitiating of *srotas* can lead to many pathological conditions in the body.

In present era there is metabolic diseases are rising due to improper lifestyle, dietary habit like fast food-pizza, burger, etc. lack of exercise, excessive drinking of water. *Medovaha srotas* and *medodhatu* plays significant role in developing many metabolic disorders like diabetes, obesity. So, it is necessary to know about *medovaha srotas* anatomy and its clinical importance.

## AIM AND OBJECTIVES

1. To study of anatomical correlation of *medovaha srotas* and its applied aspects.
2. To study the *medovaha srotas*.

## Review of Literature

1. *Charaka Samhita vimansthana adhyaya* 5
2. *Charaka Samhita sutrasthana adhyaya* 28
3. *Sushruta Samhita sharirsthana adhyaya* 4, 9
4. *Vagbhata Sharirsthana* 3
5. *Sharangadhar purvakhand* 5

## Concept of srotas

स्वधातुसमवर्णानि वृत्तस्थूलान्यणूनि च ।

स्रोतांसि दीर्घाण्याकृत्या प्रतानसदृशानि च ॥ च.वि.५/२५

The srotas has colour of dhatu (tissue) that they are carrying. They are different shapes, sizes, round, thick, large, small, microscopic, elongated and forms network and branches.<sup>[1]</sup>

1. मूलात् खादन्तरं देहे प्रसृतं त्वभिवाहि यत् ।

स्रोतस्तदिति विज्ञेयं सिराधमनिवर्जितम् ॥ सु.शा.९/१३

2. स्रोतांसि खलु परिणाममापद्यमानानां धातूनामभिवाहीनि भवन्त्ययनार्थेन ॥  
च. वि.५/३

Considering modern science, we can correlate Srotas as the micro and macro channels of circulations and pathways, it carries the transforming dhatus are formed in this channel. They carry solid, liquid, and gaseous type of substances, nutrients, secretions, enzymes, hormones, waste product etc. in and out of the system.<sup>[2,3]</sup>

### Concept of *moolasthan*

Each *srotas* has *moolasthan* (Origin of certain *srotas*) and it spread all over the body in the form of microscopic channel. These *moolasthan* is very important for *srotas* to function well. *Aacharya* considered it to be *prabhavasthan* i.e. from where all activities of *srotas* take place and which is affected most during pathological condition.<sup>[4]</sup>

मूलमिति प्रभवस्थान। च.वि.५/१६

It is explained by commentator of *Charaka Samhita Aacharaya Chakrapani* –

मुलोपघातद्रुक्षणमिव धमनीनां महानुपघातो भवतीति ज्ञेयम्॥ च. वि.५/१६

If root of tree destroyed, it will cause harm to whole tree. Likewise, if harm is caused to *srotomoola*, it will lead to damage whole *srotas*.

<i>Aacharya</i>	<i>Moolasthan</i>
<i>Charaka</i>	<i>Vrikka</i> and <i>Vapavahan</i>
<i>Sushruta</i>	<i>Vrikka</i> and <i>Kati</i>
<i>Vagbhata</i>	<i>Vrikka</i> and <i>Mamsa</i>

### *Vrikka*

It is one of the *koshtanga* formed by *sara* of *rakta* and *meda dhatu*.

वृक्कौ मांसपिण्डद्वयम्। सु.नि.९/१८

वृक्कौ कुक्षिगोलकौ। सु.शा.४/३१

According to commentator of *Sushrita Samhita Aacharaya Dalhan* stated that *vrikka* looks like *mamsapinda* and are two in number which is situated in right and left quadrant. Kidney is protected by three layers. Outside the fascia is most superficial layer – a layer of fat tissue called perinephric fat. The layer sits posterior and posterolaterally to each kidney and separates it from muscles of abdominal wall.<sup>[5,6]</sup>

### *Vapavahan*

It is mentioned as *koshtanga* and *moolasthan* of *medovaha srotas*.

*Vapa* = Fat

*Vahan* = To carry

*Aacharya Chakrapani* considered it as *Tailvartika* i.e slimy and oily in nature which is

compared with greater omentum. Greater omentum is appeared as a thin fenestrated membrane with varying amount of fat deposition. It is composed of two mesothelial sheets which enclose predominantly adipocytes embedded in a loose connective tissue. This adipose tissue plays important immune role but can also serve as a source of chronic inflammation in obese individual possibly contributing to metabolic syndrome.

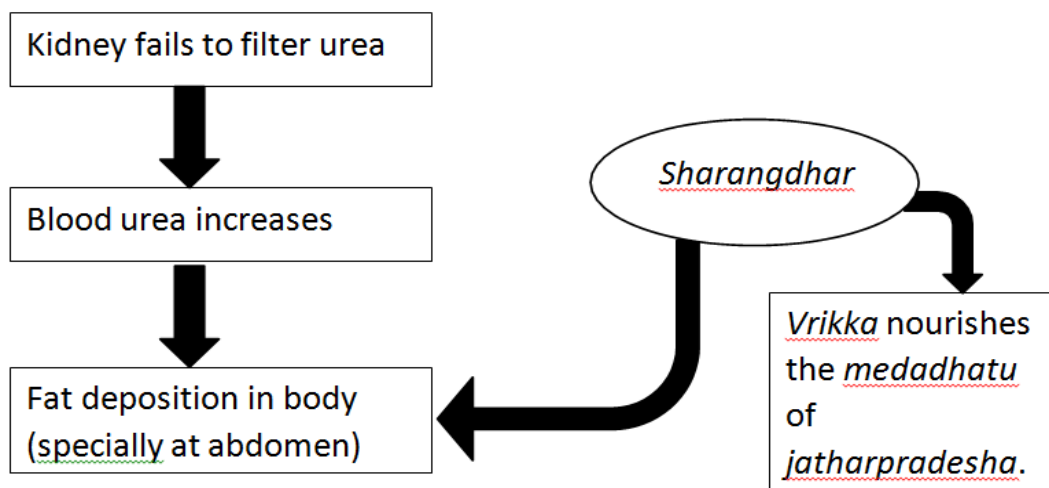
### *Kati*

कटी श्रोणी: कुकुदयति॥ अमरकोश

Waist considered as *kati* where the large amount of fat occurs. These days waist circumference – height ratio (WHtR) is recommended in screening cardiometabolic syndrome. Also, several studies on WHtR, WC, and BMI have been proved valuable in prediction various metabolic syndromes like obesity, DM, etc.



### Applied *sharir*



**Medovaha srotas dushti hetu:**

अव्यायामाद्विवास्वप्रान्मेद्यानां चातिभक्षणात् । मेदोवाहीनि दुष्यन्ति वारुण्याश्चातिसेवनात् ॥  
च. वि. ५/१६

*Medovaha srotas* are affected due to lack of physical exercise, day sleep, excessive intake of fatty food, and alcoholic drinks.

**Medovaha srotas dushti lakshana**

मेदः संश्रयांस्तु प्रचक्ष्महे । निन्दितानि प्रमेहाणां पूर्वरूपाणि यानि च ॥ च.सु. २८/१५

*Aacharaya Charaka* stated that *medovaha srotas dushthi lakshana* are the despicable one and the premonitory symptoms of *prameha*.

**Medovaha srotas viddha lakshana**

तत्र विद्धस्य स्वेदागमनं स्निग्धाङ्गता तालुशोषः स्थूलता शोफः पिपासा च । सु.शा. ९/११

An injury to *medovaha srotas* (*kati*, *vrikka*, *vapavahan*) any of these bring in (a copious flow of) perspiration, oily gloss of skin, parched condition of palate, extensive swelling (of locality), thirst.

**DISCUSSION**

- Knowledge of *sharir* is essential to treat the disease. If we know normal anatomy and physiology then only, we will be able to treat pathology.
- Causes of *medovaha srotas dushti* are principally affecting the *moolasthanas* of *medovaha srotas* i.e. kidneys, lower abdomen, and waist.
- The structure and function of these organs is affected. By taking care of dietary habits and lifestyle, *medovaha srotas dushti* can be prevented.

**CONCLUSION**

- Most pre-dominant disease related to *medovaha srotas* are obesity, diabetes, etc are main health issue of present era.
- Prevalence of central obesity in India is 40.3%.
- So, it is necessary to know about *medovaha srotas* anatomy and its clinical importance.
- Management of *srotas* is helpful to prevent and cure the disease.

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