

## REVIEW ON CONCEPT OF SROTAS WSR TO STANYAVAHA SROTODUSHTI

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### ABSTRACT

Ayurveda is based on *Triguna, Tanmatra, Tridosha, Saptadhatu, Oja, Agni, Ama*, and *Srotas*. *Srotas* are inner important transport system of our body. These channels provide platform for activities of other important bio- factors like transportation, nutrition, nutrients exchange etc. For *Dosha, Dhatu, etc.* In Ayurvedic classics the term *Srotas* is used as dynamic inner transport system of body, mind, and spirit organization in addition to circulatory system. Ayurvedic Acharyas have described that the entire range of life processes in health and disease depends on integrity of the *Srotas* system. As compare to other *Srotas, Stanyavaha srotas* is not explained deep in our classics. This is prone to lose its integrity due to faulty food and lifestyle regime. There is a need to study the *Stanyavaha srotas* and its *Dushti*. This article is

small effort in order to understand Ayurvedic concept of *Srotas* and *Stanyavaha Srotodushti*.

**KEYWORDS:** *Srotas, Stanya, Srotodushti, Ayurved.*

### INTRODUCTION

Ayurveda is a life science and according to it, the human body is made up of *Tridosha* i.e *Vata, Pitta, Kapha*. They follow routes to perform their own activities. Ayurveda has accepted that the human body to be made up of innumerable channels which are responsible for performing all the physiological functions and activities.

The word *Srotas* derived from 'Sru' *Gatau Dhatu*, which means movement. There are many definitions of *Srotas* available in classics according to different Acharya. *Srotas* is the path helps for transformation of substance. Nutrients substance are supplied to cell and tissue via the process of translation through path is *Srotas*. Also channels carry the transformed *Dhatus* to different destination through their mesh of network to nourish the cell and tissue. *Srotas* are defined as empty spaces spreader to entire body which originates from root space except *Sira* and *Dhamani*. All the entire empty space wherever it is present distributed uniquely for the supply of proper nourishment to the body is called *Srotas*.

*Srotas* carry or circulate *Manas*, *Prana*, *Anna*, *Jala*, *Dosha*, *Dhatu*, *Updhatu*, *Dhatumula*, *Mutra* and *Purisha*.

### AIM

To study *Srotas Sharir* and *Stanyavaha Srotodushti*.

### OBJECTIVE

1. To study *Srotas Sharir*.
2. To study types of *Stanyavaha Srotodushti*.

### MATERIAL AND METHOD

Only textual material is used for present study and from which the relevant references have been collected. The principle Ayurvedic texts referred in this study are *Charak Samhira*, *Sushrut Samhita*, *Sharangdhar Samhita* and available commentaries on them and related website have also been searched.

### Synonyms of Srotas

*Srotamsi Sira*, *Dhamani*, *Rasayani*, *Rasavahi*, *Nadya*, *Pantanal*, *Margaret*, *Sharircchirani*, *Samvrttasamvrtani*, *Sthanani*, *Ahaya*, etc.

### Structure of Srotas

Orifices of the *Srotas* are minute, spreader long, and far away like lotus stalk. Through such channels '*Rasa*' Circulates and nourishes cells and tissues.

*Srotas* attain the colour of the *Dhatu* in which they circulate. These are circular, big, small, long and resembles like line of leaf.

### Number of Srotas

It is not possible to numerator all *Srotas* because these are innumerable. Millions of *Srotas* present in the body.

### *Srotas and Moolsthana*

<b>SROTAS</b>	<b>MOOLSTHAN</b>
Pranavaha	<i>Hridaya</i> Brain and heart) <i>Mahasrotas</i>
Udakvaha	<i>Talu, Kloma</i> (oropharynx)
Annavaha	Stomach, left flank
Rasavaha	<i>Hriday</i> (Heart) ten <i>Dhamani</i>
Raktavaha	Ligament, skin
Mamsavaha	Kidney, omentum
Medovaha	Adipose tissue, <i>Jaghana</i>
Asthivaha	Bones, joints
Majjavaha	Testes, pudendum
Shukravaha	Urinary bladder, <i>vankshanas</i> ( kidneys)
Mutravaha	Large intestine, rectum
Purishvaha	Adipose tissue, hair follicles
Swedovaha	Uterus, fallopian tubes
Manovaha	<i>Hridaya</i> (Heart and brain)

### Types of Srotas

Through conceptually *Srotas* are innumerable, a certain number is assumed according to their specified functions. Mainly *Srotas* is classified into two kinds namely *Bahiya* and *Abhyantar* *Srotas*. According to *Sushruta*, *Bahya* *Srotas* in male are 9 and in female 12 and 11 pair of *Abhyantar*. According to *Acharya Charak* *Abhyantar* 13. *Sushruta* called *Srotas* as *Yogavahi*. *Bahya* *Srotas* are 2 *Nasa Randhra*, 2 *Karna Randhra*, 2 *Nayana Randhra*, 1 *Mehana Randhra*, 1 *Guda Randhra*, 1 *Vedana Randhra*. In females, 2 *Stana Randhra* and 1 *Rakthapatha*.

### Importance of Srotas

Healthy *Srotas* perform their normal function as a result, body is free from diseases and unhealthy *Srotas* become root cause for the development of pathogenesis. Improper foods, erratic behavior and such other things which are not co decide to the body brings Abnormality in *Srotas* leading to manifestation of disease. Adoptable of normal conducive food and action leads to happiness and sound health.

### Functions of *Srotas*

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 Receptable Diffusion Perniation

### *Stana*

*Stana* (breast) is considered as *moola Sthaana* by *Acharya Sushruta*, the appropriate reason for considering *Sthana* as *Moola Sthaana* has not been explained. So the probable reason may be the organs concerned with the function of *Santhaaanotpatti* (reproduction), either in males and females Should be considered under *Shukravaha Srotas*, as there is an opinion that the *Stana* in Both the sexes have main role in the sexual act as sensitive areas, where these areas can provoke the sexual act and ultimately its effect will be there on the secretion of *Shukra*. Also *Acharya Sushrut* & *Sharandhar* mentioned *Stree Sharir* has extra *Srotas* named *Stanyavaha Srotas*.

### *Stanyavaha Srotas*

The separate literature on *Stanyavaha Srotas* is not available in *Samhitas* but *Acharya Sushrut* mentioned extra *Bahirmukha Srotas* in women with reference to *Stana*. As *Stanyavaha Srotas* is not directly mentioned in *Samhitas* and so *Stanyavaha Srotas Dushti* also not explained well. As we mentioned above *Srotas* is nothing but channels carrying *Dhatu*, *Upadhatu* etc. and *Stanya* is *Upadhatu* of *Rasa Dhatu*. Therefore Channels which carry *Stanya* (Breast milk) is called *Stanyavaha Srotas*.

### Etiological Factor for *Srotodushti*

Improper diet which aggravated *Vatadi Doshas* i.e person who is not following the rules and regulations of eight diet principles. Erratic behavior or activities related to speech, body, and mind aggravates the *Vatadi Doshas*. Affliction of *Srotas* leads to the vitiation of the tissue elements residing there or passing through them. Vitiation of one leads to the vitiation of other.

There are mainly 4 kinds of *Srotodushti* explained.

1. *Atipravrutti* (excessive flow)
2. *Sanga* (Obstructed flow)
3. *Sira granthi* (Localized dilatation)
4. *Vimargagaman* ( Abnormal Flow)

In *Stanyavaha Srotas*, channels carrying breast milk and *Atipravrutti* or *Sanga* in this *Srotas* means excessive or decrease flow which we can correlate with *Dhatu vruddhi* or *Kshay*.

### **ATIPRAVRUTTI**

Increased flow or excess production of content of *Srotas*. In this study *Stanya* (breast milk) is content of *Stanyavaha Srotas*.

#### ***Stanyavruddhi lakshana are***

- *Apinatvam* (heaviness) in breast,
- *Muhur muhu* (frequently milk discharge from the nipple)
- *Toda* (throbbing pain.)

### **SANGA**

Obstruction, strangling or less than normal flow of channels. Partial or complete obstruction in the normal functioning of the *Srotas* e.g. in galactoceles state due to obstruction of mammary glands.

#### ***Stanya kshay lakshana are***

- *Stana Mlanata* ( become loose)
- *Stanya Alpata* ( decrease in quantity)
- *Staya asambhav* (absolute Absence of breast milk production)

**SIRAGRANTHI** – Appearance of nodule in channels or Some specific *Srotas* and the related organs show pathological changes in the form of enlargement, or altered structure e.g. *Shlipada*, *Arbuda*, *Vidradhi*, *Gulma* etc.

**VIMARGAGAMAN**- Diversion of the flow of contents to an improper channel or flow in the path other than its own. E.g. abnormal nipple secretions. Bloody, Watery, Pus or milk discharge other than lactating women.

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