

**DISEASES OF MAMSAVAHA SROTAS AND THEIR TREATMENT IN
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ABSTRACT

In Ayurvedic medicine, "srotas" refers to the channels or pathways responsible for transporting vital substances within the body. When these channels are not functioning properly, it can lead to various srotadusti or "diseases of the srotas". The treatment of srotadusti involves restoring the balance and proper functioning of the affected srotas by addressing the underlying causes and using appropriate ayurvedic therapies. Mamsavaha Srotas, the bodily channels responsible for the transportation of mamsa dhatu (muscle tissue), play a critical role in maintaining structural and functional integrity. Disorders of these srotas manifest as muscular dystrophies, abscesses, and other related pathologies. Diseases of Mamsavaha Srotas primarily occur due to Srotodushti caused by Dosha vitiation, abhighata (injury) ativyayama (over exertion), kuposhan (malnutrition), or dhatugat vyadhi (systemic disorders) affecting muscle tissue. The major types of Srotodushti include Sanga (obstruction), Vimarga gamana (misdirection of flow), Atipravritti (excessive flow), and Siragranthi (abnormal growths or nodules). The Ayurvedic management of these

conditions is based on the principles of Samprapti Vighatana (breaking the pathogenesis) and restoring normal srotas function. Ayurvedic perspective on Mamsavaha Srotas and its

diseases provides a well-integrated framework for understanding and managing various musculoskeletal disorders. The emphasis on individualized treatment, natural medicines, detoxification, and rejuvenation aligns well with modern holistic health paradigms. A deeper exploration into Ayurvedic diagnostics and therapy—along with modern clinical validation—can significantly enhance treatment outcomes in patients suffering from muscle-related diseases. This paper explores the concept of Mamsavaha Srotas, its related diseases, etiological factors, clinical manifestations, and therapeutic approaches rooted in classical Ayurvedic texts.

KEYWORDS: Ayurveda, Srotas, Mamsavaha srotas, diseases, treatment.

1. INTRODUCTION

In Ayurveda, Ayu (life) is defined as conjunction of body, soul, mind and senses. Each has been given due importance in the maintenance of health and prevention and cure of disease. Ayurveda mention various aspects related to the normal physiological functioning of body, diseases and their management. Ayurveda elaborated one such concept of Srotas the body is conceptualized as a network of srotas (channels) through which different dhatus (tissues) and substances are transported. The Srotas are similar in colour of that Dhatus which remain within it i.e., Swadhatusamvarnata. These are Vritta, Sthhoola, Anu, Deergha etc. in shape. Mamsavaha Srotas are primarily responsible for the transportation and nourishment of mamsa dhatu (muscular tissue). Proper functioning of these channels is essential for muscle strength, movement, and structural support.^[1]

2 AIMS AND OBJECTIVES

- Detailed study on Mamsavaha srotas and its diseases.
- To find and explain the reference of about Mamsavaha srotas which are scattered in various texts of Ayurveda.
- The diseases of Mamsavaha srotas need to be studied and explain in terms of modern parlance so that suitable clinical conditions can be explained in modern medicine

3. MATERIAL AND METHODS

Upon gathering relevant literary references from diverse sources, these will be systematically organized and analyzed, providing explanations aligned with contemporary medical understanding. Efforts will be made to establish correlations between Ayurvedic diseases of the Mamsavaha Srotas and their modern medical counterparts.”

4. Review of Mamsavaha srotas and its diseases

• **Anatomy and Physiology of Mamsavaha Srotas**

According to Ayurveda acharyas the root of Mamsavaha Srotas is:

- Moolasthan (root): Snayu (ligaments), Tvak (skin), and Raktavahi Dhamani (bloodcarrying vessels)²
- Srotomarga (channel path): Entire body where muscle tissue is present

Functions include

- Distribution and maintenance of muscular tissue
- Facilitating bodily strength (bala) and physical support
- Involvement in locomotor activity

• **Causes of Vitiating (Srotodushti Hetu)**

Acharya charak says that if Srotas remain in Prakritibhutavastha then origin of disease not possible and if these are vitiated then Dhatus related to it and their path are also vitiated and produce disease.^[1] Acharya Sushruta mention that the vitiated Doshas can't cause disease until Kha Vaigunya (weak point) is originated in the Srotas.^[4] In Ashtang Hridayam it is mentioned that vitiated Srotas are cause of disease and unvitiating Srotas are cause of health. The main cause of Srotadushti is the consumption of that Ahara and exposure to Vihara which vitiate the Doshas and makes abnormal Dhatus.^[3]

Key etiological factors for vitiating of Mamsavaha Srotas

- Atishram -Overexertion or heavy physical labor
- Excessive intake of guru (heavy),ushna abhisyandi, and snigdha (unctuous) aahar (foods)
- Vega dharan- (Suppression of natural urges)
- Aaghat- (Trauma or external injury)
- Krimi- (Infection)
- Shotha-(inflammation)
- Avasaad -(Psychological stress)
- Important Vihara is Shayan immediately after taking food.^[5]

• **Diseases of Mamsavaha Srotas (Mamsavaha Srotas Vyadhi)**

Some of the diseases resulting from vitiating include

The clinical features Mamsavaha Srotodushti are Adhimamsa, Arbuda, keelam, Galashalooka, Galashundi, Putimamsa, Alaji, Galaganda, Gandamala, and Upajihvika. These Lakshana are indicative of disease of Mamsavaha Srotasa.^[6]

a. Adhimaamsa

- Features: According to Ayurveda it is a condition marked by excessive growth of muscle tissue or an overgrowth of flesh around the teeth. This condition typically necessitates surgical intervention for removal, alongside the application of medicinal pastes to aid in healing.
- Causes : Aggravation of Kapha dosha dominance
- Modern Correlation: A sort protuberance of flesh, a great and painful swelling around impacted wisdom tooth, Fleshy exrescences on the eye, Cancer of the eye.^[7]

b. Arbuda (Tumor / Neoplasm)

- Features: Deep-seated, growing mass, may cause obstruction
- Dosha Involvement: Tridosha vitiation, especially Kapha
- Modern Correlation: Muscle cancer (e.g., sarcoma), Carcinoma, Benign or malignant muscular growths.

Mamsarbuda (Muscle Tumor)

- A type of Arbuda specifically affecting muscle tissue
- Could resemble Rhabdomyosarcoma or soft tissue tumour in modern terms.^[8]

c. Keelam

- Features - Overgrowth of muscles appearing in the shape of nails , piles
- Causes- Aggravation of Vata and Kapha dosha
- Modern correlation -Warts or Fibromas.^[9]

d. Galashaaluka / kanthashaluk

- Features- Granular eruptions within the throat
- Causes- Aggravation of Kapha dosha
- Modern correlation- Adenoids, Uvulitis.^[10]

e. Galashundika or kanthasundi

- Features - Inflammation occurs at the base of the palate and grows forward and becomes long like a bag filled with air. Patient suffers from thirst, cough and breathing problems etc.
- Causes- Kapha or Rakta dosha dominant
- Modern correlation - Elongated uvula, Tonsillitis.^[11]

f. Pooti maamsa

- Features - Gangrene or sloughing of muscle tissue.
- Causes - Vata, Pitta or Kapha dosha dominant
- Modern correlation:- Muscle necrosis.^[12]

g. Alaji

- Features- It causes burning at the place of its origin (Skin) pain like burning by fire continuously, round Shape like vidarikanda, raktaashita varn [colour is red (as like blood) or white)
 - Cause- due to aggravation of pitta dosha.
- Modern correlation- Carbuncle.^[13]

h. Galaganda

- Features- Swelling or inflammation over the throat or neck which is hanging like a testicle in a small or big size. The every swelling in the throat is not related with the galgand or goitre it has specific features according to doshas.
- Causes - Vata, Kapha or Meda dominant
- Modern correlation – Goitre.^[14]

I. Gandamala

- features - two or more testicle like swelling over the neck
- Causes- vata, kapha or meda
- modern correlation- cervical lymphadenitis.^[15]

j. Upajihwikaa

- Features - A cystic swelling resembling on the 'tip of the tongue' beneath the tongue, it looks like a small or sub tongue.
- Causes- vitiated kapha or racket afflict the tongue.

- Modern correlation- Ranula.^[16]

k. Arsha (piles)

- Features - Swollen and inflamed veins in the rectum and anus that cause discomfort and bleeding.
- Causes- Rakta and Mamsa pradoshaj vyadhi
- Modern correlation- piles, haemorrhoids.^[17]

l. Granthi (Cyst or lump / Swelling / Benign tumor)

- Features: Small, round, localized mass, often painless, abnormal localized swelling
- Dosha Involvement: Vata, Pitta, Kapha + Meda + Mamsa
- Modern Correlation: Lipoma, fibroma, myoma.^[18]

m. Vidradhi (Abscess in muscle tissue)

- Localized inflammation due to infectious pathology
- May be external or internal
- Causes - rakta or mamsa
- Features: Suppurative swelling, pain, fever
- Modern Correlation: Pyomyositis, abscess formation.^[19]

n. Shotha (Swelling / Edema of Muscle Tissue)

- Features : Due to trauma, inflammation
- Causes: Vata, Pitta, Kapha or Rakta vitiation
- Modern Correlation: Myositis, Cellulitis.^[20]

o. Dhatukshaya, Mamsakshya (Muscle Wasting)

- Depletion of mamsa dhatu
- Features: Lean body, specifically loss of muscle mass in neck, belly or buttock regions fatigue, loss of strength, poor immunity, pain in whole body or limbs, dhamni shaithilya, sandhivedna etc.
- Causes: Vata vitiation Seen in chronic diseases malnutrition or degenerative disorders
- Modern Correlation: Sarcopenia, Muscular dystrophy, Cachexia.^[21]

p. Mamsa Vriddhi (Muscle Hypertrophy / Overgrowth)

Features: Localized or generalized muscle enlargement

- Causes: Kapha dominance, anabolic diet or disorders

- Modern Correlation: Myositis, steroid-induced hypertrophy.²²

a. Snayugata Vata / Mamsagata Vata (Neuromuscular Disorders)

- Features: Muscle stiffness, twitching, loss of flexibility, muscle cramps, wasting, Bahyayaam(Moving the body and muscles outwards), Antarayayam(moving all the muscles and body inwards), Khalli(cramps or pain like situations in limbs), Kubjta(humpback), Ekangvata (Vata vitiation in particular region or organ).
- Involvement of Vata dosha in muscle tissue
- Modern correlation: Neuromuscular disorders, Muscular dystrophy, Motor neuron diseases, Spasticity.^[23]

r. Dhamni pratichaya

- Features: Reduced blood supply, pain, swelling
- Modern Correlation: Atherosclerosis
- Cause- due to Kapha dosha.^[24]

s. Other Possible Conditions (Modern Correlation)

- Polymyositis / Dermatomyositis – inflammation of muscle fibers
- Fibromyalgia – widespread muscle pain (Vata + Ama)
- Myopathies – metabolic or inflammatory disorders affecting muscle function
- Mamsasamghat (features like as fibroma)- inside the palate region due to aggravation of kapha dosha get inflamed mamsa which is painless.

Note - All the diseases which are related with mamsa dhaatu are also includes in mamsawaha srotas.

• Diagnosis (Roga Pariksha)

- Darshana (Inspection): Muscle wasting, lumps, abscess
- Sparshana (Palpation): Tenderness, temperature, rigidity
- Prashna (History Taking): Symptoms, diet, lifestyle, trauma
- Use of Ashtavidha Pariksha, Dashavidha Pariksha.^[25]

• Treatment Principles (Chikitsa Siddhanta)

When the vitiation of Srotas occurs the treatment of moolasthan can cure the whole deformity because moolasthan is the control system of the whole srotas.

a. Nidana Parivarjana

- Elimination of causative factors like overexertion and improper diet

b. Shodhana Therapy (Purification)

- Snehana (oleation) and Swedana (sudation) for muscle stiffness
- Vaman ,Virechana(purgation) and Basti for Vata-pitta, Kapha disorders
- Dhumpan(smoking)
- Shirovirechan
- Shirodhara
- Puranghrita paan (intake of puranghrita)
- Mardan (rubbing)
- Kavalghriha (gargling)
- Langhan(fasting)

c. Shamana Therapy (Palliative)

Herbal medicines

- Ashwagandha, Bala, Guggulu, Rasna, Shatavari.
- Rasayana therapy: Enhances tissue regeneration
- Use of Chyawanprash, Ashwagandha Rasayana
- Shastriya yoga (classical formulations). Karpuraditaila, Narayan taila, Murivenna, Dhanvantartaila, Kottamchukkadi taila

d. Local Treatment

- Abhyanga (medicated oil massage): With like Mahanarayana Taila or Bala Taila
- Lepa (medicinal paste) and Upanaha (poultices) for inflammation
- Lekhan karma (scraping)

e. Surgical Management (Shalya Chikitsa)

- Shastra(surgical procedure), kshar (application of alkalis or alkali cauterization), agni karma (cauterization using fire) in case of galgand, vidradhi, arbuda, granthi, bhagandar, Arsha, charmakila, naadi varna, dusta vrana, etc – Vidradhi Chikitsa as per Sushruta.^[26]

• Preventive Aspects

- Regular exercise and yoga for muscle tone

- Balanced diet rich in protein and medhya rasayana
- Avoidance of overexertion and trauma

Here's a table summarizing the Ayurvedic throat and glandular disorders — Adhimamsa, Arbuda, Mamsakeelaka, Galashalooka, Galashundi, Putimamsa, Alaji, Galaganda, Gandamala, and Upajihvika, Arsha, Granthi, Vidradhi, Shotha, Mamsakshaya, Mamsa Vriddhi, Snayugatavata and Dhamni Praticaya— with respect to their Dosha vitiation, modern medical correlation (where possible), and Ayurvedic/Modern treatment approaches.^[26,27]

Disease (Ayurveda)	Primary Dosha(s) Involved	Modern Correlation	Suggested Treatment (Ayurveda / Modern)
Adhimamsa	Kapha > Mamsa dhatu	Benign muscle tumor / Fibroma	Lekhana karma (scraping), Raktamokshana, Kshara karma; kawal dharan, Surgery if large.
Arbuda	Tridosha (Kapha dominance)	Malignant tumor / Cancer	Shodhana, Kshara karma, Bhesaja chikitsa; Modern: Surgery, Chemo, Radiotherapy
Keelam	Kapha, Vata	Fibroma / Muscle adhesion	Lekhana karma, Raktamokshana, Herbal decoctions (Guggulu-based)
Galashalooka	Kapha	Adenoids / Uvulitis	Anti-inflammatory herbs, cooling therapies; Modern: Antibiotics, Analgesics
Galashundi	Kapha+ Rakta	Chronic tonsillitis / Pharyngitis	Shodhana (purificatory therapy), Nasya, Surgery if recurrent
Putimamsa	Vata+Kapha	Gangrene / Necrotic tissue	Surgical excision, Kshara application, Raktamokshana
Alaji	Pitta	ulcers / Aphthous ulcers	Cooling herbs (e.g. Yashtimadhu), local applications; Modern: Topical antiseptics
Galaganda	Vata, Kapha > Meda dhatu	Goiter / Thyroid swelling	Lekhana therapy, Kanchnar Guggulu, Nasya; Modern: Thyroid meds / Surgery
Gandamala	Vata, Kapha > meda	Tubercular lymphadenitis / Scrofula	Rasayana therapy, Kanchanar Guggulu, Raktamokshana; Modern: Anti-TB drugs
Upajihvika	Kapha	Peritonsillar abscess / Quinsy/ Ranula	Incision & drainage, Kshara karma, Nasya; Modern: Antibiotics, Surgery
Arsha (Piles)	Vata + Pitta + Kapha (esp. Apana Vata)	Hemorrhoids (Internal/External)	Ayurveda: Kshara Sutra, Basti, Abhyanga, Haritaki, Triphala; Modern: Rubber band ligation, surgery, topical corticosteroids
Granthi (Cystic swelling)	Kapha + Meda + Mamsa	Lipoma, Epidermoid cyst, Benign glandular swelling	Ayurveda: Lekhana, Kshara karma, Bhedana karma; Modern: Surgical excision
Vidradhi (Abscess)	Rakta+ Mamsa	Acute abscess, Cellulitis, Boils	Ayurveda: Lepa (poultice), Basti, Raktamokshana, Bhedankarma, Kshara karma,

			Panchakarma; Modern: Incision and drainage, antibiotics
Shotha (Swelling)	Vata+ Kapha	Inflammation, Edema, Cellulitis	Ayurveda: Svedana (sudation), Lepa, Basti; Sira okshan, Virechan etc. Modern: Antiinflammatory meds, diuretics
Mamsakshaya (Muscle wasting)	Vata (with Dhatukshaya)	Cachexia, Sarcopenia, Muscle atrophy	Ayurveda: Brimhana, Rasayana (Ashwagandha, Shatavari), Abhyanga; Modern: Nutritional therapy, physiotherapy, high-protein diet
Mamsa Vriddhi (Tissue overgrowth)	Kapha predominant	Myopathy, Muscle hypertrophy, Lipoma	Ayurveda: Lekhana karma, Langhana, Virechana; Modern: Surgery if large mass or causing dysfunction
Snayugataavata (Ligament/tendon disorders)	Vata	Tendinitis, Ligament sprain, Enthesopathy	Ayurveda: Sneha (oil application), Svedana, Basti, Masha taila, Upanaah, Agnikarma; Bandhan, Mardan; Modern: NSAIDs, physiotherapy, corticosteroid injection
Dhamni Praticaya (Thickened arteries)	Kapha	Atherosclerosis, Arterial plaque buildup	Ayurveda: Lekhana, Virechana, Guggulu, Lasuna; Modern: Statins, lifestyle changes, angioplasty

Notes

- Dosha vitiation: Indicates the predominant pathological Doshas involved.
- Modern correlation: Based on similarity in clinical presentation and pathology.
- Ayurvedic treatment: Involves herbal, surgical (Shalya), or purificatory (Shodhana) therapies depending on severity.
- Modern treatment: Often involves standard allopathic interventions like antibiotics, excision, or cancer therapies.

5. CONCLUSION

Diseases of Mamsavaha Srotas represent a significant category of musculoskeletal disorders. Ayurveda provides a comprehensive approach to diagnosis and treatment based on individual doshic involvement and dhatu condition. Preventive and promotive care, along with Shodhana and Shamana therapies, offer holistic management options that align with modern rehabilitative goals.

Mamsavaha srotas plays a vital role in transporting the transforming mamsa dhatu (muscle tissue) and in the transudation of nutrients. When mamsa dhatu is formed in abundance and quality, individuals are referred to as Mamsa pradhan purusha. Any disturbance or vitiation in

the Mamsavaha srotas can lead to disease, often manifesting as metabolic disorders. This system is responsible for delivering nourishment to the muscles and originates in the superficial layers of the body, including fascia, small tendons, and the six layers of the skin, extending throughout the muscular network. Understanding Mamsavaha srotas and the conditions that arise from its dysfunction is essential for maintaining overall health and wellness.

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