

CONCEPT OF SROTAS IN AYURVEDA WITH SPECIAL REFERENCE TO SWEDAVAHA SROTAS

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ABSTRACT

Srotas are the unique concepts described in *Ayurveda* science which has importance in the diagnosis of disease and its management. All *Srotas* in the body were compared through the number of *Bhavas* which are present in the body. There are innumerable *bhavas* present in the body, therefore the number of *Srotas* are also innumerable. *Acharya Charaka, Sushruta & Vagbhatta* has mentioned description about *Srotas*. *Swedavaha Srotas* mentioned by *Acharya Charaka* in his *Vimanshana* in *Charaka Samhita*. It shows significance in diagnosis, prevention and management of its vitiated diseases. In this review article, concept of *Srotas* and *Swedavaha Srotas* were studied.

KEYWORDS: *Srotas, Swedavaha Srotas, Ayurveda.*

INTRODUCTION

The *Srotas* are the transporting channels of materials in the body such as blood, nutrients etc. which are undergoing transformation in human body. The Concept of

Article Received on
13 August 2024,

Revised on 03 Sept. 2024,
Accepted on 24 Sept. 2024

DOI: 10.20959/wjpr202419-34076



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Srotas of both the *Acharyas*, *Sushruta* and *Charaka* must be different because the approach of the *Acharya* is different in their views regarding the *Srotas*. *Charaka* mainly considered the Concept of *Srotas* on the Physio-pathological aspect and *Sushruta* considered on Anato-pathological aspects.

Vyutapatti of Srotas

The word *Srotas* were derived from the dhatu 'Sru' which means; this are the channels through which *Sravana Karma* i.e. Carrying of *Dhatu* takes place.^[1]

Nirukti of Srotas

- *Srotas* are the space between the *Sharira Bhava* through which transportation takes place and it is described as different from *Sira* & *Dhamani*.^[2]
- *Srotas* are the *Sukshma* channels in which transformation and transportation of *Dhatu* takes place.^[3]

Srotas Paryaya^[4]

Following are the various *Paryaya* [Synonyms] of the *Srotas*;

- *Srotas* [Channel]
- *Sira* [Vessel / tubular structure]
- *Dhamani* [Vessel / tubular structure]
- *Rasayani* [Channel]
- *Nadi* [Tubular structure]
- *Patha* [Way]
- *Marga* [path / way]
- *Samavruta* & *Asamavruta Sharira Cheda* [covered / uncovered opening of body]
- *Sthana* [Accommodation / Place]
- *Aashaya* [Place / seat]
- *Niketa* [House / habitation]

Number of Srotas^[1]

According to some *Acharyas*, number of *Antharmukh Srotas* is countable; according to some it is enumerable.

According to *Charaka* = 13 *Srotas*

According to *Sushruta* = 11 pairs

According to *Vagbhata* = 13 *Srotas*

Concept of Swedavaha Srotas

Swedavaha Srotas is the transportation of sweat which is seem to be the sweat apparatus including the sweat glands and sweat pores present in the skin.

Sweda means Sweat, *Vaha* means Carrying and *Srotas* means Channels which through transportation occurs.

Moolasthan of Swedavaha Srotas

‘स्वेदवहानां स्रोतसां मेदोमूलं लोमकूपाश्च |.....[च.वि. 5/ 7]

According to *Charaka*; *Moolasthan of Swedavaha Srotas*^[4]

- *Meda* – Fat tissues
- *Lomakoopa* – Small pores of skin

Acharya Sushruta has not mentioned the *Swedavaha Srotas*.^[5]

Dushti Hetu

‘व्यायामादतिसंतापाच्छीतोष्णाक्रमसेवनात् |

स्वेदवाहिनी दुष्यन्ति क्रोधशोकभयैस्तथा ||.....[च.वि. 5 / 21]^[6]

In *Charaka Vimanasthana 5th adhyaya*, *Acharya* had explained the *sroto dushti lakshanas* along with their specific causes. *Dushti lakshanas* of some *Srotas* are explained in detail in *Sutrasthana*.

- *Vyayamata* – Excessive exercise
- *Ati-Santapata* – exposure to heat
- *Shitoshna akrama sevanata* – Intake of non-judicious cold and hot foods at a time
- *Krodha* – Excessive Anger
- *Shoka* – Excessive Grief
- *Bhaya* – Excessive Fear

Dushti Lakshanas

‘प्रदुष्टानां तु खल्वेषामिदं विशेषविज्ञानं भवति; तद्यथा- अस्वेदनमतिस्वेदनं पारुष्यमतिश्लक्ष्णतामङ्गस्य परिदाहं लोमहर्षं च दृष्ट्वा स्वेदवहान्यस्य स्रोतांसि प्रदुष्टानीति विद्यात् ||.....[च.वि. 5/ 7]^[7]

The *Dushti lakshanas* of *Swedavaha Srotas* were as follows

- *Aswedanam* – Lack of sweating
- *Atiswedanam* – Excessive sweating
- *Parushata* – Roughness of the skin
- *Atishlakshana* – Excessive smoothness of skin
- *Anga paridaha* – Burning sensation in the body
- *Lomaharsha* – Horripilation

General treatment for *Swedavaha Srotas*

मूत्रविट्स्वेदवाहानां चिकित्सा मौत्रकृच्छ्री।

तथाऽतिसारिकी कार्या तथा ज्वरचिकित्सिकी ।।.....[च.वि. 5/ 28]^[8]

All the line of treatment for the *Swedavaha Srotas* is to be as that of *Jwara Chikitsa*.

Analysis of *Dushti Lakshanas* of *Swedavaha Srotas*

Lack of sweating and excessive sweating were mentioned in the symptoms of contamination of *Swedavaha Srotas*. This happens due to the less or excessive stimulation of sweating which leads to increased or decreased functioning of the system.

Proper sweating in the body helps to keep healthy skin which is a natural process. This healthy skin is destroyed due to the imbalance in the sweating mechanism, which loses the immunity.

Pitta dosha especially *Bhrajaka Pitta* which is located in the skin which also gets vitiated due to the *Swedavaha Srotas*. Excessive exposure of *Krodha*, *Shoka*, *Bhaya* which also vitiates *Pitta Dosha*.

CONCLUSION

Swedavaha srotas is pathologically important in the *Ayurveda* because any deformity in this *Srotas* leads to excessive perspiration or no perspiration and other symptoms related to this *Srotas*. In disorders like; *Kushtha*, *Pandu*, *Sthaulya*, *Prameha* etc. By the concept of Pathogenesis and its physiology *Swedavaha Srotas* plays an important role in the management of homeostasis and any *Dushti* or vitiation or disturbance can lead to its disease formation.

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