

## RELATION BETWEEN PRANVAHA, RASAVAHA STROTAS & MENTAL HEALTH: A CONCEPTUAL REVIEW

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### ABSTRACT

**Introduction:** *Ayurveda* is first medical system in which existence of innumerable *strotas* in human body is described. The body is divided into small units. *Strotas* are just like functional unit of body. In *Ayurveda* the term *Strotas* is used as a dynamic inner transport system of body-mind-spirit organization along with circulatory system. There are many number of *Strotas* mentioned by different *Acharyas*. *Pranvaha Strotas* is one of the important *Strotas* among them. This *Strotas* carry Prana all over the body. *Pranvaha strotas* have their roots of origin in *Hrudaya*(Heart) and *Rasa Vahi dhamanis*. According *Ayurveda* location of 'Man' i.e mind is Heart. Mental health includes our emotional, psychological, social well being. It is all about how people think, feel, behave. India is grappling with a high prevalence of mental health disorders which reduces quality of life. Now a days it is important to concentrate on mental stability. In *Ayurveda* all causes of *Pranvaha Strotas* vitiation are mentioned in detail and *moolsthana* of *Pranvaha strotas* is Heart which is location for 'Man'. So if *Pranvaha strotas* is healthy it can maintain & improve mental health. Present article is an effort of putting concept of Relationship between *Pranvaha Strotas* & *Man* i.e mind.

**KEYWORDS:** *Ayurveda, Strotas, Pranvaha, Man, Moolsthana, Rasvahi Dhamani.*

### OBJECTIVES

1. To Study Relation between Mental Health & Pranvaha Strotas
2. To Study Relation between Mental Health & Other Strotas with modern correlations

## MATERIAL AND METHOD

### 1. Primary Ayurvedic Sources:

- a) Sushrut Samhita (Sharirsthan 1)
- b) Charak Samhita(Viman Sthan 5)

### 2. AyurvedText Books

- a) Vd Ranjeet Ray Desai, Ayurvediy Kriya Sharir,
- b) Concept of Srotas in Ayurveda Book of Bhan Pratap Yada

### 3. Articles: Article on The Concept Of Manas in Ayurveda, World Journal of Pharmaceuticals & Ayurveda 2021

## Review of Literature

### General concept of Srotas

- 1. The Srotas are derivatives or modifications of the Panca Mahabhutas, especially Akasa Mahabhuta. If considered physiologically, Srotas is the channel through which different elements undergo transformation, trans-mutation, circulation and transportation.
- 2. The Srotas is an integral part of the body, serving as a route to conduct or convey a substance from one place to other. Another concept of Srotas is its microscopic description. Their functions include nourishment, circulation, excretion and reproduction. In brief, the concept of Srotas includes microscopic, macroscopic, anatomical, physiological and pathological consideration.

### Ayurvedic Classification of Srotas

Charaka describes 13 pairs of Srotas, each governed by a Moola (origin), Marga (path), and Mukha (outlet). Sushruta elaborates similarly, with additional surgical and pathological relevance.

### Pranvaha Srotas

Heart (hridaya) and mahasrotas (gastrointestinal tract) are the origins of pranavaha srotas. Acharya Sushruta described hridaya and the channels carrying nutrient fluids (*rasavahini dhamani*) as origin of pranavaha Srotas.

1. **Hridaya:** Charak and Sushruta said that the Heart is origin of *pranavaha* and *rasavaha srotas*. The relationship of heart (*hridaya*), *pranavaha* and *rasavaha srotas* reflects the pulmonary and circulatory systems as per contemporary physiology.
2. **Mahasrotas:** It is a gastrointestinal tract-like structure. It is the abode of *amashaya* and *pakwashaya* (stomach, small intestine, and large intestine).
3. **Dhamani:** *Dhamani* carries the essence of digested food (*rasa*) all over the body and maintains the nutrition (*poshana*).

### Rasavaha Strotas Mool Sthana

According to Charaka Mool sthan of Rasavaha Strotas is Hridaya – Heart & Dasha Dhamanis - 10 great vessels / arteries & According Sushruta Samhita Mool sthana of Rasavaha Strotas is Heart & Rasvahi Dhamanya.

### Concept Of Manas in Ayurveda

**Nirukti:** Manu Avabdhodane / Man Jnane - Entity which makes a person knowledgeable or which gives knowledge.

### Mano Sthana /Site of Mind

Hridaya – Sushruta Samhita

and Ashtanga Hridaya

explains the place of Manas as Hridaya.

Shira – Bhela Samhita explains that Manas is located between Shira and Talu

Sarvasharira – Charaka gives one more opinion for Sthana of Manas as Sarvasharira.

### Concept Of Mental Health

According WHO Mental Health is defined as emotional, psychological & Social well being, influencing how to think, feel, & act.

### Relation Between Mental Health & Pranvaha Strotas, Rasvaha Strotas

Moolsthana of Pranvaha strotas is 'Hrudaya' & Mahastrotas. Hrudaya is site of mind according Ayurveda. Rasvaha strotas moolsthana is also Hrudaya.

one of the cause for vitiation of Rasavaha strotas is 'chintanam or atichintanat' means stress factor. Mahastrotas correlates with entire digestive system, Gut brain axis correlates with this relation. Thus Pranvaha Rasvaha strotas, Gut brain axis heart brain axis & Mental health are related with each.

## RESULT AND CONCLUSION

After reviewing & Studying articles & Books we have reached to this point Pranvaha Strotas, Gut Brain Axis, Heart Braib Axis are related to each other. conclusion is simply identification of context in which future study can be set & understood.

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