

**REVIEW ARTICLE ON RASAVAHA STROTASDUSHTI IN
UNCONTROLLED HYPERTENSION**

**Vd. Vijay A. Gade^{1*}, Vd. Vilas Kad², Vd. Mahadeo Tupe³, Vd. Anuja Valsange⁴ and
Vd. Sachin Chaudhari⁵**

¹MD Scholar, Dept. of Rog Nidan, SVNHT'S Ayurved College, Rahuri Factory,
Ahmednagar, Maharashtra India.

²MD (Rog Nidan), Professor and HOD, Dept. of Rog Nidan, SVNHT'S Ayurved College,
Rahuri Factory, Ahmednagar, Maharashtra India.

³MD (Kayachikitsa), Associate Professor, Dept. of Rog Nidan, SVNHT'S Ayurved College,
Rahuri Factory, Ahmednagar, Maharashtra India.

⁴MD (Rognidan), Associate Professor, Dept. of Rog Nidan, SVNHT'S Ayurved College,
Rahuri Factory, Ahmednagar, Maharashtra India.

⁵MD (Rognidan), Assistant Professor, Dept. of Rog Nidan, SVNHT'S Ayurved College,
Rahuri Factory, Ahmednagar, Maharashtra India.

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***Corresponding Author**

Vd. Vijay A. Gade

MD Scholar, Dept. of Rog
Nidan, SVNHT'S Ayurved
College, Rahuri Factory,
Ahmednagar, Maharashtra
India.

ABSTRACT

Strotas are channels or pores which provides nourishment to the whole body and responsible for some particular function with respect to specific body parts. The Ayurveda Samhitas described anatomical and physiological concepts of strotas broadly. Strotas mainly regulates process of circulation in human body. The strotas not only perform various functions but disturbance in strotas may also impart some pathological manifestation, therefore it is very essential to understand physiological concepts of strotas. This article presenting ayurveda perspective of Rasavaha strotasa and its dushti in Uncontrolled Hypertension.

KEYWORDS: Ayurveda, Strotas, Rasavaha strotasa, Dhatu, Circulation, Cardiac diseases, Hypertension.

INTRODUCTION

Rasa means 'movement', as per this definition any liquid element in body which flows may be treated as Rasa including Rakta and lymph etc. The digested food finally contributed to Rasa-Dhatu which performs many vital functions of body. Rasa is Jala Mahabhoota predominant and possessing Tanu, Swachchha and Snigdha properties.

While Strotas are channels or micropores which mainly perform functions of transportation, ayurveda described many types of Strotas and Rasavaha strotas are one of them.

There is total 13 strotas, out of which seven strotas are associated with tissues (dhatus) and Rasavaha strotas comes first in this category as follows:

1. Rasavaha strotas: carrying plasma and lymph.
2. Raktavaha strotas: carrying blood cells and hemoglobin.
3. Mamsavaha strotas: carrying muscle nutrients and wastes.
4. Medavaha strotas: supplying to various adipose tissues of body.
5. Asthivaha strotas: nutrients to the bones.
6. Majjavaha strotas: supplying the bone marrow and nerves.
7. Sukravaha strotas: carrying the sperm and ova and their nutrients.

As mentioned above it was clearly indicated that Rasavaha strotas considered as one of the important circulatory systems of body transporting nutrients to the dhatu.

Rasa Dhatu is carried by Rasavaha Strotas which gives Poshana (nutrition) to Rasa and Rakta Dhatu.

Now about blood pressure- blood pressure is the pressure exerted by blood, on the wall of blood vessels in clinical use the term often refers to pressure in systemic arteries. Hypertension is the commonest chronic medical condition in the developed world. Depending on the criteria for the diagnosis Hypertension can be said to be present in 20-30% of the adult population. It is now rapidly becoming a major problem in developing countries. It should not be so much regarded as disease, but more as one of three treatable or reversible risk factors for premature death due to vascular disease.

DISCUSSION

Number of Strotas

यावन्तः पुरुषे मूर्तिमन्तो भावविशेषास्तावन्त एवास्मिन् स्रोतसा प्रकारविशेषा। चरक विमान स्थान

०५/०७-०८

There are numerous Strotasas in a human body because each constituent in the body is a unique one. Acharya Charaka has enumerated following 13 Strotasas:

Table 01: Number of Strotas according to different Acharyas.

Sr. No	Charakacharya	Sushrutacharya
01	Pranvaha Strotas	Pranvaha Strotas
02	Udakvaha Strotas	Udakvaha Strotas
03	Annavaha Strotas	Annavaha Strotas
04	Rasavaha Strotas	Rasavaha Strotas
05	Raktavaha Strotas	Raktavaha Strotas
06	Mamsavaha Strotas	Mamsavaha Strotas
07	Medovaha Strotas	Medovaha Strotas
08	Asthivaha Strotas	Mutravaha Strotas
09	Majjavaha Strotas	Purishvaha Strotas
10	Shukravaha Strotas	Shukravaha Strotas
11	Mutravaha Strotas	Artavaha Strotas
12	Purishvaha Strotas	--
13	Swedovaha Strotas	--

Physiological Importance of Rasa Vaha Strotas

- Paushaka Dhatu are transported to the Sthayi Dhatu through Strotas.
- Dhatu-Vaha Strotas is specific to Sthayi Dhatu to which they transport nutrition.
- Strotas carries Bhava Padarth from one place to another place.
- It transports materials and impulses also.
- Helps in the absorption of fats and minerals through lymph and utilizing pressure of blood.
- It served as place of transformation of Ahararasa to Rasadhatu.
- It offers pathways for transporting Rasadhatu in the body.
- The proper functioning of this Strotas offers excellence of Twak characterized by Snigdha, Shlakshna, Mrudu, Prasanna, Sukshma, Alpa, Gambhira and Sukumara appearance.

Properties of Rasa Dhatu

रसो अपि श्लेष्मावत । अष्टांग हृदय सूत्रस्थान ११/०८

Like Snigdha, Guru and Shweta, it possesses the properties that are identical to those of the Kapha Dosha.

Mulsthana of Rasavah Strotas

Hridaya (Heart) and Dasha Dhamani (Ten circulatory vessels) are the Mulasthana (place of origin) of Rasavaha Srotasa. Vyana Vayu circulates Rasa Dhatu throughout the entire body.

Clinical Importance of Mulasthana of Rasavaha Strotas

मूल इति प्रभवस्थानम् । -- चरक विमान स्थान ०५/१६ चक्रपाणी टीका

Every Strotasa's operation is governed and overseen by its respective Mulasthana (place of origin). Therefore, we must highlight the Mulasthana of each Strotodushti (manifestation of Dosha) in order to treat it or its sickness.

Rasavaha Srotasa Dushti Hetu (Etiological factors)

गुरुशीतमतिस्निग्धमतिमात्र समश्नताम् । रसवाहीनि दुष्यन्ति चिन्त्याना चातिचिन्तनात् । चरक विमान स्थान ०५/२१

1. **गुरुशीतमतिस्निग्ध आहार** - Excess of guru, snigdha (heavy and unctuous food) ahara causes manda, sthira guna vridhhi of kapha dosha, causing the stagnation in srotas, leading to srotorodha. When the person continues with the habits of use of guru, ati snigdha, atimatra ahara, that leads to agnimandya, since prithvi, jala mahabhuta vridhi is opposite to agni mahabhuta. When agnimandya is persistent, with srotorodha and snigdha, guru sevana in atimatra, that leads to kleda adhikya in rasa vaha strotas leading to ama utpatti.
2. **अतिमात्रा आहार** - When a person consumes food more than the quantity that is needed, it leads to tridosha dushti, which explains the reason for broad spectrum rasa dudhti lakshanas.
3. **समश्नता** - taking wholesome and unwholesome diet together.

This altogether makes blood more viscous which blocks the arteries and slows the circulation and results in plaque formation.

4. चिन्त्याना चातिचिन्तनात- Life is the complex union of Satva, Atma and Sharir. Thus mind and body influence each other. Ati chinta, bhaya and shoka causes vata vriddhi with ojokshaya. Ojus and rasavaha strotas is enrouted to hridaya, the chetana sthana. Ojus is the seat of all the essence of all the dhatus which is the reason for keeping the body unaffected from any external invasion and keeping internal dynamic equilibrium intact. Therefore, ojakshaya lead to deficiency or defective immune system that can lead to manifestation of hypertension.

The symptoms which show the pathology of Hridaya, Hridashunyata, Hridagraha etc are seen in psychological disorders like Unmada, Apasmara, Murchha, Moha etc; psychic symptoms are seen in heart disease. Same way in the regulation of blood pressure Mana plays an important role.

Rasavaha Stotas dushti in Uncontrolled Hypertension

Hypertension is a sustained higher lateral pressure exerted against the arterial walls by the circulating blood by virtue of alteration in cardiac output and peripheral resistance.

Category	Systolic pressure (mmHg)	Diastolic pressure (mmHg)
Normal	<130	<85
High normal	130-139	85-89
Hypertension		
Stage I (Mild)	140-159	90-99
Stage II (Moderate)	160-179	100-109
Stage III (Severe)	180-209	110-119
Stage IV (very Severe)	>= 210	>=120

Blood pressure is the result of many physiological activities. Therefore, this process is considered to be done by some organs like heart and the energy, which controls the movements of the heart and other organs. In Ayurveda, Prana vayu, Vyana vayu, Sadhaka pitta, Avalambaka kapha, Hridaya, Mastishka, Rasa dhatu and Oja have their impact on regulation of blood pressure.

So, Above Rasadushti hetu are responsible for developing the condition called Hypertension.

Chikitsa (management of Rasavaha Strotodushti)

Acharya Charaka mentioned the treatment for vitiated Rasa Dhatu as-

रसजाना विकाराणा सर्व लङ्घनमौषधम् । चरक सूत्रस्थान२८/२४

One should use all forms of fasting therapy to treat any type of illnesses developed on by the vitiation of Rasa Dhatu.

Benefits of Langhana

- Removes obstruction in body tissues and micro channels.
- Improves metabolism
- Brings lightness and sense of healthiness in the body
- Regresses the initial pathological processes
- Strengthens the digestive system
- In general, the Langhana treatment principle is used whenever there is a feeling of heaviness. The goal is to make the body lighter, to open up body channels, to enhance circulation and eventually to promote good health. Both Deepana and Pachana are types of Langhana.

Nidana Parivarjana: This means avoiding the causes of the ailment or Dushti Hetu. In Ayurvedic medicine, Nidana Parivarjana is supposed to be crucial. It focuses mostly on addressing dietary and lifestyle changes that are contributing to the disease. To avoid contracting such ailments, one should always eat healthy foods and maintain the good mental health.

CONCLUSION

The first Dhatu is Rasa Dhatu and Preenanam is its primary purpose. Every Srotasa is governed by its respective Mulasthana (place of origin). Therefore, we must highlight the Mulasthana of each Srotasa in order to treat it or its sickness. Rasavaha strotas dushti like stress, excess eating can cause hypertension. Nidan Parivarjan is the basic principle to treat the hypertension caused by rasavaha strotas dushti. Langha is also the main line of treatment.

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