

The Analytical Study Srotas with Reference to Swedvaha Srotas

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Abstract:

Srotas are channels of body , Ayurvedic classics proclaim "**Srotomayam hi shariram**" means that living body is a channel system and/or is comprised of innumerable channels which are designed as inner transport system for divergent function. Dictionary meaning of word '*srotas*' are read as a current a stream, a river. As srotas are formed due to Akasha mahabhuta, they have characteristics like potency, porous, clean, soft, slightly unctuous, thin, colorless and transparent. Srotas are the inner transport system of the body which provide platform for activities of other important bio-factors like tri dosh, saptadhatu, oja and agni etc . Acharya Charaka describes thirteen Srotas. In which Purishavaha srotas (which carry the feces), Mutravaha srotas (channels which carry the urine), Swedavaha srotas (channels which carry perspiration) this three srotas helps to regulate the elimination of metabolic waste products .In this research article we discuss the Swedvaha srotas.

Keywords: Swedavah Srotas, Srotas, srotodushti,

Introduction:

Srotas is a processing unit in which function of bio-transformation of previous dhatu into next dhatu takes place. Manifestation of a disease in the body as a result of the defective srotas favoring the doshadushya sammurchhana. Now, we know the factors causing srotodushti, the best method is to prevent factors responsible for srotodushti. Sweat is a Meda Dhatu, it helps to remove impurities from the plasma. Sweat and urine are connected to each other, whenever one urinates in excess, one will perspire less. One can see this happening also in the seasons of the year, in the summer when one perspires more one urinates less and vice versa in winter. In Swedan Chikitsa these srotas are made active by the heat of steam which is applied all over the body directly or indirectly to cause sweating or liquefaction.

Aim & objectives:

- To study the srotas.
- To study the svedvaha srotas in detail.

Material & Methods:

Data for this research article collected from various samhitas, ayurvedic book, magazines & internet. The doshas of the body Vata, pitta and kapha move from one part of the body to another via channels called srotamsi. The largest srotas or channel is the MahaSrotas or gastrointestinal tract. The smallest srotamsi can be found in single cells in the body that under the microscope reveal that they are porous. Through these porous channels or srotamsi oxygen and nutrients can be absorbed and waste products like carbon dioxide can be expelled. So the srotamsi or channels in the body act like paths or roadways transporting blood and sensory information, absorbing nutrients and expelling waste products from the body. Each srotas has a srotomula, a srotomarga and and srotomukha.

- Mula-Sweat glands.
- Marga-Sweat ducts.
- Mukha- Pores of the skin, and the opening of the sweat glands under the skin.
- Doshas present in this sweadvaha srotas , Kledaka Kapha, Pachaka Pitta, Ranjaka Pitta, Bhrajaka Pitta and Vyana Vata.

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Causes of Sweadvaha srotodushti:

Excessive and vigorous exercise which is beyond the capacity of a person can cause Dushti of Swedovaha Srotas

- Lack\excess water intake
- Hydrophilic food.
- Lack\excess of physical exercise.
- Stress.
- Transition from Heat to Cold, and extreme cold.

Sign & Symptoms of Sweadvaha srotodushti:

Excessive and vigorous exercise beyond the capacity of a person can cause Dushti of Swedovaha Srotas. If a person is exposed to cold weather immediately after sweating and after vigorous exercise, the Swedovaha Srotasas can get disturbed and can become abnormal and symptoms,

- Dry Skin, rough skin and pilling off skin
- Excessive perspiring
- Fungi tendency.
- Feeling of burning\itching in underarms
- Goose bumps.
- Strong odour of sweat.

Diseases of Sweadvaha srotodushti:

Dushti of Swedovaha Srotas causes abnormal and excessive perspiration, skin diseases like Psoriasis,Eczema ,Dermatitis. Acne Vitiligo.

Discussion:

Srotas is a processing unit in which function of bio-transformation of previous dhatu into next dhatu tak-

es place. Manifestation of a disease in the body as a result of the defective srotas favoring the doshadushya sammurchhana. Now we know the factors causing srotodushti, the best method is to prevent factors responsible for srotodushti. Thus srotas helps in keeping the normal temperature of the body, providing moisture to skin, helps in absorbing vitamin D. It also helps to expel toxins from the body. After exercise or during summer season sweating is more due to which body temperature was maintained in hot weather. SwedaVaha Srotasas actually are innumerable. But for description and for the practical purposes, it is considered as one single Srotas. Spicy, oily, salty, more sugar content foods are affected to this srotas also emotion ,fear, anger ,anxiety, exposure in sun or hot atmosphere are plays important role in dushti of sweadvaha srotas.

Conclusion:

Abhyang , snehan ,sweadan helps to improve the functions of sweadvaha srotas.

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