

An Integrative Approach to Understand Concept of Sroto Dusthi W.S.R to Pranavaha Srotas

Neha Sharma*, Ritesh kumar Lahoti**, Rahul Singh Sisodia***, V. G. Huddar****, Prashant P. Ubale**

Abstract

In Ayurveda, the concept of srotas has been mentioned very specifically. It has given importance both in health and disease. It is defined as the channel or structure through which sraanam karma i.e. flowing, moving, oozing and permeation of different constituents & nutrients of the body takes place. These are also called as srotoamsi. There are thirteen abhyantara srotamsi, each of which relates to specific organs, and there are 9 bahya srotoamsi in males and 11 in females. Each srotas has its moola sthana. Vitiating of moola sthana can also lead to vitiating of respective srotas. The factors which cause vitiating of srotas are called as sroto dusthi karanas and the lakshanas which manifest are called as sroto dusthi lakshanas. There are four important sroto dusthi lakshanas i.e. sanga, vimargagamana, atipravrutti, and siragranthi. Among thirteen abhyantara srotamsi pranavaha srotas is one among them. It is a vital input capability structure maintaining the life.

Keywords: Pranavaha Srotas; Sanga; Vimargagamana; Atipravrutti; Siragranthi.

Introduction

There are many factors which cause vitiating of pranavaha srotas and these are dhatu kshaya (Depletion), vega sandharan (Natural urges suppression), ruksha ahara sevana (Indulgence in dry food), ativyayama (Excessive physical exertion), kshudita (Excessive hunger), anya daruna (Other violations pertained to Pranavaha srotas) [1]. It is through these channels that nutrients and other substances are transported throughout the body thereby nourishing the body. The lakshanas which occur due to vitiating of pranavaha srotas are [2]:

- Atisrastama –prolonged respiration (expiratory dyspnoea)
- Atibaddhama- restricted respiration (bradypnoea)
- Kupitama – agitated respiration (tachypnoea)
- Alpama-shallow/short respiration

- Abhikshnam-frequent respiration (hyperpnoea)
- Sashabdama –expiratory sounds
- Sashoola-pain full respiration
- Cardinal symptom of Pranavaha sroto dusthi (kriccha swasa)

Pranavaha sroto abhigata lakshana are [3]:

- Vainaman-deformation of thoracic region
- Akroshana-loud grooming
- Mohana –loss of consciousness
- Bhramana –illusion/giddiness
- Vepana –tremors
- Marana -death

In any srotas there are four important sroto dusthi lakshanas i.e. atipravrutti, sanga, vimargagamana and siragranthi [4]. These play an important role in understanding pathogenesis of disease and plan treatment. The details regarding sroto dusthi lakshanas are

- Atipravrutti – it is nothing but excited or hyper functional activity.
- Sanga – it is nothing but obstruction, it can be both structural and functional.
- Vimargagamana – flow of the content of channels in the direction opposite to the direction of normal flow.

Author's Affiliation: *Final Year PG scholar **Second Year PG Scholar ****Reader, Department of Kayachikitsa ***Final Year PG Scholar, Department of Panchakarma, Shri B.M.K Ayurveda Mahavidyalaya, shahapur Belgaum, Karnataka

Reprint's Request: Neha Sharma, Final Year PG Scholar, Department of Kayachikitsa, Shri B.M.K Ayurveda Mahavidyalaya, shahapur, Belgaum590003, Karnataka.
E-mail: dr.nehasharma24@gmail.com

➤ Siragranthi – nodular formation of the channels.

Most of the lakshanas explained in the dusthi of Pranavaha srotas are related to the respiratory system, so it has been related to respiratory system. Every srotas has its moola sthana which is considered as master of that organ system. In case of Pranavaha srotas, moola sthana is the place from where it is being distributed and regulated and the

moola sthana is Hridaya and Maha srotas [5], while others opine as rasavahi dhamani [6] also. The Heart and the Respiratory centre of the Brain ultimately govern the process of respiration, which takes place in the Lungs.

Here we have explained sroto dusthi in chart form that how it plays an important role in manifestation of disease.

Chart 1: Role of sroto dusthi in manifestation of Tamaka Shwasa

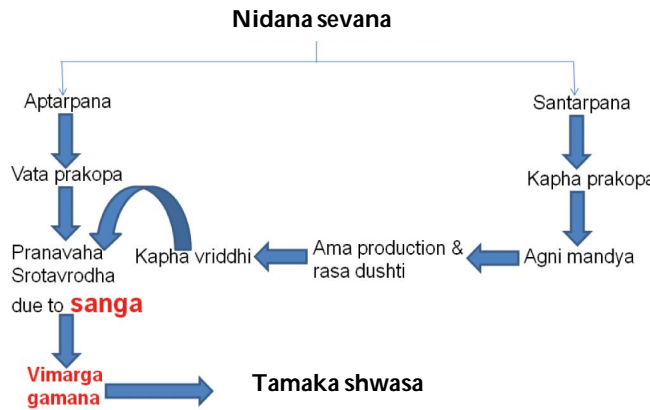
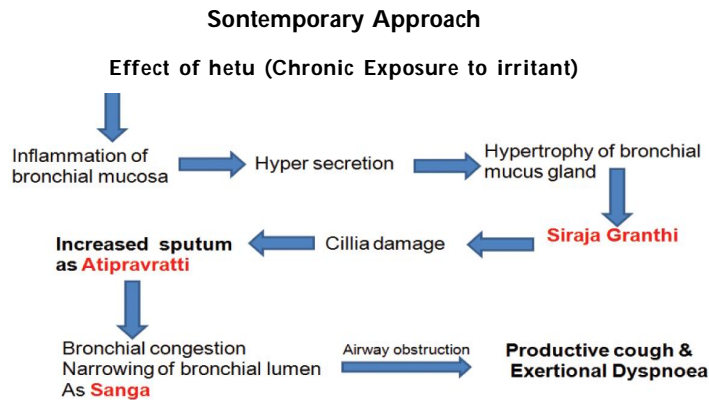


Chart 2: Understanding sroto dusthi by contemporary approach



Discussion

Atipavrutti can be understood by:

- Increase in flow – these can be seen in pratisyaya i.e., there is continuous flow of watery contents from nose.
- Increase in pressure – these can be seen in case of pulmonary hypertension.
- Increase in occurrence – these can be seen in case of cough where there is continuous bouts.

Sanga can be understood by both structural and functional abnormality

- Structural
- Functional

Vimarga gamana these can be understood in case of emphysema, pneumothorax, Pleural effusion.

Siraja granthi can be understand by

- Akruiti – this is nothing but an abnormal structure such as in case of pulmonary oedema.
- Granthi – these can be seen in case of Aneurysm of aorta.

More emphasis is required on understanding siragranthi in relation to pranavaha srotas

Conclusion

Srotas has given importance in both disease and health. There are many factors which cause vitiation of these srotas and manifest various lakshanas. These lakshanas play an important role in understanding pathogenesis as well as treatment of diseases. In this article we have tried to explain sroto dusthi lakshanas with special reference to pranavaha srotas and the best example is Tamaka shwasa. So one should clearly understand the sroto dusthi lakshanas before planning treatment.

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