



## ANATOMICO-CLINICAL PERSPECTIVE OF SROTAS wsr to ARTAV VAHA SROTAS

Preeti Singh<sup>1</sup>, Sunita Kumari<sup>2</sup>, Sanjiv Saxena<sup>3</sup>M.D. Scholar<sup>1</sup>, H. O.D&Professor<sup>2</sup>, Lecturer<sup>3</sup>P.G. Department of Rachana Sharir, State Ayurvedic College & Hospital, Lucknow,  
Uttar Pradesh, INDIACorresponding Author: [preetichauhan058@gmail.com](mailto:preetichauhan058@gmail.com)<https://doi.org/10.46607/iamj2312082024>

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## ABSTRACT

Sharira is a form of innumerable ultramicroscopic units termed *parmanu*, which are configured in a specific pattern to form a fundamental basic unit called cells. Srotas are micro-channels which provide a platform for the reactions and subsequently act as a channel for the transportation of the products formed in these reactions. so there is a need to draw light that clinically, srotas can be treated as **BIO –MARKER** to find out the cause of a disease as well as to manage the disease. This article is focused on establishing a clinical approach to evaluate Artavvaha srotas and its moola according to the above phenomenon from an anatomical perspective.

**Keywords:** *Srotas, Moolas, Srotodusti, Dosha, Dhatu, Mala, Agni.*

## INTRODUCTION

Sharira is a form of innumerable ultramicroscopic units termed *parmanu*, which are configured in a specific pattern to form a fundamental basic unit called cells. These cells are arranged to create a platform and micro-channels to form specific and specialised biochemical activities. *Achar-*

*ya Vagbhatta* has coined the term *Srotodwara* (Pores) *Srotas* are micro-channels which provide a platform for these reactions and, according to *Chakrapani*, srotas subsequently act as a channel for transportation of the products formed in these reactions as *poshaka dhatu* which flow to pro-

vide nutrition to successive tissue. The functions of different *Srotas* at different places are **secretion, transportation, nutrition, absorption, storage, and digestion.**

- *Acharya Charak* described it as *Srotamsi khalu parinam apadyamananam dhatunam abhiwahini bhavanti ayanarthena* (Cha. Vi5/3)
- Now, in these terms, there are two fundamental units-
  1. For providing a seat for reaction (*Srotomoola*).
  2. Second one to act as transportation channels of subsequently formed products (*Srotas*). Eg macrochannels –capillaries, microchannels-pores of a particular *Srotas*.
- Now, both these units collectively make the architecture of *srotas*. In Ayurveda, it is said, “*Srotambu Saranam* “(natural flow in the body system). Therefore, *srotas* play a pivotal role in maintaining the body's internal homeostasis through the channelling system. *Srotomola* practically is the organic seat of various reactions among the above-mentioned substances and also the site of manifestation of various **post-reactive symptoms** (symptoms of *srotodusti* and *srotomula viddha*). *Acharya Charak* has also highlighted this characterisation of *srotas* that *srotas* bear *ayanmukha* (*pores*) for exchange of materials.
- These post-reactive symptoms, along with vitiation in ***dosha, dhatu, mala and agni***, are the primary reason for the disease. So, it can be assumed that *srotas* are the microchannels for the transportation of post-reaction products and *srotodusti* are the **main observed manifestation**. This manifestation is due to
  - Altered nature of reacting substances.
  - Altered nature of the anatomical site of reaction.
  - Undesired product due to above two reasons.
  - Transportation of product in the entire body.In light of the above discussion, clinical pathologies in *srotomoola* can be treated as **BIO-MARKER** to find out or access the cause of disease and manage the disease.

This article is focused on establishing a clinical approach to evaluate the *Artav vaha srotas* and its *moola* according to the above phenomenon from an anatomical perspective.

**Aim And Objectives-** *Srotas* is a composite active unit whose active components are *srotomoola*. Any impact in *srotas* is manifested through *srotomoola*. *Srotomoola* are organic components of any *srotas*.

So, in clinical terms, the **visible or assessed parameters** of *srotomool* can be assumed as a biomarker to find out the cause of disease and manage the disease.

**Hypothesis-** Biomarker refers to a broad subcategory of medical signs that are objective indicators of the medical state observed from outside the patient. It can be measured accurately and reproducibly. Biomarkers are naturally occurring anatomical, physiological and biochemical characteristics by which a particular pathological condition can be assessed, and underlying disease can be diagnosed and treated. So, it can be understood that symptoms due to *srotovikrati* are associated with *srotomoola* and can be understood as biomarkers. This structure and associated symptoms help to evaluate the status of *srotas*.

## DISCUSSION

*Utpatti sthana, sangraha sthana, naidanik drastikon,* and *chikitsatmak dristikon* are central views related to moolasthan of *srotas*. *Utpatti sthana* is moolasthan which resembles the **original point of srotas**; *sangraha sthana* is moolasthan related to the **storage of srotas**; *vahanasthan* (*the process of samprapti*) is moolasthan related with the **conduction of substance**, *Naidanik dristikon* is moolasthan associated with **causative agents for a diagnostic view** of *srotas* and *chikitsatmak dristikon* is moolasthan associated with **clinical view of srotas**. *Moolasthan* of *srotas* can be divided into two categories:

1) *Sthaniya niyantrk* indicates *srotas* as **local controllers**. E.g., the Local controller primarily controls their corresponding *srotas*, i.e *garbhashaya*.

**pramukha niyantrak** indicates srotas as **unique controller**.

E.g.- **Artavvahi dhamanis** are the (**conduction point of view**) for art vaha srotas.

**Artavvaha Srotas**- *Artava vaha srotas* indicates the **microcirculation** and **macrocirculation** regarding the physiology of menstruation, which can be ascertained through *garbhashaya* and *artavvaha Dhamanis* responsible for menstruation. *Garbgashaya* (**Uterus, Fallopian tube and Ovaries**) have been considered as *Srotomula/Moolasthan* (**origin point**) area from which srotas arise. *Artavvaha srotas* and *Artavvaha dhamanis* (**endometrial blood vessels**) considered as (**conduction point of view**) in which *Garbhashaya* is mainly responsible for production of *artava* and *artavvaha dhamnis* performs function of flush menstrual fluid and waste products from the *Garbhashaya* and milk secretion under the influence of different hormones like oestrogen, progesterone, L.H, F.S.H etc. So endometrium changes its microanatomy according to different phases of the cycle, such as preovulatory, ovulatory, secretory and postmenopausal. It is nourished by endometrial vessels, which are branches of the uterine artery. So *artavvaha srotas* performs functions like transportation of biological fluids, physiological regulatory factors, and nourishment of tissues in average condition. This srotas also relates to formation and movement of ovum. The *beej rupi artava* comes from the ovary through fallopian tubes and moves to *garbhashaya*, the srotomoola. Accumulated *artava* is drawn towards the vagina by *vata* through *Dhamanis*(srotas); this *dristartava* bleeds out every month in the form of menstrual blood. During *art vaha* Srotodushti these functions get obstructed and lead to the problems like infertility, dyspareunia and other menstrual abnormalities.

त्र विद्यायां बन्धात्वं मैयुनासहिष्णुत्वम् अतिव  
नाशश्च ।(su.sha9/11)

So, understanding the concept of anatomico-clinical perspective of *artavvaha srotomola* as biomarkers will help to take decision accurately with respect to its abnormalities like dysmenorrhoea, fibroid, cyst, amenorrhoea, infertility etc.

### **General Srotodusti Hetu-**

“आहारधा विहारधा यः स्यादोषगुणैः समः ।  
धातुभिर्विगुणश्चापि स्रोतसां स प्रदूषकः ॥  
“(च०वि० 5/23)

Generally, all that food and body activities that promotes to the morbid tendencies of doshas and disturb the body elements are vitiating to the body channels (srotas).

### **Characteristics of Srotodushti-**

“अतिप्रवृत्ति संघो वा शिराणां ग्रन्थयोऽपि विमार्गगमनं  
चापि स्रोतसां दुष्टिलक्षणम वा “(cha.vi5/20)

The srotas performs transportation *Samanya pravratiti* of ultimate product (*parinam prapt dhatu*). Due to abnormal obstruction, abnormal flow, abnormality in channels there are four types of srotodusti (vitiating of channels). That can be categorised as mild, moderate and severe or it can be categorised by staging like stage 1,2,3 according to presented symptoms or investigations. It is studied in ayurveda as following points-

1. Atipravritti
2. Sangha
3. SiraGranthi
4. Vimarggaman

1. **Atipravritti**: It is excessive flow which is due to increased activity of the organs of the system. Eg menometrorrhagia, metrorrhagia.etc and their *rupa*, can be considered as medical biomarkers in ayurveda and can be categorised as mild, moderate and severe according to presented symptoms and investigations.

2. **Sangha**: It is also called *srotorodha* and is opposite of *atipravritti* and is defined as obstruction to the *srotas*. Due to vitiating doshas, it cannot perform its routine function of **transportation**. The flow is obstructed and leads to diseases like Hypomenorrhagia etc and their *lakshana/rupa* described in ayurveda can be considered as biomarkers in ayurveda.

3. **Sira granthi**: It is the formation of something in channels such as tumor, cyst or abnormal growth of the tissue. It is also characterized by the dilatation of the vessels causing obstruction to normal

flow or *samanya pravrutti* through srotas leads to shiragranthi. E.g.: Endometrial cyst, fibroids, infertility etc and their rupa, purvarupa can be described in ayurveda can be considered as biomarkers in ayurveda.

4. **Vimarg gamana:** It means the flow of the the substance in affected area through channels other than its own pathway. Endometriosis, ectopic pregnancy etc and their rupa, purvarupa samprapti can be considered as biomarkers in ayurveda.

## CONCLUSION

The *artavvaha srotas* is involved to the female segment of society and nation as well, but unfortunately it is not treated as much needed. These problems are burning health issue in low socioeconomic zone of a developing country like india. So for the betterment of female health and to avoid gynecological and obstretic complications general awareness about artavvaha srotodusti is very important. To improve the female health and to achive better generations, *Artavvaha srotomoola*, their normal features and *artavvaha srotodusti* with abnormal features should be taken seriously and very clearly to normal heath workers so they can easily connect with the females and access any gynecological and obstretic problem at early stages. Here knowledge of *srotomoola* and **clinical signs** of their abnormalities as **bio markers** is a hypothesis which can play an important role in diagnosis and management of related health issues. For our nation health to our female segment and to desire for a healthy nation, the above concept neet to be taken seriously.

“..... SWASTH STREE SWASTH BHARAT  
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