

A STUDY ON SROTODUSHTI WITH SPECIAL REFERENCE TO ASSESSMENT OF SROTOSHTI LAKSHANA IN ARTAVAVAHA SROTAS THROUGH CLINICAL, BIOCHEMICAL AND RADIOLOGICAL FINDINGS'- SURVEY STUDY

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<https://doi.org/10.46607/iamj0809102021>

(Published Online: October 2021)

Open Access

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Article Received: 27/09/2021 - Peer Reviewed: 07/10/2021 - Accepted for Publication: 08/10/2021



ABSTRACT

The concept of *Srotas* and *Srotodushti Lakshana* has been very scientifically explained in the various context of Ayurveda literature. Detailed *Srotas* and *Srotodushti Lakshana* are according to *Charaka Samhita Vimansthana* assessment of *Srotodushti Lakshana* can be done by *Pratyaksha Pramana* and in detail explanation. The *Srotas* play an important role in physiology and the pathogenesis of diseases in normal state; they regulate the physiology of the body and maintain the anatomical structures of dhatu. The influences of aetiology factors on *Srotas* can affect pathological manifestations. Considering this fact present study explores various aspects related to the *Srotas*, *Srotodushti* and *Srotodushti Lakshana*. **Objectives**-To assessment of *Srotodushti Lakshana* in *Artavavaha Srotas* through Clinical, biochemical, and radiological examination in *Artavavaha Srotas*. **Methodology** -The study was conducted under two headings, conceptual and survey study. Conceptual study all the concerned literature were referred and analysed and for survey study, the *Artavavaha Sroto Vikara* observed and survey through face-face interview. -Hence it is concluded that the knowledge of *Srotas* is not only used in learning about the anatomy of the transport system of the body but also to understand their physiology and pathology. It can be assessed through clinical, biochemical, and radiological findings.

Keywords: *Srotas*, *Srotodushti Lakshana*, *Artavavaha Srotas*,

INTRODUCTION

The holistic Biology of Ayurveda is based on Tridosha, Trimala, Saptadhatu, Srotas, and Ojas. The word Srotas is derived from Sanskrit roots 'Sru'Gatau which means the structure through which flow takes place. The channels of circulation carry the Dhatus transforming to their destination.¹ Srotas in their normal state help to nourish the entire body and any abnormality in the Srotas either structurally or functionally leads to many diseases. Srotodushti is the condition of the Srotas which is susceptible to pathological changes to produce a disease.² Srotodushti is the Dooshana of Srotas caused by unwholesome food and regimen which are similar to that of the Doshas, and opposite to that of the Dhatu. The Srotodushti lakshanas are Atipravrutti, Sanga, Siragranthi and Vimargagamana.³ Atipravrutti means the excessive flow of Dosha, Dhatu and Mala, Sanga means obstruction of Dosha Dhatu and Mala, Vimargagamana means disorientation of Dosha Dhatu and Mala from their own path and entering into another path. Siragranthi means it denotes the obstruction of srotas by Dosha, Dhatu, Mala, around the Srotas i.e., kutilabhavatwa (Thickening, new growth) These Srotodushti lakshanas represent the disease manifestation in Artava vaha srotas. Artava vaha srotas can be correlated with the female reproductive system. Like Uterus, ovary, uterine arteries, cervix, vagina and fallopian tube, any pathological aspect in these organs leads to various diseases.⁴ Abnormal diet & regimen are the causative factors for female reproductive diseases like Vandhyatwa Maithunasahishnuta, Artava nasha,⁵ etc. In the Present scenario various reproductive diseases are increasing all over the world. There is a need for more research works to be undertaken in this aspect.

Hence, in the present study sroto dusti lakshanas of Artava vaha srotas is being undertaken for a survey type of observational study that involves the analysis of data collected from a study of the population. It's a need of an hour to understand Srotodushti prakara through biochemical and radiological parameters like FSH, LH, TSH, USG and MRI along with a compilation of the relevant possible scattered references in

classical literature of Ayurveda. To assess the four Srotodushti prakara in Aratavavaha srotas for a better understanding and implementation of Ayurveda treatment principles.

Aim -To assess the srotodushti lakshana by comparing diagnostic tools like Clinical, biochemical, and radiological examination in Artavavaha srotas

Methodology- The detailed history was filled up in specially prepared survey proforma

Information was collected from the ARTAVA VAHA SROTODUSTHI VIKARA people.

In the present study, for the assessment, the following artavaha srotas vikara areas were selected

Collection of data- Approaching the OPD of Govt Ayurvedic medical college, Hospital and high –tech pancha karma centre Mysuru, special camps conducted, in selected modern hospitals in and around Musuru and Govt KR hospital Musuru

METHOD – SURVEY METHOD

Sample size- Total of 500 subjects have been taken for study, 500 subjects were selected for the assessment of the srotodushti lakshana in Artava vaha sroto vikara

Study design: Observational study through a survey study

Sampling technique: Simple random sampling

Survey preforms - The module (questionnaire) for Srotodushti lakshana was designed as per Ayurveda classical texts. General Performa was used to collect data from subjects fulfilling inclusion criteria of respective diseases with appropriate diagnostic tools.

Diagnostic criteria- As this is the survey study in the study Srotodushti lakshana was assessed through contemporary science parameters. So, diagnosed cases related to female reproductive disorders with changes in any one of the following diagnostic tools like.

Clinical examination

Biochemical tests - HB%, ESR, TSH, FSH, LH etc...

Radiological tests - USG, MRI, CT SCAN, X-RAY

Inclusion criteria: -Women who are all suffering from Artava vaha sroto vikara.

More prevalence of reproductive system disorders in Females -12yrs to 70yrs

Diagnosed cases of Artavavaha sroto vikara.

Exclusion criteria: -Undiagnosed subjects of female reproductive disorders

REVIEW ON SROTODUSTHI LAKSHANA –

स्रवणात् स्रोतांसि | ⁶Cha.Su.30/12

Teeka स्रवणादिति रसादेरेव पोष्यस्य स्रवणात्

Srotas are those through which Rasadi Poshya or Poshaka Dhatu will be transported.

स्रोतांसि खलु परिणाममापद्यमानानां धातूनामभिवाहीनि भवन्ययनार्थेन॥३

Srotas as the channels of circulation which carry the transforming tissues from one place to another place. ⁷Cha vi 5/3

मूलात् खादन्तरं देहे प्रसृतं त्वभिवाहि यत् |

स्रोतस्तदिति विज्ञेयं सिराधमनिवर्जितम् || ⁸(Su sha 9/13)

Srotas are defined as empty spaces spread to the entire body, which originates from root space except for sira and dhamani

In the present study srotodushti lakshana are taken for the assessments of srotodushti lakshana in Aratavavaha srotas through clinical, biochemical, and radiological findings. These become prominent they lead to srotodushti lakshana in artavavaha sroto vikara one, two or more two lakshana. The cause of vitiation of doshas is improper food habits and their activities. the expression of such vitiation is through the manifestation of diseases. the same causes which lead to doshadusti and dhatudusti are responsible for the vitiation of srotas i.e srotodushti.

The affliction of srotas leads to the vitiation of the dhatu residing there or passing through them vitiation of one lead to the vitiation of others The vitiation srotas and dhatus i. e tissues elements on their part vitiate other srotas and dhatus respectively. Because of their vitiating nature doshas is responsible for the vitiation of all other srotas ⁹(Cha vi 5/9)

अतिप्रवृत्तिःसङ्गोवासिराणांग्रन्थयोऽपिवा|

विमार्गगमनं चापि स्रोतसां दुष्टिलक्षणम्॥२४॥ ¹⁰(Cha vi 5/24)

Atipravritti, Sanga Siragranthi and Vimargagamana are the srotodushti lakshana

DISCUSSION ON SROTODUSTHI

The term Srotodushti is a swasanjna exclusive to Charaka Samhita. Srotodushti, could be understood as, the cause for a disease and their vishuddhi (unclogging), the cause for health. Srotodushti is the dooshana (contamination) of Srotas (channels). Dush-ti means, to vitiate or contaminate. This contaminating characteristic is the swabhava (nature) of doshas. Kupita doshas, after having settled in a particular dushyaa (dhatu or srotas) do dooshana (contamination) of the latter. This is the major component of Roga samprapti (pathogenesis), without which disease cannot manifest. The stage, where doshas interact with the dushya and dooshana is called Dosha Dushya Sammorchana Avastha.

After complete dushti of dhatu by doshas, the symptoms appear. After the dosha lodges in a particular dushya and vitiates, the latter causes srotodushti resulting in Pradoshaja vikaras. Srotodushtikara nidanas are the specific causative factors that target the specific dushya. By specific nidana sevana, a particular srotas becomes dushta and this dushti could be in the form of Atipravritti, Sanga, Granthi or Vimargamana.

In every disease, one or more of these types of Srotodushti are invariably seen.

1. Atipravritti ¹¹– Atipravriti means the excessive activity of Srotas. In this situation, normal functions of Srotas increase and circulation also increases due to vitiation of the physiology of Srotas and produce diseases such as Atisaara, Prameha, Raktapitta, Kasa and Shwasa, etc.

It may be a functional abnormality but sometimes maybe structural also.

2. Sanga ¹²– Sanga means stop of following or obstruction. It is also called Srotorodha, the Substances that cause obstruction of stoats such as Mala, Ama, Krimi, Kapha, Lasika and Pus etc. produced Anatomical and Physiological structural abnormalities of Srotas. These abnormalities cause many diseases such as Arbuda, Granthi, Mootrasanga, Vibhandha and Anaha, etc. It is a change in structure and function.

3. Siragranthi¹³-The term Siragranthi refers to the formation of gland in Srotas or dilatation of Srotas which forms gland. The size of Granthi depends upon the Srotas and the types of involved Stotas. When the blood is stored at the place of Srotas due to obstruction, involving Mamsa and Medo dhatu then pathological conditions arise such as Arsha, Granthi, Arbuda, varicose vein etc.

4. Vimargagamana¹⁴- Vimargagamana means movement of contents of Srotats other than natural pathways or channels. Dosha, dhatu and mala have the specific Srotas, if these entities do not follow their determined pathway and follows another path, it is called Vimargagamana; this may produce many dis-

eases as- Bhagandara, Chardi, Tiryak-Raktapitta, Hikka and Udawarta, etc.

ASSESSMENT OF SROTODUSTHI LAKHANA IN ARTAVA VAHA SROTAS

1. Artava Vaha Srotodushti Lakshana –

Absence of menstruation, scanty menstrual bleeding, heavy menstrual bleeding, menstrual bleeding with clots, foul smell during menstruation, discolouration of menstrual bleeding, back and abdomen pain during menstruation, vaginal itching, burning sensation, vomiting, nausea, etc...

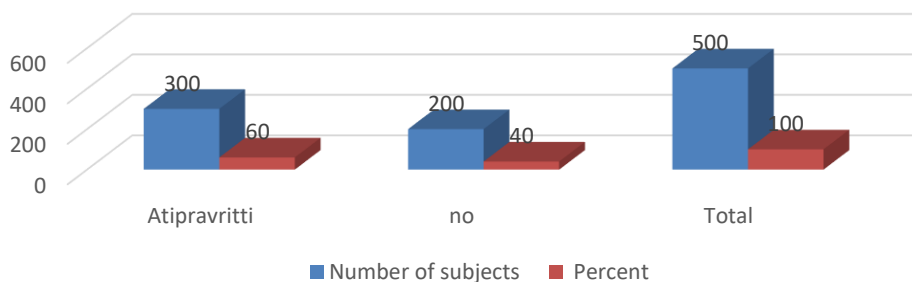
2. Srotodushti Prakara-

In the present study among 500 subjects, 300(60%) subjects had Atipravriti type of srotodushti lakshana, which was statistically significant p-o. 0001

Table 1: Showing the Distribution of 500 subjects based on Atipravriti srotodushti lakshana

| Srotodushtilakshana | Number of subjects | Percentage | Test |
|---------------------------------|--------------------|------------|-----------------------------------|
| Atipravriti srotodushti present | 300 | 60 | Chi-square 301.472 P-0.0001 |
| Atipravriti srotodushti absent | 200 | 40 | |
| Total | 500 | 100 | |

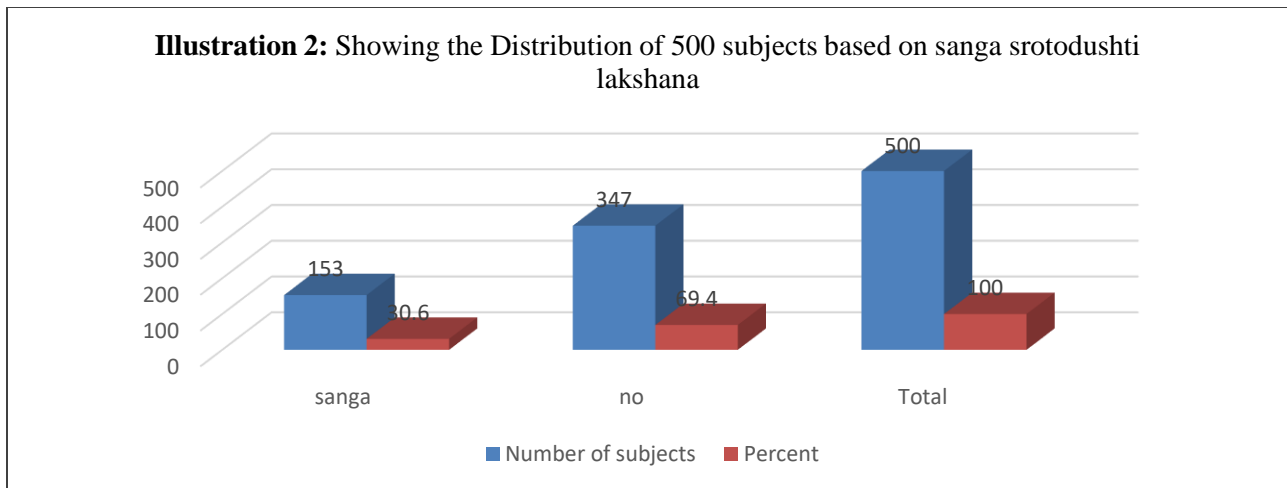
Illustration 1: Showing the Distribution of 500 subjects based on Atipravriti srotodushti lakshana



In the present study among 500 subjects, 153(30%) subjects had Sanga type of srotodushti lakshana, which was statistically significant p-o. 0001

Table 2: Showing the Distribution of 500 subjects based on sanga srotodushti lakshana

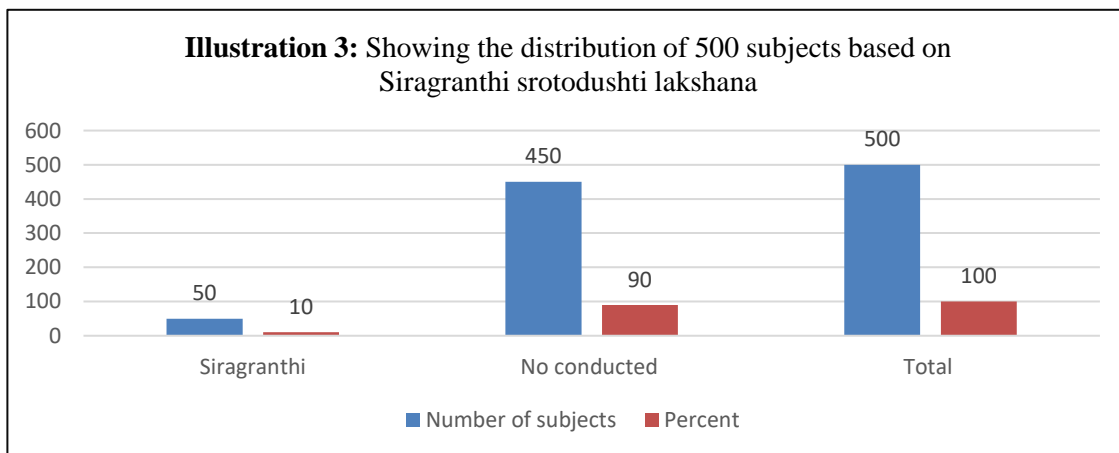
| Srotodushti lakshana | Number of subjects | Percentage | Tests |
|---------------------------|--------------------|------------|---------------------------------|
| sanga srotodushti present | 153 | 30.6 | Chi-square 249.808 p- o.0001 |
| sanga srotodushti absent | 347 | 69.4 | |
| Total | 500 | 100 | |



In the present study among 500 subjects, 50(10%) were had Siragranthi type of srotodushti lakshana, which was statistically significant p-o. 0001

Table 3: Showing the distribution of 500 subjects based on Siragranthi srotodushti lakshana

| Siragranthi Srotodushti lakshana | Number of subjects | Percentage | Tests |
|----------------------------------|--------------------|------------|--------------------------------|
| Siragranthi lakshana present | 250 | 50 | Chi-square 76.832 p- o.0001 |
| Siragranthi lakshana Absent | 250 | 50 | |
| Total | 500 | 100 | |



DISCUSSION

Atipravriti - In the present study among 500 subjects, 300(60%) subjects had Atipravriti type of srotodushti lakshana, due to excessive intake of pittakara ahara and vihara sevana. Here all Asrugadhara types of diseases considered and others (excessive bleeding conditions of female reproductive disorders)

Sanga - In the present study among 500 subjects, 153 (30%) subjects had Sanga type of srotodushti lakshana, because subjects were following improper

ahara and vihara mainly vata and kapha pradhana may lead to sanga type of srotodushti

Siragranthi - In the present study among 500 subjects, 250(10%) were had Siragranthi type of srotodushti lakshana, because mainly meda, mamsa, rakta dhatu involvement present in granthi and arbuda

Vimargagamana - In the present study among 500 subjects, 74(14.8%) were had vimaragamana type of srotodushti lakshana in this srotodushti vitiated vayu

causes vomiting, in udavarta yonivyapad disease condition.

Table no -. The below table depicts the Artavaha vaha srotodushti vikara

Discussion on assessment of srotodushti lakshana in artava vaha sroto vikara

| VYADHI | DOSHA | DUSHYA | SROTAS | SROTO DUSHTI | VYAKTA STHANA | Clinical, biochemical, and radiological findings |
|--------------------------|--------------------|-----------------------------------|-----------------------------|--------------------------|----------------------|---|
| Vataja Asrugdhara | Vata | Rasa, Rakta, artava | Artavavaha srotas | Sanga | Garbhashaya | Clinical –pain, black colour, amount of menstrual blood is decreased |
| Pittaja Asrugdhara | Pitta | Rasa, Rakt, Artava | Artavavaha srotas | Atipravriti | Garbhashaya | Clinical – menstrual blood is hot, severe burning |
| Kaphaja Asrugdhara | kapha | Rasa, Rakta, Artava | Artavavaha srotas | Sanga | Garbhashaya | Clinical –excessive mucoid discharge, along with blood |
| Granthibuta Artavadusthi | Vata, kapha | Rasa, Rakta, Artava | Artavavaha srotas | Sanga | Garbhashaya | Clinical – pian, Unctuousness |
| Kunapagandiartav dusthi | Rakta | Rasa, rakta, artavavaha srotas | Artavavaha srotas | Atipravriti | Garbhashaya | Clinical –excessive amount of blood discharge more, red like fresh blood, |
| Shweta pradara | Vata kapha | Rasa | Rasavaha srotas | Atipravriti | Yoni | Atipanduravarna srava, yoni |
| Ksheena artava | Pitta vata | Rasa, Rakta, Artava | Artavavaha srotas | Sanga | Garbhashaya | Clinical –sacanty bleeding, pain in vagina |
| Anartava | Vata, kapha | Rasa, Rakta, Artavaha | Artavavaha srotas | Sanga | Garbhashaya | Clinical –anartava Usg –blocakge of fallopian tube |
| Asruja | Pitta | Rakta, aratva | Artavavaha srotas | Atipravriti | Garbhashaya | Clinical – excessive bleeding per vagina |
| Artava kshaya | vata, pitta, kapha | Rasa, rakta, artava | Rasavaha, artavavaha srotas | Sanga | Garbhashya | Clinical-Scanty bleeding with |
| Raktajagranthi | Vata, rakta | Rasa, Rakta, Artava, mamsa, siras | Artavavaha srotas | Atipravriti | Garbhashaya | Clinical examination – severe pain in yoni, dyspareunia |
| Vataja granthi | Vata | Rasa, Rakta, Artava, meda, mamsa | Artavavaha srotas | Siragranthi | Beejagranthi (ovary) | Clinical pain |
| Pittaja granthi | Pitta | Rasa, Rakta, Artava, Meda, Mamsa | Artava vaha srotas | Siragranthi, atipravriti | Beejagranthi (ovary) | Clinical examination- burning sensation, extremely hot blood discharged. |
| Kaphaja granthi | Kapha | Rasa, Rakta, Artava | Artavavaha srotas | Siragranthi | Beejagranthi (ovary) | Clinical – itching, heaviness, |

Atipravriti - If pitta becomes vitiated in Artavavaha srotas then the tissue of the srotas becomes overheated, resulting in inflammation, and infection. vaginitis, endometritis and oophoritis are just some of the conditions that may occur. Menstrual bleeding may also be more intense than normal.

Sanga - This is caused by the dryness due to vata vitiation in the artavavaha srotas there is scanty menstrual bleeding with either the volume or duration being less.in addition, amenorrhea may occur.

Siragranthi - This may be due to either vata or kapha if kapha enters the Artavavaha srotas the tissue becomes overly moist and mucous forms thus menstruation becomes heavy and maybe mixed with a white discharge.

Vimargagamana- Artavavaha srotas is characterised by the menstrual blood entering the stool via vaginal –rectal fistula, or the urinary system via a fistula connecting the uterus or vagina with the bladder. Vata vitiation in the Artavavaha srotas there is scanty menses with either the volume or duration being less. In addition, amenorrhea may occur. If Pitta becomes vitiated in Artavavaha srotas then the tissue of the srotas becomes overheated due to increased pitta guna in abnormal, resulting in inflammation and infection. Vaginitis, endometritis and oophoritis are just some of the conditions that may occur, menstrual bleeding also is more intense than usual. Kapha Becomes vitiated in Artavavaha srotas the tissue becomes overly moist and mucous forms thus menses

becomes heavy and maybe mixed with a large amount of mucous. Ayurveda states Swasthasya swasthya rakshanam aturasya vikara prashamana. Healthy srotas enhance the smooth circulation of dosha, dhatu and upadhatu throughout the body and the movement of malas to their excretory orifices. The role of Srotas in the maintenance of normal physiological functions as well as in the manifestation of diseases is well discussed in almost all Ayurveda texts. Complete knowledge of Srotas is a need for an Ayurveda physician to approach a subject in a holistic way. Manifestation of disease occurs in the body because of the defective Srotas. Any disturbance at the level of srotas either structurally or functionally leads to Sammurchana of dosha and dushya and as a result, the disease manifests inside the body. There are four types of srotodushti lakshana i.e., Atipravriti, Sanga, Vimargagamana and Siragranthi. Single lakshana or in combination can be seen in Artavavaha sroto vikara. The incidences of Artavavaha srotovikara are increasing alarmingly, from which women are facing many problems in their day-to-day life and especially in the reproductive phase.

CONCLUSION

Srotas is a unique and important structure of the human body that transports essential nutrients and energy throughout the body. Srotas not only transport nutritional material throughout the body but also help in the regulation of physiology and defence mechanism. If moolasthanas are defective, the srotas will be defective, but if srotas are defective does not mean that moolasthanas will also be defective.

The term used prabhavasthana used for srotomula should be considered as the origin place, storage place, controlling site conduction place. Acharya Charka has described the concept of the srotomula mainly from the physiological point of view, whereas Acharya Sushruta had given the emphasis on the anatomical aspects of the srotomula.

Kha vaigunya and Srotodushti are two important stages of roga samprapti. Kha Vaigunya is the main factor for the manifestation of diseases. Dosha and Dushya will have a specific affinity towards a partic-

ular tissue, where they cause disease. Srotodushti and sroto vaigunya are different based on severity.

Artavavaha srotas can be compared to the female reproductive system because the moolasthanas of artavavaha srotas is Garbhashaya and Artavavaha dhamani. Garbhashaya here is the uterus and artavavaha vahini dhamani are the fallopian tubes of the dhamanis which take part in supplying the uterine blood and in the menstruation process.

Atipravriti - If pitta becomes vitiated in artavavaha srotas then the tissue of the srotas becomes overheated, resulting in inflammation, and infection. vaginitis, endometritis and oophoritis are just some of the conditions that may occur. menstrual bleeding may also be more intense than normal. Pittala, tridoshaja, asruja, lohitaksha, aticharana, paripluta, putragni yonivyapad, vamini yonivyapad, mahayoni, vipluta yonivyapad, prasaramsini, phalini, kunapagandhi artava vyapad, putipoya artavavyapad, vataja granthi and arbuda, pittaja, kaphakja, sannipataja granthi and arbuda, all type of asrugdhara Sanga - This is caused by the dryness due to vata vitiation in the artavavaha srotas there is scanty menstrual bleeding with either the volume or duration being less. In addition amenorrhea may occur. Vatala, sleshmika yonivyapad, tridoshaja, arajaska, acharana, upapluta, udavarta, suchimukhi, suska, shandi, mahayoni, vandhya, atyanada, vatala artavavyapad, pittaja and kaphaja artavavyapad, granthboota artavavyapad, ksheena artavavyapad, Siragranthi - This may be due to either vata or kapha, if kapha entering the Artavavaha srotas the tissue becomes overly moist and mucous forms thus menstruation becomes heavy and maybe mixed with a white discharge. Karnini yonivyapad, antarmukhi yonivyapad, mahayoni, vatala artavavyapad, granthibhoota artavavyapad, Vimargagamana- Artavavaha srotas is characterised by the menstrual blood entering the stool via vaginal-rectal fistula, or the urinary system via a fistula connecting the uterus or vagina with the bladder. Pracharana, mutrapureesha artavavyapad, in the present study, it was seen that most of the srotodushti lakshana Excessive menstrual bleeding -more subjects, Scanty menstrual bleeding -moderate and Absence of menstrual

bleeding – mild were of Artavavaha sroto vikara. In clinically – only a few srotodushti lakshana are observed, biochemical –when low value considered as Sanga, a high value considered as Atipravriti, any structural deformities like cysts, endometrium thickness and fibroids etc. changes it can be observed through radiologically

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Shivakumari et al: A Study On Srotodushti With Special Reference To Assessment Of Srotoshti Lakshana In Artavavaha Srotas Through Clinical, Bio-Chemical And Radiological Findings'- Survey Study. International Ayurvedic Medical Journal {online} 2021 {cited October 2021} Available from: http://www.iamj.in/posts/images/upload/2339_2346.pdf