



PHYSIOLOGICAL CONSIDERATION OF SROTAS W.S.R. TO CIRCULATORY SYSTEM OF BODY

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ABSTRACT

Srotas are defined as transporting structure of body which acts as minute channel and performs functions of exudation, filtration and pervasion. *Srotas* is a structure through which *Sravanam* occurs, *Srotas*, acts as body's internal transport system and contributed towards the physiological activities of body. The improper functioning of *Srotas* may lead *Doshas prakopa* while proper physiology of *Srotas* is prerequisite for *Doshas Shamana*. *Vayu* is the main functional entity of *Srotas*, with the help of *Vayu Srotas* carry out various physiological activities. *Srotas* acquire similar shade of the specific *Dhatu*s to which it has a place. *Srotas* are countless channels or pathways which help in the circulatory process of body. Present article explores physiological consideration of *Srotas* W.S.R. to circulatory system of the body.

KEYWORDS: *Srotas, Dhātu, Channel, Circulation, Physiology.*

INTRODUCTION

The living body has two essential parts one of them is *Chetana*, which is answerable for giving life. In order to maintain homeostasis, the various *Panchamahabhuta* structures remain connected and cooperate with one another. *Akasha* is the essential *Mahabhuta*, any place or space exists in body it is because of this *Mahabhuta*. *Akashamahabhuta* like body entities include various channels. As a result, it is clear that the body was thought to be made up of numerous tiny living units that sense organs cannot detect. Such infinitesimal living units can be considered as '*Anustrotas*'.^[1-4]

Srota has characteristics such as patency, porosity, cleanliness, softness, colorlessness, transparency and thinness, etc. *Srotamsi* of body are channels of various types including canals and minute openings, etc. *Srotas* acts as body's internal transport system; they also control the flow of the *Doshas* and *Dhatu*s, etc. They flow subtle energy, *Prana* and *Oja*, also facilitate the process of detoxification. *Srotas* are responsible for *Dhatu Poshya* and provides nutrients to the body's tissues. *Srotas* are responsible for the functioning of circulatory system since they maintains flow of energy, air and biofluids, etc.^[4-7]

Physiological aspect

The living body is resultant of conglomeration of incalculable '*Srotamsi*', which are associated with the functions of filtration, transportation and oozing, etc. Through a variety of communication channels, *Srotas* are concerned with the metabolic state of their corresponding tissues. *Sthayidhatu* is nourished by *Srotas*; this is the precise nature of *Srotas* and their primary function. The supplement material of a specific *Dhatu* doesn't feed it through a *Srotas* other than its own. For instance, the nutrients that are required to sustain *Asthidhatu* may not be permitted to ooze through the *Ayanamukhas* of *Mamsavaha srotas* if they reach *Mamsadhatu* while circulating with *Ahararasa*.

Parthivatva associated with *Mamsa dhatu's* nutrition is distinct from that associated with *Asthidhatu's* nutrition. It would appear that the concerned *Srotas* decide which kind of *Parthiva Dravya* should be allowed to pass through their numerous *Srotamsi*.

All body elements get recharged in its own *Srotas*. *Vahanam Ahararasa* is a fluid that moves throughout the body through various channels. This fluid reaches each *Srota* and supplies the necessary material for the catabolic contribution of the *Dhatu*. The *Prasada* part of *Dhatu* and *Dhatu Mala* transported through *Srotas* for

the purpose of nourishment and detoxification respectively.

Transport of material is required for the nourishment of *Dhatu*, in this regards *Srotas* transport *Dhatu* from one spot to another, both *Prasada* and *Mala dhatu* enter and exit through the channels that also serve as vehicles for their transportation. Supplements from *Rasa dhatu* are moved to *Raktavaha srotas* to recharge *Rakta dhatu*. The *Srotas* site of biotransformation is intended to transport *Dhatu* during the metabolism stage. This indicates that one *Dhatu* is transformed into another *Dhatu* in *Srotas* during the metabolism process.

Srotas allows biotransformation of the previous *Dhatu* into the subsequent *Dhatu*. *Rasa* can only be replenished with *Rakta* if it is bio-transformed into *Rakta*; this only occurs in *Srotas*. If *Rasa* attempts to transform into *Rakta* and moves somewhere else; *Rasa* cannot increase the amount of *Rakta*. Similarly *Mamsa dhatu* is produced

in *Mamsavaha srotas* by supplements coming from *Rakta dhatu*, etc.

Malakhya dhatu is the term for excretion, which refers to waste products or tissues that have degraded and should not be discarded entirely. While a portion of *Malakhya dhatu* is used to make excrement that is periodically thrown out of the body, the remaining portion is used for the synthesis of some structural elements of the body and serves to support some of the vital functions of the organisms. As it moves through *Ahararasa*, only the nutrient of the concerned *Srotas* is selectively absorbed there, for instance, during the *Mootra-nirmiti* process, only the *Mootraposhaka* portion is absorbed at the *Pakvashaya* site and oozes into the *Basti*, where it is stored. One of the primary functions of *Srotas* is the feeding of *Sthayidhatu*, or *Poshana*. Supplement substances which feed the *Sthayidhatu*s go through *Paka* by *Ushma* of *Dhatu*s. They are then made accessible to *Dhatu*s through their own *Srotas* [6-8]. In this regards the major functions of *Srotas* is depicted in **Figure 1**.

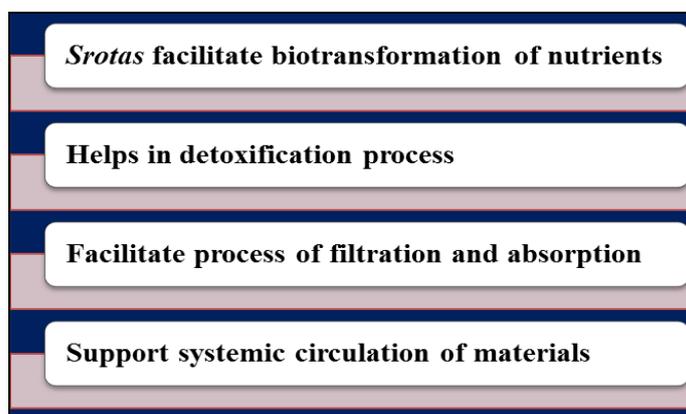


Figure 1: Major functions of *srotas*.

Circulatory aspect of *srotas*

The *Kostha* sends nutrients, biological materials, and waste products outside through these tiny channels. *Srotas* upholds *Samsodhana* process by eliminating waste products from the body. *Srotas* help to move *Vata*, *Kapha* and *Pitta* which helps to keep the *Doshas* in balance.

The primary function of *Srotas* is *Grahana* or *Sangrahana*, which is the storage and collection of biomaterials. *Srotas* carry out working of *Sravana* means to secrete, to overflowing out, to release and to exudates materials. Material absorption and incorporation supported by *Srotas*.

Srotas helps in the diffusion of nutrients and imparts *Pachana* effect. *Dhatu* is created by *Srotas* hence these helps in the development of body. *Srotas* gets supplements from *Aahararasa* and feeds *Dhatu*, in this way assists overall wellbeing of human body.

Srotas regulates body's thermostat, pH, and temperature. *Srotas* assists with controlling chemical exchange and

maintain hormonal regulation. *Srotas* keep the body's electrolytes in balance and prevent deprivation.

Srotas helps in biotransformation and metabolic course of body. *Poshyabhavas* that can be used by tissue are carried by *Srotas*, which support tissues in carrying out their functions. *Srotas* make it easier to selectively absorb and diffuse substances that go on to form essential biological products like sweat, blood and urine, etc.

Srotas make it easier to sweat, which is necessary for the body's detoxification and temperature control. *Srotas* helps in the maintenance of the body's fluid balance, preserving the circulatory system. *Srotas* feeds the body and controls the growth and development process.

Srotas support the body's defense mechanisms and facilitate the transportation of antibodies at the site of action by transporting *Rasa*, which carries inherent antibodies. *Srotas* gives energy which assists in performing routine daily work. *Srotas* rejuvenates the body and maintains gas exchange; *Srotas* are essential

for women's menstrual cycle regulation and support reproductive health.^[8-10]

CONCLUSION

Srotas are characterized as moving construction of body which goes about as moment channel and carries out roles of exudation, filtration and infiltration. *Srotas* is a design through which *Sravanam* happens, *Srotas*, acts as transport framework and contributed towards the physiological exercises of body. *Srotas* carry out a variety of physiological activities with the assistance of *Vayu*, which is the primary functional entity of *Srotas*. The body's *Srotamsi* are channels of all kinds, including cannels and tiny openings, etc. The body's internal transportation system is greatly associated with *Srotas*. *Srotas* control the transportation and progression of the *Doshas* and *Dhatus*. They stream inconspicuous energy, *Prana* and *Oja*, also work with the course of detoxification. *Dhatu Poshya* is caused by *Srotas*, which supply nutrients to the body's tissues. *Srotas* are liable for the working of circulatory framework and maintain flow of bio-materials including transportation of nutrients and waste products.

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