

A REVIEW ON RAKTAVAHA SROTAS AND ITS CLINICAL DISORDERS IN AYURVEDIC PERSPECTIVE

Dr. Nikhil Ashok Baxi^{*1}, Vd. Vidya Dattatray Khot² and Vd. Chetan Chandrashekhar Saraf³

¹Professor & HOD, Department Samhita Siddhanta, Rajashree Ayurved College, Mehakar, Maharashtra, India.

²Associate Professor, Department Kriya Sharir, Rajashree Ayurvedic Medical College and Hospital, Mehkar, Buldhana, India.

³Assistant Professor, Department Samhita Siddhanta, Aditya Ayurved College, Beed, Maharashtra, India.



*Corresponding Author: Dr. Nikhil Ashok Baxi

Professor & HOD, Department Samhita Siddhanta, Rajashree Ayurved College, Mehakar, Maharashtra, India.

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ABSTRACT

Srotas are pathways which are responsible for the transportation of *Dhatus* that are being metabolically transformed. There are different *Srotas* in accordance with various *Acharyas*, every *Srotas* possesses a *Mulasthana* which indicates the anatomical region related to the respective *Srotas*. This *Mulasthana* is regarded as the initial site of disease occurrence related to the *Srotas*. *Raktavaha Srotas* is one of the very important channels of body which performs transportation of *Rakta*. Its *Mulasthana* is described as the *Yakrit*, *Pleeha* and *Raktavahini Dhamani*, in accordance with the Ayurvedic literature. Consumption of *Vidahi anna*, *Snigdha ahara* and *Ushna drava* can cause *Dushti* of *Raktavaha Srotas*. *Sushruta* says that trauma to the *Mulasthana* of *Raktavaha Srotas* may lead to symptoms such as fever, pallor, heat and hemorrhage, etc. *Raktavaha Srotas* related diseases are *Visarpa*, *Kustha*, *Kamala*, *Arbuda* and *Pidika*, etc. The treatment line for *Raktavaha Srotas* disorders includes *Raktamokshana* and *Virechana*, etc. along with natural remedies which can pacify vitiated *Rakta*.

KEYWORDS: *Ayurveda*, *Raktavaha Srotas*, *Channels*, *Raktamokshana*, *Blood*.

INTRODUCTION

Ayurveda has described the anatomy, physiology and pathology of the human body very vividly. The physiology and pathology theory of the human body cannot be made clear without the complete knowledge of *Srotas*. Thus from the therapeutic point of view the consideration of *Srotas* are of very significant importance. *Srotas* may be said to have channels or pores which transport nutrient and provides supply to the respective *Dhatus* of the body as well as transport the

Doshas and *Malas* along with other nutrients. *Srotas* are the minute functional and structural unit of every organ.^[1-4]

Srotas are the channel or pores through which nutrient travels and provide the nourishment to body's *Dhatus* and also take along *Vata*, *Kapha* and *Pitta*, etc. *Astangahridaya sarirasthana* describes two types of *Srotas* as depicted in **Figure 1**.

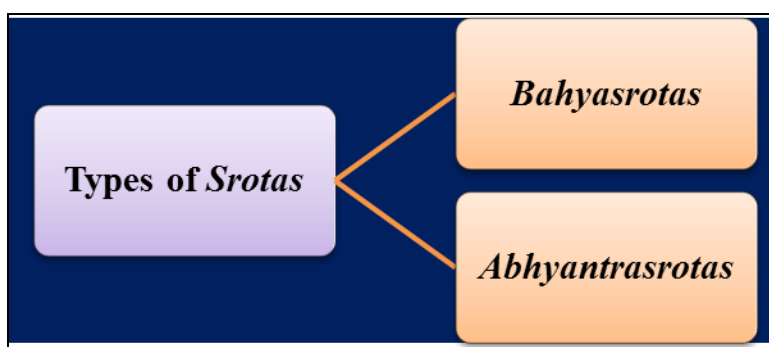


Figure 1: Types of *Srotas*.

As mentioned above *Bahyasrotas* is external type and *Abhyantasrotas* is internal type of *Srotas*. *Bahyasrotas* are large in size, open towards the outside, also referred to as *Stulasrotas*. *Abyantarasrotas* are very small and has widespread significance from clinical and physiological perspectives. *Abhyantara Srotas* includes *Raktavaha Srotas* which plays a significant role in the blood's internal flow.^[3-5]

Raktavaha Srotas

Raktavaha Srotas, a component of the circulatory system, is situated deep within the body as opposed to *Bahya Srotas*. The *Raktavaha Srotas* is particularly concerned in blood flow and distribution, comes from the *Yakrit* and *Pleeha*, suggesting that it is related to hematopoiesis and blood regulation. It is evident that *Raktavaha Srotas* is an *Abhyantara Srotas* rather than an exterior one since it is entirely enclosed within the body as a component of the internal circulatory system. The *Raktavahasrotas* is responsible for transporting nutrient of *Raktadhatu* and it regulates major circulatory process of body.

Raktavaha Srotas Physiology

- ✓ *Raktavaha Srotas* as energetic pathways through which the circulation and delivery of *Rakta Dhatu* take place in the body.
- ✓ These *Srotas* are the central pathway through which *Rakta* is carried to all organs and tissues so that nutrition and cellular functions may be delivered.
- ✓ *Yakrut* and *Pleeha* are considered the *Moolasthanas* of these *Srotas*, where blood-making and blood-changing processes occur mainly.
- ✓ *Raktavaha Srotas* transport *Rakta Dhatu*, delivering oxygen and essential nutrients to all parts of the body while removing metabolic waste at the same time.

This *Srota* may get vitiated because of unhealthy diet and regimens, and suppression of natural urges. *Samanyalakshana* of this *Srotas* includes *Atti-pravriti*, *Sanga*, *Siragranthi* and *Vimargagaman*. Pathological condition of *Raktavaha-srotas* may leads to various types of diseases as mentioned below.^[4-7]

Disease of Raktavaha-srotas

The causes of *Raktavahasrotas Dushti* include excessive consumption of *Snigdha* and *Ushna Drava*, as well as the consumption of *Vidahi Anna*. Furthermore, exposure to sunlight and air are factors that change the *Raktavaha Srotas's* natural function, ultimately leading to its vitiation.

The diseases of *Raktavahasrotas* include *Visarpa*, *Kustha*, *Asrigdar*, *Gudapaka*, *Raktapitta*, *Gulma*, *Nilika*, *Vidradhi*, *Vyanga*, *Dadru*, *Switra*, *Piplava*, *Asramandala* and *Kotha*, etc. In *Sushrutasamhita* other than these diseases *Mukhapaka*, *Masak*, *Vatarakta*, *Angamarda* and *Lingapakaarsa* are defined as *Raktadosajaroga*. *Vagbhat* also trailed *Sushruta* as he described the *Raktavahasrotas*

diseases in *Dosadivijnaneeyam* chapter in *Sutrasthan* as *Raktadoshaja* excluding the diseases described above he includes *Daha* in *Netramukha*, *Guda*, *Murcha*, *Lalima* in *Twacha* and *Mutra*.

The *Brihatrayee* outlines the *Vyadhi* related to *Raktavaha Srota*, which include *Kustha*, *Visarpa*, *Pidika* and *Raktapitta*. *Astanga Sangraha*, *Astanga Hridaya*, *Charaka Samhita* and *Sushruta Samhita* are also listed some ailments as in the *Brihatrayee* including *Gulma*, *Kamala*, *Pleeharoga*, *Vianga*, *Tilakalaka* and *Medhrapaka*. Other diseases of this *Srota* are *Switra*, *Dadru*, *Charmadala*, *Pama*, *Kotha*, *Indralupta*, *Arsha* and *Tama Pravesha*.^[6-8]

Symptoms of Raktavaha Srotas Vitiatio

- ✚ Skin rashes, boils and eruptions
- ✚ *Paandutaa*, *Jwara* and *Shonita Aagaman*
- ✚ Bleeding through any of the body orifices.
- ✚ *Kamala*, *Vidradhi* and red discoloration of eyes
- ✚ *Daaha*; heat or burning in the area.
- ✚ Pimples, hemorrhoids and tumors, etc.

Treatment of Raktavaha Srotas Vyadhi

Raktavaha Srotas disorders, like *Raktapitta* can be treated with the combination of approaches like *Virechana*, *Langhana* and *Raktamokshana*. These therapies assist in removing vitiated blood and establishing *Doshic* equilibrium. *Virechana* is the elimination of the morbid *Doshas* from the lower tract by the use of certain drugs that are *Ushna*, *Tikshna*, *Sukshma* and *Vyavayi*.

Raktamokshana includes the expulsion of unclean blood through practices such as *Jalaukavacharana*, *Shringa*, *Alabu* and *Ghati Yantra*. It is especially effective in cases where there is too much *Rakta Dhatu* and is also recommended in *Astanga Samgraha*.

Single herbs with blood purifying and haemostatic actions are *Haridra*, *Khadira*, *Manjistha*, *Sariva*, *Chandan*, *Neem*, *Ushira*, *Lodhra* and *Durva*, etc.

Manjisthadi Kwath, *Arogya Vardhini Vati*, *Panchatikta Guggulu*, *Raktapittank Lauha*, *Mahatikta Ghrita*, *Punarnava Mandur*, *Navayas Lauha*, *Triphaladi Churna* and *Dhatri Lauha*, etc. are compound formulations that promote detoxification and maintain equilibrium of *Rakta Dhatu*.^[8-10]

CONCLUSION

Raktavahasrotas can be compared to the hemopoetic system of body. *Raktavaha Srotas* plays an important part in the distribution and nourishment of *Rakta Dhatu* within the body. Originating in the *Yakrit* and *Pleeha*, it is intensively engaged with the formation and management of blood. Its physiological integrity promotes adequate supply of nutrients and oxygen, whereas its vitiation has the potential to cause a myriad of disorders such as *Raktapitta*, *Kustha*, *Visarpa* and

Kamala. Unhealthy lifestyle tendencies, improper food habits, and repression of natural urges are responsible for the vitiation. Remedial measures like *Virechana*, *Raktamokshana*, herbal preparations and dietary remedies help to clean the blood, re-establish equilibrium, and refresh the *Raktavaha Srotas*. Therefore, it is crucial to maintain the health of *Raktavaha Srotas* for the systemic well-being and proper *Doshic* harmony.

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