



ROLE OF STROTODUSHTI IN RAKTAPRADOSHAI VIKARA

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ABSTRACT

Strotas (path or channel) carry the transformed dhatus to different destinations through their mess of network to nourish the cells and tissues. According to different Acharya the number of strotas are different. Every strotas have their own Moolsthana (root). Raktavaha strotas is carries the raktadhatu and their nutrients. Moolsthana of raktavahastrotas are yakrit (Liver), pleeha (spleen) and raktavahidhamanis (Blood carrying channel), given in Ayurvedic Text. The moolsthana of Raktavaha strotas Yakrita and Pleeha is related with circulatory system (Hepato-portal system) of modern sciences and also blood reservoir. Due to intake of vidahiannapana, snigdhaahara, ushnadrava, maximum exposure to sunlight and air leads to raktavahasrotodushti. The disease of raktavaha strotas are kushtha, visarpa, pidika, raktapitta, asrigdara, gudapaka, mukhpaka, pleeharoga etc. In modern science all the skin disease, hemolytic disorder, gynecological and metabolic disorder are related with Raktavahasrotojanya vikara or Raktapradoshaja roga. The treatment of raktavahasrotojanya vikara are Raktamokshan (Blood letting), Virechana (purgation), Upvasa (fasting).

KEYWORDS: Strotas, Moolsthana, Raktavaha strotas, Strotodushti, Raktapradoshaj vikara.

INTRODUCTION

The concept of *Strotas* is defined clearly and scientifically in Ayurvedic Samhitas. "*Stravanata strotamsi*" means the path or passage which helps for transformation of substances is called *strotas*.^[1] Nutrient substances are supplied to cells and tissues via the process of transudation through channel is called *strotas*.^[4] It may be considered as the channels or passage (micro and macro) on the basis of morphology. Two types of *Strotas* are describe in Ayurvedic text, first is *Bahirmukha Strotas* (External Orifices) these are mainly 9 in numbers and second is *Antramukha Strotas* (Internal Orifices) according to Acharya Charaka and Vagbhata they are 13 in numbers and according to Acharya Sushruta they are 11 *yogvahi* (Pairs) *strotas* in numbers. Channels which carries nutrient of the *Raktadhatus* is called *Raktavaha strotas*. The *moolsthana* of *Raktavaha strotas* is *Yakrit* (Liver), *Pleeha* (Spleen) and *Raktavahidhamani*. Pathological condition of *Raktavaha strotas* leads to many different type of diseases. There are mainly four types of *strotodushti*, they are *Atipravriti* (Excessive action), *Sanga* (Complete or partial obstruction of *Strotas*), *Siragranthi* (New growth inside the *Strotas*), *Vimargagaman* (Leaving its own channel and enters in others channel), above *strotodushti* leads to *Raktavahasrotojanya vyadhis*.^[7] According to Acharya Charaka, these *vyadhi* are *Kushtha*, *Visarpa*, *Pidika*, *Raktapitta*, *Asrigdara*, *Guda-medhramukha paka*, *Pleeharoga*, *Gulma*, *Vidradhi*, *Neelika*,

Kamala, *Vyanga*, *Piplava*, *Tilkalaka*, *Dadru*, *Charmadala*, *Switra*, *Pama*, *Kotha*, *Raktamandala*^[6] and many more *Raktavahasrotojanya vyadhi* are describe in other Samhitas like as *Sushruta* and *Vagbhata Samhitas*. The treatment of *Raktavahasrotojanya vyadhis*, therapies like *virechan* (purgation), *Upvasa* (Fasting) and *Raktamokshan* (Bloodletting) indicated for the treatment of *Raktapitta*.^[8]

MOOLSTHANA OF RAKTAVAHA STROTAS

According to Acharya Charaka and Vagbhata, the *Moolsthana* (Root) of *Raktavaha Strotas* are *Yakrit* (Liver) and *Pleeha* (Spleen).^[2,3] According to Acharya Sushruta they are two in numbers and have their *Moolsthana* (Root) in *Yakrit*, *Pleeha* and *Raktavahidhamanis* (Blood carrying channel).^[5]

NIDANA AND STROTODUSTI LAKSHAN OF RAKTAVAHA STROTAS

Due to intake of *vidahiannapana*, *Snigdha-ushna drava*, contact of *Atapa and Anal* (Excessive Exposure of sunlight and Heat) leads to *raktavaha strotodusti*.^[9] According to Acharya Sushruta, *pitta prakopaka ahar vihar*, *drava-snigdha-guru ahara*, *Divaswapna* (Sleeping during day time), *Krodha* (Anger), *Anal and Atap* (Exposure to Fire and Sun), *Shrama* (Exertion), *Abhighata* (Injury), *ajirna* (indigestion), *Virudhaanna* (Eating antagonistic foods), *Adhyasana* (Taking food During digestion) etc. leads to *Raktavaha Strotodusti*.^[10]

Injury to *Raktavaha Strotas* manifest *Shyavangata* (Bluish discolouration of body), *Jwara*(Fever), *Daha*(Burning sensation), *Panduta*(Paleness),

Shonitagaman(Haemorrhages), *Raktanetrata* (Redness of eye).^[11]

RAKTAVAHA SROTOJANYA VYADHI

ATTIPRAVRITI	SANGA	SIRAGRANTHI	VIMARGA GAMAN
<i>Asrigdara,</i>	<i>Kustha, Pidika, gudapaka, Medhrapaka, Neelika, Vyanga, Piplava, Tilkalaka, Dadru, Charmadala, Switra, Pama, Kotha, Pleeharoga, kamala, Vatarakta</i>	<i>Arsha, Vidradhi, Arbuda,</i>	<i>Kamala, Raktapitta, vatarakta</i>

AIM/OBJECTIVE

Aims of this article to elaborate the Role of Strotodushti in Raktapradoshaj Vikara.

METHOD/MATERIALS

Ayurvedic textbooks like Charaka Samhita, Sushruta Samhita, Astanga Samgraha, Ayurveda dipika commentary of Chakrapanidatta and Research article have been used for this article as a source material.

DISCUSSION

A complete knowledge of *strotas* is a must for an Ayurvedic physician to approach a patient in a holistic way. Manifestation of a disease occurs in the body as a result of the defective *strotas*.^[14]

Raktavahi dhamni are none other than all blood vessels namely Arteries, Veins, Arterioles, Capillaries *Raktapradoshaj Vikara* occur due to *Raktavaha strotodushti* (*Atipravriti, Sanga, Siragranthi, Vimargagaman*). *Raktadhatu*(Blood) and their *poshakansha* (nutrients) are transported by *Raktavaha strotas*, these *strotas* can be compared with the blood vessels and capillaries through which nutrients, gases, waste product and hormones are transported to their destination. In fetus (Hepatic stage), Liver produces the blood cells. It store vit.B12 necessary for erythropoiesis and Iron necessary for synthesis of hemoglobin.^[12] Other important function of liver are metabolic and excretory.

Spleen is act as Blood Reservoir and Grave yard of RBCs. Spleen plays an important role in the hemopoietic function in embryo. During the hepatic stage, spleen produces the blood cells along with liver. In myeloid stage, it produces the blood cells along with liver and bone marrow. The RBCs are released from spleen into circulation during the emergency condition like hypoxia and haemorrhage.^[13]

If *Raktadhatu* does not freely flow in *Raktavaha Strotas* due to any type of *Strotodushti* then *Raktavaha Strotojanya vyadhi* will occur. If any pathogenesis and obstruction are present in circulation of blood so that the many more disorders and diseases are occur. *Kustha* (All type of skin disease), *Pidika*(Pimples), *Switra* (Leukoderma) etc. the example of *Sanga Strotodushti*. Any kind of tumor is the example of *siragranthi*. *Raktapitta* is the example of *vimarga gamana* and

gynecological disorder *Asrigdara* (menorrhagia) is the example of *atipravriti raktavaha strotodushti*. *Kamala* is the example of *Sanga* and *Vimarga gamana Strotodushti*, *Kosthaashrita Kamala* is *Sanga* and *Shakhashrita Kamala* is the example of *Vimarga gamana Strotodushti*.

In *Asrigdara*, the causative factor or *Dosha* is *Vata* and vitiated *Dhatu* or *Dushya* is *Rakta* or in this condition blood is also vitiated. Due to vitiated *Rakta dhatu*, *Raktavaha Strotomoola* also vitiated. As *Rakta* and *Pitta* both are quite similar in their properties, naturally this causes vitiation of *Pitta* also. *Yakrit* is the seat of *Rakta* as well as *Pitta*. The cause which vitiate *Pitta* and *Rakta*, they are also responsible for vitiation of *Yakrita* and *Pleeha*. The vitiated *Pitta* covers *Vata* and aggravates it. Due to this, amount of blood is also increased. This increased *Rakta* gets mixed with *Raja* (Menstrual blood), after reaching in *Raja* carrying vessel of the Uterus, increase immediately the amount of *Raja*. Hence excessive blood is discharged and it is called as *Asrigdara*. So this *strotodushti* (*Atipravriti*) play major role in production of this *strotovikara*.^[15]

Different types of *Nidana* (Etiological factor) leads to vitiation of *Doshas* which spread throughout the body and vitiate *Dhatus* and thus help in the manifestation of *Kushtha roga* (all type of skin diseases). *Acharya Charaka* has emphasized the dual part played by *Nidana*, i.e. simultaneous vitiation of *Tridosha* and also *Shaithilya* in the *Dhatus* (*Twaka, Rakta, Mansa, Lasika*). Thereafter, *Sthansamshraya* of *Dosha* and *Dushya* are produced in *Twacha* (Skin). Thereafter *Sthansamshraya* of *Dosha* and *Dushya* (*Sanga strotodushti*) *Mandala* and *Vaivarnyata* are produced in skin or body. So due to *Strotodushti* of *Sanga, Kushtha roga* (All types of skin diseases) are produced in body.

In *Arbuda* Vitiated *Dosha* entered into *Rakta*. These *Dosha* press the *Sira* causing elevation of muscular growth (*Siragranthi*) without paka. It is overspread with *Maamsamkura* (Muscular elevation). So this *Strotodushti* (*Siragranthi*) play major role in production of this *Raktapradoshaja vikara*.

Raktapitta primarily happens because of increase of *Pitta* in blood which leads to breakage of small capillaries. Thereafter bleeding or hemorrhaging from outer orifice-stools, urine, nose, phlegm etc. Bleeding from any

external opening where blood can come out, it is the example of *Vimarga gamana Strotodushti* and these *strotodushti* play major role in production of this *Strotovikara*.

CONCLUSION

Utpattisthana of *Raktavaha Strotas* we can compare with Hemopoietic system of embryonic stage. Liver and Spleen act as reservoir of Blood so we can compare them with *Moolasthan* or *samgraha sthana* (seat of storage) of *Raktavaha Strotas* and its *Vahanasthan* we can also compare with Circulatory System (hepato-portal system).

Raktavaha Strotodushti are compare with pathogenesis of skin and liver diseases, if we treat the *Strotodushti* *Raktapradoshaj* *Vikara* are cure and established the healthy *Strotas*.

Raktapradoshaja Vikara are compare with the disease of Liver and Spleen. Any kind of skin disease, bleeding disorder and tumor treatment should be given from its root liver and spleen.

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