

CONCEPTUAL STUDY OF SWEDVAHA SROTAS

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ABSTRACT

Srotas are channels of body, Ayurvedic classics proclaim "Srotomayam hi shariram" means that living body is a channel system and/or is comprised of innumerable channels which are designed as inner transport system for divergent function. Dictionary meaning of word 'srotas' are read as a current a stream, a river. As srotas are formed due to Akasha mahabhuta, they have characteristics like patency, porous, clean, soft, slightly unctuous, thin, colourless and transparent. Srotas are the inner transport system of the body which provide platform for activities of other important biofactors like tri dosh, saptadhatu, oja and agni etc. Acharya Charaka describes thirteen Srotas. In which Purishavaha srotas (which carry the feces), Mutravaha srotas (channels which carry the urine), Swedavaha srotas (channels which carry perspiration) this three srotas helps to regulate the elimination of metabolic waste products. In this research article we discuss the Swedvaha srotas.

INTRODUCTION

Srotas is a processing unit in which function of biotransformation of previous dhatu into next dhatu takes place. Manifestation of a disease in the body as a result of the defective srotas favoring the doshadushya sammurchhana. Now, we know the factors causing srotodushti, the best method is to prevent factors responsible for srotodushti. Sweat is a Meda Dhatu, it helps to remove impurities from the plasma. Sweat and urine are connected to each other, whenever one urinates in excess, one will perspire less. One can see this happening also in the seasons of the year, in the summer when one perspires more one urinates less and vice versa in winter. In Swedan Chikitsa these srotas are made active by the heat of steam which is applied all over the body directly or indirectly to cause sweating or liquefaction.

AIM AND OBJECTIVES

- To study the srotas.
- To study the swedvaha srotas in detail.

MATERIAL AND METHODS

Data for this research article collected from various samhitas ayurvedic book, magazine & internet. The doshas of the body Vata, pitta and kapha move from one part of the body to another via channels called srotamsi. The largest srotas or channel is the Maha Srotas or gastrointestinal tract. The smallest srotas can be found in single cells in the body that under the microscope reveal that they are porous. Through these porous channels or srotas oxygen and nutrients can be absorbed and waste

products like carbon dioxide can be expelled. So the srotas or channels in the body act like paths or roadways transporting blood and sensory information, absorbing nutrients and expelling waste products from the body.

Each srotas has a srotomula, a srotomarga and srotomukha.

- Mula-Sweat glands.
- Marga-Sweat ducts.
- Mukha-Pores of the skin, and the opening of the sweat glands under the skin.
- Doshas present in this swedvaha srotas-Kledaka Kapha, PachakaPitta, RanjakaPitta, BhrajakaPitta and VyanaVata.

Causes of Swedvaha srotodushti

Excessive and vigorous exercise which is beyond the capacity of a person can cause Dushti of Swedavaha Srotas. If a person is exposed to cold weather immediately after sweating and after vigorous exercise, then the Swedovaha Srotas can get disturbed and can become abnormal.

- Lack/excess of water intake
- Hydrophilic food.
- Lack/excess of physical exercise.
- Stress.
- Transition from Heat to Cold, and extreme cold.

Sign & Symptoms of Swedvahasrotodushti

- Dry Skin, rough skin and pilling off skin.
- Excessive perspiring

- Fungi tendency.
- Feeling of burning/itching in underarms
- Goose bumps.
- Strong odour of sweat.

Diseases of Sweadvahasrotodushti

Dushti of Swedovaha Srotas causes abnormal and excessive perspiration, skin diseases like Psoriasis, Eczema, Dermatitis. Acne, Vitiligo.

DISCUSSION

Srotas is a processing unit in which function of biotransformation of previous dhatu into next dhatu takes place. Manifestation of a disease in the body as a result of the defective srotas favoring the doshadushya sammurchhana. Now we know the factors causing srotodushti, the best method is to prevent factors responsible for srotodushti. This srotas helps to keeping the normal temperature of the body, providing moisture helping with absorbing vitamin D. It is also helping to expel toxins. After exercise or during summer months the body in hot summer weather, seats. To a common man it is liquefaction of the body tissues. From this observation the word has come to use. SwedaVaha Srotas actually are innumerable. But for description and for the practical purposes, it is considered as one single Srotas. Spicy, oily, salty, more sugar content foods are affected to this srotas also emotion, fear, anger, anxiety, exposure in sun or hot atmosphere are plays important role in dushti of sweadvaha srotas.

CONCLUSION

Abhyang, snehan, sweadan helps to improved function of sweadvaha srotas.

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