

The Structural and Functional Correlation of Srotas in Rachana Sharir and Kriya Sharir

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Abstract

Srotas, or channels, play a fundamental role in the human body, as understood in Ayurvedic science. The anatomical and physiological aspects of Srotas provide deep insights into how various body functions are carried out. This paper explores the structural (Rachana Sharir) and functional (Kriya Sharir) correlations of Srotas, examining their significance in maintaining health and managing diseases. By analyzing these body channels from both anatomical and physiological perspectives, this paper will highlight how disruptions in Srotas contribute to various health issues. The research focuses on major Srotas, their location, function, and associated disorders, providing a comprehensive understanding of their roles in maintaining the balance of Doshas (Vata, Pitta, Kapha) and overall body systems.

Keywords: *Srotas, Rachana Sharir, Kriya Sharir, Ayurveda, body channels, Doshas, health, disease, anatomical, physiological*

INTRODUCTION

In Ayurvedic literature, Srotas refers to the channels through which various bodily functions are performed, such as transportation of nutrients, waste excretion, and the circulation of essential elements like blood and lymph. According to Ayurveda, a proper understanding of the Srotas system is crucial to health. The body is interconnected by these intricate channels that regulate the flow of Prana (life force), nutrients, waste, and Doshas. Disruption in Srotas may lead to severe health complications, making the study of these structures vital in disease diagnosis and treatment.

This paper aims to correlate the anatomical understanding of Srotas (Rachana Sharir) with their physiological processes (Kriya Sharir). By analyzing key Srotas, their structure, function, and the potential health problems caused by their blockage or dysfunction, we will explore the integral role these channels play in health management.

Srotas, in Ayurveda, are vital channels or pathways that facilitate various physiological processes, from the movement of air to the circulation of blood and nutrients. These channels are integral to the health and functioning of the body, as they enable the flow of essential elements and the elimination of waste. Based on their anatomical location and function, Srotas can be broadly classified into two major categories: BahyaSrotas (external channels) and AbhyantaraSrotas (internal channels).

1. BahyaSrotas (External Channels)

BahyaSrotas refer to external channels that connect the body to the external environment. These channels are responsible for processes that involve direct interaction with the outside world, including breathing, digestion, and sensory perceptions. The primary function of BahyaSrotas is to enable the intake of essential substances like air and food, and to expel waste and toxins.

- **PranavahaSrotas (Respiratory Channels):** These channels are related to the respiratory system, responsible for the intake of air (Prana) and the expulsion of carbon dioxide. Structurally, the PranavahaSrotas include the nasal passages, trachea, bronchi, and lungs. Functionally, they are vital for oxygen exchange, essential for the sustenance of life. Any disruption in PranavahaSrotas, such as blockages or inflammation, can lead to respiratory disorders like asthma, bronchitis, or respiratory infections.
- **AnnavahaSrotas (Digestive Channels):** AnnavaSrotas are the channels through which food (Anna) is processed, absorbed, and assimilated into the body. Anatomically, these channels correspond to the alimentary canal, including the mouth, esophagus, stomach, and intestines. They facilitate digestion, the breakdown of food, and the absorption of nutrients. If AnnavaSrotas are impaired, it can lead to digestive issues such as indigestion, acid reflux, bloating, constipation, or diarrhea.
- **AmbuvahaSrotas (Water Channels):** These channels manage the intake and regulation of water in the body. The kidneys, ureters, and bladder are parts of

AmbuvahaSrotas, playing a crucial role in hydration, fluid balance, and waste elimination through urine.

Table 1: BahyaSrotas and Their Functions

Srotas Type	External Structure	Primary Function	Common Disorders
PranavahaSrotas	Nasal passages, lungs	Respiration, oxygen exchange	Asthma, bronchitis, infections
AnnavahaSrotas	Stomach, intestines	Digestion, nutrient absorption	Indigestion, diarrhea, constipation
AmbuvahaSrotas	Kidneys, bladder	Water regulation, urination	UTIs, dehydration, kidney stones

2. Abhyantara Srotas (Internal Channels)

Abhyantara Srotas refer to internal channels that circulate essential nutrients, fluids, and other elements within the body. These channels are responsible for the movement of blood, lymph, tissues, and waste products. They ensure that the body's internal environment is properly regulated and balanced. The efficient functioning of these internal Srotas is crucial for the maintenance of health and the prevention of diseases.

- Raktavaha Srotas (Blood Circulatory Channels):** Raktavaha Srotas are responsible for the circulation of blood (Rakta) throughout the body. This includes arteries, veins, capillaries, and the heart. The primary function of these channels is to transport oxygen, nutrients, and hormones to various tissues and organs. Any disturbance in RaktavahaSrotas can lead to disorders like anemia, hypertension, and circulatory issues.
- Mutravaha Srotas (Urinary Channels):** These channels manage the excretion of urine, helping in the elimination of liquid waste from the body. The kidneys, ureters, and bladder form part of the Mutravaha Srotas. If these channels are blocked or malfunctioning, conditions like urinary retention, infections, or kidney stones can arise.
- SvedavahaSrotas (Sweat Channels):** Svedavaha Srotas control the process of sweating and play a vital role in thermoregulation and toxin elimination. These

channels involve sweat glands located in the skin, which regulate body temperature and remove toxins through sweat.

- **Manovaha Srotas (Mind Channels):** This category of Srotas is related to the mental and emotional aspects of an individual. The mind (Manas) is believed to have its own channels that influence emotions, thoughts, and mental health. Imbalances in ManovahaSrotas may lead to stress, anxiety, or depression.

Table 2: Abhyantara Srotas and Their Functions

Srotas Type	Internal Structure	Primary Function	Common Disorders
RaktavahaSrotas	Arteries, veins, heart	Blood circulation, oxygen transport	Hypertension, anemia
MutravahaSrotas	Kidneys, ureters, bladder	Urination, waste elimination	UTIs, kidney stones
SvedavahaSrotas	Sweat glands, skin	Sweating, toxin elimination	Excessive sweating, skin issues
ManovahaSrotas	Brain, nervous system	Mental function, emotional balance	Anxiety, stress, depression

Structural and Functional Differences Between Bahya and AbhyantaraSrotas

The primary distinction between Bahya and AbhyantaraSrotas lies in their anatomical location and interaction with external versus internal environments. BahyaSrotas are outward-facing and facilitate direct exchanges between the body and the outside world, such as through respiration and digestion. AbhyantaraSrotas, on the other hand, regulate the internal functions of the body, including the circulation of blood and lymph, the elimination of waste products, and the regulation of mental and emotional health.

- **BahyaSrotas** primarily deal with input and output processes, ensuring that the body takes in what it needs (air, food, water) and eliminates waste (carbon dioxide, undigested food, urine).
- **AbhyantaraSrotas** function more internally, maintaining the circulation of essential nutrients, fluids, and signals within the body. They play a crucial role in keeping the body's internal systems balanced and functioning optimally.

FUNCTION OF SROTAS IN KRIYA SHARIR:

In Kriya Sharir, the physiological role of Srotas is vital for maintaining homeostasis. They ensure the proper movement of Doshas, Dhatus (tissues), and Malas (waste products). Any disruption in their function may lead to diseases. Srotas regulate various functions like digestion, respiration, circulation, and excretion.

1. Pranavaha Srotas (Respiratory Function):

These channels are responsible for breathing and oxygen exchange. A blockage in Pranavaha Srotas can cause diseases like asthma, respiratory infections, or bronchitis.

2. Annavaha Srotas (Digestive Function):

Annavaha Srotas regulate digestion and the absorption of nutrients. Disorders like indigestion, constipation, or diarrhea occur when these channels malfunction.

3. Raktavaha Srotas (Circulatory Function):

Raktavaha Srotas circulate blood and supply oxygen and nutrients to tissues. Diseases like anemia or high blood pressure arise due to issues in this system.

4. Mutravaha Srotas (Excretory Function):

These Srotas manage the excretion of urine. Disruptions lead to urinary tract infections, kidney stones, or retention of urine.

CORRELATION BETWEEN RACHANA AND KRIYA SHARIR IN SROTAS:

Understanding the structure and function of Srotas provides insights into the body's health. A perfect balance between Rachana (structure) and Kriya (function) ensures the efficient working of body systems. The anatomical aspects of Srotas, such as their location and size, directly impact their function. For example, if the Annavaha Srotas (digestive channels) are structurally compromised, it will result in improper digestion, leading to disorders like gastritis or bloating.

DISEASE MANAGEMENT THROUGH SROTAS BALANCING:

In Ayurveda, maintaining the health of Srotas is essential for disease prevention and management. Various treatments, including Panchakarma therapies, herbal remedies, and lifestyle changes, aim at clearing blockages in Srotas and restoring their function. For instance, a person with disrupted Mutravaha Srotas may benefit from detoxifying therapies to clear the urinary channels.

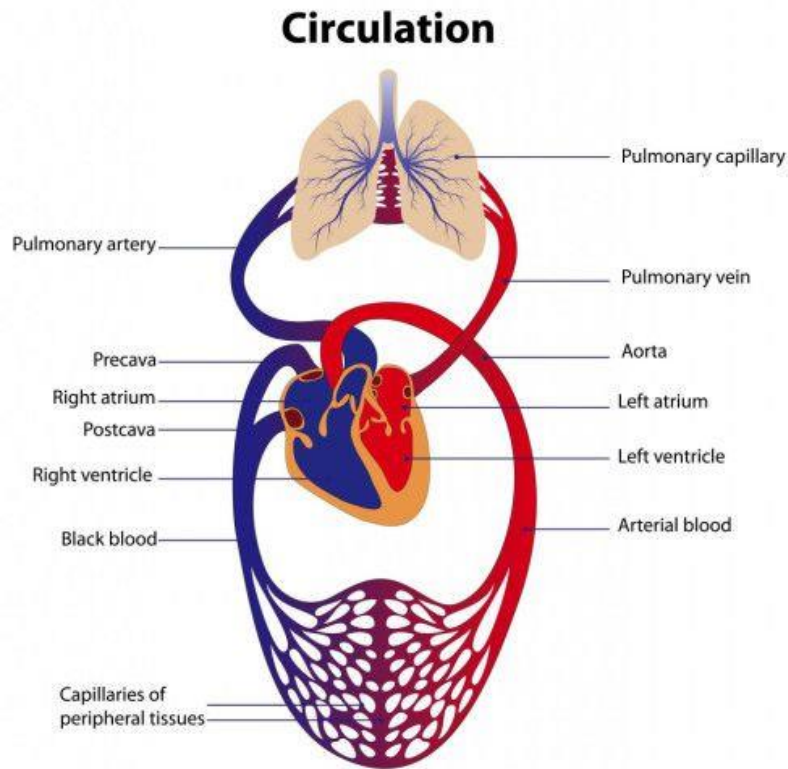


Figure 1: Diagram of the Circulation System (RaktavahaSrotas)

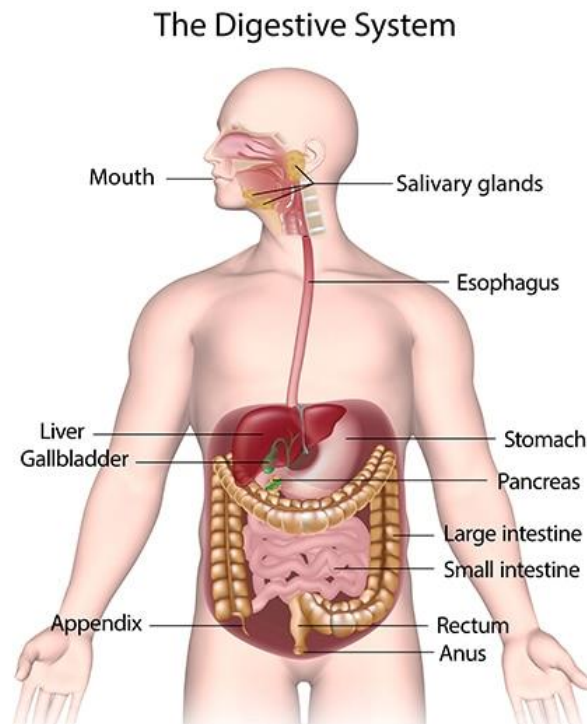


Figure 2: Illustration of the Digestive System (AnnavahaSrotas)

CONCLUSION

Srotas are the pathways through which life processes occur in the body. Any disturbance in these channels can lead to severe health problems. Therefore, understanding the structural and functional relationship between Srotas in Rachana Sharir and Kriya Sharir is vital for health management. This research provides a comprehensive analysis of different Srotas, their anatomical location, physiological function, and associated diseases, emphasizing their importance in maintaining health and managing diseases.

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