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Evaluating Ayurvedic drugs for *Rasava Srotas:* A Detailed *Rasapanchaka* interpretation

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Abstract

Strotas are innumerable channels or pathways which supply nourishment to Dhatu and whole body. Strotas carry all like poshya rasa to poshaka rasa, specific materials, hormones, enzymes, thought process & stimulus. It is such a minute supply that is not seen but visible by their actions or by functioning that occurs. Any disturbance in physiology of strotas may lead to pathological manifestation, therefore it is very important to understand physiological and clinical concept of strotas along with its management. Ayurvedic samhitas described anatomical and physiological concepts of strotas broadly along with the diseases related to strotodushti.

Key words : Strotas, Rasavaha Strotas, Stotodushti, Ayurveda.

Strotamsi stands for the inner delivery system of the body incorporation to that of circulatory system. It indicates all level of exchanging and transportation of Poshya rasa from Ahara rasa by Jatharagni at micro to macro level of cells and tissue. The kind of life style choices are practiced nowadays are key contributors in development of Strotodushti (vitiation of channels of circulation) leading to progression of diseases. The digested food finally contributes to Rasa Dhatu, which performs many vital functions of body. Rasa Dhatu is first Dhatu and its main function is Prenanam.[1] Rasavaha Stotas are channels carrying rasa Dhatu and giving poshan to rasa and rakta Dhatu .The word 'Dhatu' comes from a verb 'Dha' which is having the meaning 'to support (Dharana) and to nourish (Poshana)[2]. Rasa Samvahana: Rasa Dhatu is circulated in whole body by Vyan Vayu. Mulasthana of Rasavaha Strotasa: Hriday (Heart) and Dasha Dhamani (10 major vessels).[3]

Clinical importance of mulasthana of rasavaha strotasa :

"Mulam iti prabhavasthanam".[3]

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The working of every Stotas are regulated and controlled by its respective mulasthana (root place). Hence, to treat any strotodushti or its disease we need to emphasize on its mulasthana.[4]

"Rasoapi shleshmvat"

They Possesses similar properties as kapha dosha, like snigdha, guru, shweta etc.[5]

Number of Strotas :

Stotas are countless as everybody constituent has its own strotasa.

According to Acharya Charak, grossly following 13 strotasas, are enumerated

1) Pranahava strotas 2) Udakvaha strotas 3) Annavaha strotas 4) Rasavaha strotas 5) Raktavaha strotas 6) Mansavaha strotas 7)Medovaha strotas 8)Asthivaha strotas 9) Majjavaha strotas 10) Shukravaha strotas 11) Mutravaha strotas 12) Purishvaha strotas 13) Swedavaha strotas.[6]

While according to Acharya Sushrut, there are 11 types of strotas.

1) Pranahava strotas 2) Udakvaha strotas 3) Annavaha strotas 4) Rasavaha strotas 5) Raktavaha strotas 6) Mansavaha strotas 7) Medovaha strotas 8) Mutravaha stoats 9) Purishvaha strotas 10) Shukravaha strotas 11) Artavavaha strotasa.[7]

Rasavaha strotas dushti hetu (etiological factors):[8]

Guru ahara - excessive intake of heavy diet like cheese, fast-food, Chinese, bakery products.

Sheeta ahara –excessive intake of cold food or products.

Atisnigdham –eating too oily, unctuous food, it increases viscosity in blood creating obstruction in strotas and hampering circulation.

Samashan –taking wholesome and unwholesome diet together.

Manasika hetu- chinta (stress/worry) leads to rasavaha strotodushti causing cardiac diseases, hypertension etc. and ultimately hampers mental and physical health.

Rasavaha strotas dushti lakshana (symptoms):[9]

Following diseases are caused by vitiation of rasa Dhatu:

- Ashraddha – disinclination for any type of food.
- Aruchi – anorexia or uninterested in diet.
- Aasyavairasya – disgeusia
- Arasadnyata – ageusia or loss of taste
- Hrilaso – nausea
- Gaurav –feeling of heaviness
- Tandra- drowsiness
- Saangamarda jwara tama- fever with bodyache and fainting
- Pandu- anaemia
- Strotasaam rodha- obstruction of channels of circulation
- Klaibya – impotency
- Saada- asthenia
- Krishangata – emaciation
- Nashoagneya – decrease power of digestion
- Vali and paalitya – premature appearance of wrinkles and grey hair.

Table-1. List of the drugs which are used in Rasavaha srotas duhsti

S. no	Sanskrit Name	Botanical Name	Family	English Name	Part Used
1.	Haritaki[8]	*Terminalia chebula* Retz.	Combretaceae	Myrobalan	Fruits
2.	Shunthi[8]	*Zingiber officinale* Roscoe.	Zingiberaceae	Dry Zingiber	Rhizome
3.	Ardraka[8]	*Zingiber officinale* Roscoe.	Zingiberaceae	Ginger root	Rhizome
4.	Pippali[8]	*Piper longum* Linn.	Piperaceae	Long Pepper	Fruits
5.	Jiraka[8]	*Cuminum cyminum* Linn.	Apiaceae	Cumin seeds	Fruits
6.	Dhanyaka[8]	*Coriandrum sativum* Linn.	Apiaceae	Coriander Fruit	Fruits
7.	Aragavadha[8]	*Cassia fistula* Linn.	Fabaceae	Pudding pipe tree	Fruits
8.	Kutaki[8]	*Picrorhiza kurroa* Royle.	Scrophulariaceae	Picrorhiza	Rhizome
9.	Kiratikta[8]	*Swertia chirata* Roxb.	Gentianaceae	Chireta	Panchanga
10.	Bakuchi[8]	*Psoralea corylifolia* Linn.	Fabaceae	Malaya tree	Seeds
11.	Rasone[8]	*Allium sativum* Linn.	Liliaceae	Garlic	Bulb
12.	Twakpatra[8]	*Cinnamomum zeylanica* Blume.	Lauraceae	Chinese cassia	Bark
13.	Ushir[8]	*Vetiveria zizanioides* Linn.	Poaceae	Cuscus grass	Root
14.	Musta[8]	*Cyperus rotundus* Linn.	Cyperaceae	Nut grass	Tuber
15.	Talispatra[8]	*Abies webbiana* Lindle.	Pinaceae	Himalayan silver	Leaf
16.	Guduchi[8]	*Tinospora cordifolia* (Willd) Miera.	Menispermaceae	Tinospora	Stem
17.	Patla[8]	*Stereospermum suaveolens* DC.	Bignoniaceae	Rose flower fragrant	Root bark
18.	Shyonak[8]	*Oroxylum indicum* Vent.	Bignoniaceae	Indian trumpet	Root bark
19.	Bruhati[8]	*Solanum indicum* Linn.	Solanaceae	Indian night shade	Root, fruit, seeds
20.	Kutaj[8]	*Holarrhena antidysenterica* Wall.	Apocynaceae	Telli cherry bark	Stem, bark, seed
21.	Patha[8]	*Cissampelos pareira* Linn.	Menispermaceae	Velvet leaf	Root
22.	Sariva[8]	*Hemidesmus indicus* R.Br	Asclepiadaceae	Indian sarsaparilla	Root
23.	Dadima[8]	*Punica granatum*Linn.	Punicaceae	Pomegranate	Rind, Stem, Rootbark, Flower
24.	Draksha[8]	*Vitis vinifera* Linn.	Vitaceae	Grapes	Fruit

25.	Badar[8]	*Pyrus malus* Linn.	Rosaceae	Apple tree	Fruit
26.	Jamiri nimbu[8]	*Citrus limon* Linn.	Rutaceae	Lemon	Fruit
27.	Nimbu[8]	*Citrus medica* Var.	Rutaceae	Lime	Fruit
28.	Vrukshamla [8]	*Garcinia indica* Choisy.	Cluciaceae	Kokam Butter tree	Fruit
29.	Chanak[8]	*Cicer arietinum* Linn.	Fabaceae	Bengal Gram	Fruit
30.	Ajmoda[8]	*Carum roxburghianum* Benth.	Apiaceae	Celery	Fruit

The term Dhatu means to 'Dharana - to support' and 'Poshana' means 'to nourish'. All the seven dhatu stay firm and support the human body. Rasa is one of the seven components of body. Rasavaha Srotas is the main Srotas or first Srotas that supply major nutrients to all parts of the body. Rasavaha Srotas mainly give Poshana to Rasa Dhatu as well as Rakta Dhatu. Hrdaya and Yakrut are main organs in this srotas because Ahara Rasa first goes to Yakrit and then to Hrdaya and then circulates to all over the body parts.

Rasavaha Srotas are the bodily channels in Ayurveda responsible for the transportation and circulation of Rasa Dhatu, the primary nourishing fluid equivalent to plasma. Maintaining the integrity and proper function of Rasavaha Srotas is crucial for overall health and vitality.

To support and balance Rasavaha Srotas, Ayurveda utilizes a variety of herbs and formulations. These are chosen based on their taste (Rasa), quality (Guna), potency (Veerya), and post-digestive effect (Vipaka). So after verifying the content it has come to notice that maximum drugs contains all five Rasas except Lavana (salty). Drugs are predominantly Tikta (bitter) & Madhura (sweet) Rasa Pradhana.

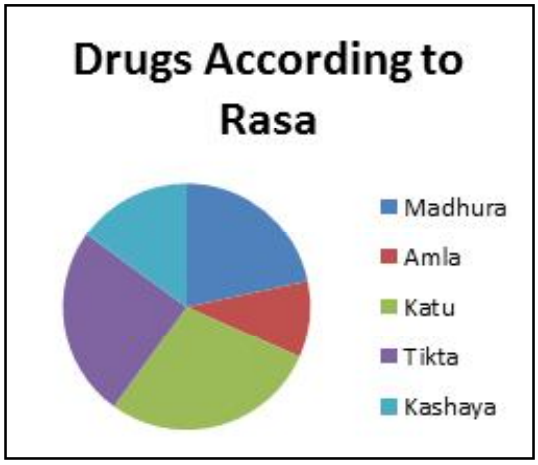

Fig. 1. Shows dominancy of Rasa

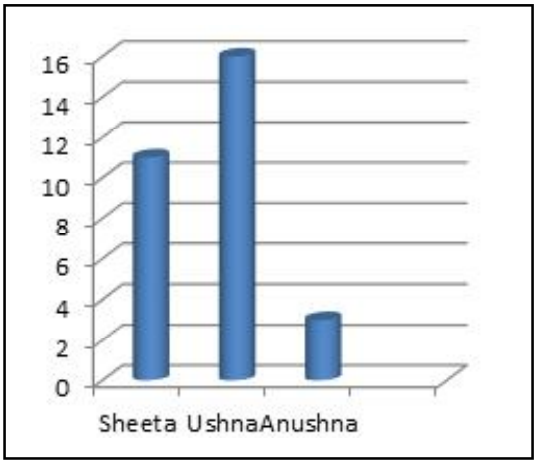

Fig. 2. Shows dominancy of Veerya

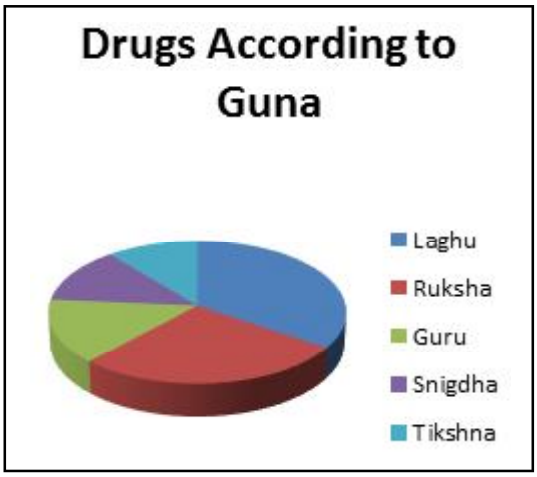

Fig. 3. Shows dominancy of Guna

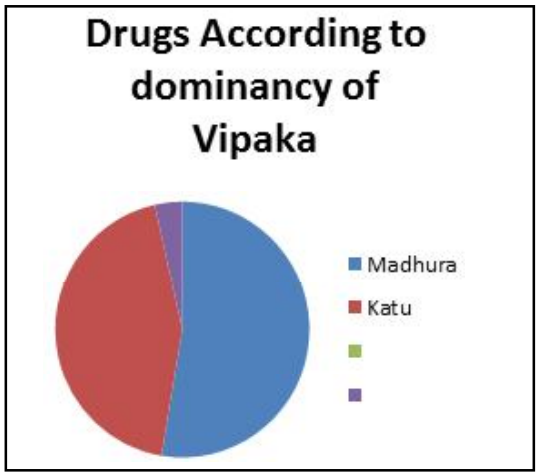

Fig. 4. Shows dominancy of Vipaka

Majority of the medicinal plants are having Ushna (hot) & Sheeta (cold) Veerya (potency). Predominantly having Laghu (light) Gunatmaka and Madhura paki (sweet) after post digestive effect.

In Ayurveda, the Rasavaha Srotas play a crucial role in the transportation and circulation of Rasa Dhatu, the essential nourishing fluid that sustains all bodily tissues. The integrity and proper functioning of these channels are vital for overall health and vitality. Understanding the specific qualities (Rasa, Guna, Veerya, and Vipaka) of Ayurvedic herbs allows for targeted therapeutic interventions to support and restore Rasavaha Srotas.

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