RASAVAHSA SROTAS AND THEIR PHYSIOLOGICAL IMPORTANCE: AN AYURVEDA REVIEW

Dr Mariya Husain
MD (Kriya Sharir), Associate Professor, Department of Kriya Sharir, Parul Institute of Ayurveda, Vadodara, Gujarat, India.

ABSTRACT

Srotas are channels or pores which provide nourishment to the whole body and responsible for some particular function with respect to specific body parts. The Ayurveda samhitas described anatomical and physiological concepts of srotas broadly. Srotas mainly regulates process of circulation in human body. The srotas not only perform various functions but disturbance in srotas may also impart some pathological manifestation, therefore it is very essential to understand physiological concepts of srotas. This article presenting ayurveda perspective of Rasa vaha srotas and their physiological considerations.

Keywords: Ayurveda, Srotas, Rasa vaha srotas, Dhatu, Circulation.

INTRODUCTION

**Rasa**: Rasa means ‘movement’, as per this definition any liquid element in body which flows may be treated as Rasa including Rakta and lymph etc. The digested food finally contributed to Rasa-Dhatu which performs many vital functions of body. Rasa is Jala Mahabhoota predominant and possessing Tanu, Swachchha and Snigdha properties it travels through Dhahanis.

**Rasa Savhana**: Vyana Vayu having ability to move liquid quickly, this Vyana Vayu causes circulation of rasa in entire body.

Srotas are channels or micropores which mainly perform functions of transportation, ayurveda described many types of Srotas and Rasa vaha srotas are one of them. There are seven srotas (out of 13) which associated with tissues (dhatus) and Rasa vaha srotas comes first in this category as follows:

**Srotas related to dhatus**

1. **Rasa vaha srotas**: carrying plasma and lymph
2. **Rakta vaha srotas**: carrying blood cells and hemoglobin
3. **Mamsa vaha srotas**: carrying muscle nutrients and wastes
4. **Meda vaha srotas**: supplying to various adipose tissues of body
5. **Asthi vaha srotas**: nutrients to the bones
6. **Majja vaha srotas**: supplying the bone marrow and nerves
7. **Sukra vaha srotas**: carrying the sperm and ova and their nutrients

As mentioned above it was clearly indicated that Rasa vaha srotas considered as one of the important circulatory system of body transporting nutrients to the dhatu. Ayurveda also describes concept of Rasadhatus as precursor of Rakthdhatu since blood circulation depends upon total level of fluid in blood stream. The Mulasthana of Rasavaha Srotas is Dhahani and Hrdaya as mentioned below:
Rasavaha srotas

Mula: Heart and great vessels.

Marga: Venous and lymphatic systems.

Mukha: Arteriole, venous junction in capillaries.

Rasavaha Srotas are considered as main Srotas since they supply nutrients to all body parts, they also give Poshana to Rasa Dhatu and Rakta Dhatu. Yakrit and Hrdiya contributes significantly towards Ahara Rasa Poshanta through this Srotas since food first goes to Yakrit then through the circulatory system of Hrdiya it will circulate to all body parts. Therefore the concept of Rasavaha Srotas in Ayurveda may be correlated with modern functions of heart, lungs and liver. Rasa vaha srotasa circulates Rasa including lymphatic system and plasma, this process offers nourishment to other dhatus.

Rasavaha srotas perform vital functioning of body related to circulatory process and physiological disturbances to their functioning may lead some pathological manifestation as mentioned in Figure 1. The rasa vaha srotasa originated mainly from hrudaya and connected to all over the body through Dhamanis. These dhamanis circulated rasa all over the body using pumping of hrudaya.5-10

**Figure 1: Symptoms associated with disturbed physiological functioning of rasa vaha srotasa:**

Physiological Importance of Rasa Vaha Srotas

- Paushaka Dhatu are transported to the Sthayi Dhatu through Srotas.
- Dhatu-Vaha Srotas is specific to Sthayi Dhatu to which they transport nutrition.
- Srotas carries Bhava Pudarth from one place to another place.
- It transports materials and impulses also.
- It helps in the absorption of fats and minerals through lymph and utilizing pressure of blood.
- It served as place of transformation of Ahararasa to Rasadhatus.
- It offers pathways for transporting Rasadhatus in the body.
- The proper functioning of this Srotas offers excellence of Twak characterized by Snigdha, Shlakshna, Mrudu, Prasanna, Sukshma, Alpa, Gambhira and Sukumara appearance.
- The physiological normalcy of Rasavaha srotas offers happiness, power, enjoyment, intellect and longevity.
- Rasavaha srotas carry nutrient and other important material which serve important role in normal physiological functioning of tissue.
- The thermostat of body maintained by appropriate circulatory process of Rasavaha srotas.
- The assimilation and digestion of ahara take place with the help of biochemical process of Rasa which transport through Rasavaha srotas.
- Rasavaha srotas contributed towards immune response of body.
- The healing and defensive mechanism of body act at the site of injury with the help of Rasavaha srotas.

**CONCLUSION**

The major function of Rasa is Prinana: providing nutrition to other dhatu. The function of Rasavaha Srotas is very important to maintain physiology of all body tissue, if this Srotas not work properly then Dhatus nourishment not take places which may results severe illness. Therefore it may be concluded that the proper functioning of Rasavaha Srotas is very important for the nourishment and functioning of vital tissues. The Rasavaha Srotas not only transport important materials throughout body but also help in defense mechanism.
REFERENCES


