

## Conceptual Study 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 Akashamahabhuta, they have characteristics like patency, porous, clean, soft, slightly unctuous, thin, colorless 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 Purishavahasrotas (which carry the feces), Mutravahasrotas (channels which carry the urine), Swedavahasrotas (channels which carry perspiration) these three srotas help to regulate the elimination of metabolic waste products. In this research article we discuss the Swedvahasrotas*

### Introduction:

**S**rotas 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 & objectives:

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

### Material & Methods:

Data for this research article collected from various samlitas 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 MahaSrotas or gastrointestinal tract. The smallest srotamsi can be found in single cells in the body that under the microscope reveal that they

are porous. Through these porous channels or srotamsi oxygen and nutrients can be absorbed and waste products like carbon dioxide can be expelled. So the srotamsi 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 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 svedvahasrotas**- Kledaka Kapha,

### **Pachaka Pitta, Ranjaka Pitta, Bhrajaka Pitta and Vyana Vata. Causes of Swedvahasrotodushti:**

Excessive and vigorous exercise which is beyond the capacity of a person can cause Dushti of SwedvahaSrotas

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

### **Sign & Symptoms of Swedvahasrotodushti:**

Excessive and vigorous exercise which is beyond the capacity of a person can cause Dushti of

SwedovahaSrotas. If a person is exposed to cold weather immediately after sweating and after vigorous exercise, then the SwedovahaSrotas can get disturbed and can become abnormal.

- 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 Swedvahasrotodushiti:**

Dushti of SwedovahaSrotas 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 doshadushyasammurchhana. Now we know the factors causing srotodushiti, the best method is to prevent factors responsible for srotodushiti. 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 liquification of the body tissues. From this observation the word has come to use. SwedaVahaSrotas 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 swedvahasrotas.

#### **Conclusion:**

Abhyang, snehan, sweadan helps to improved function of swedvhasrotas.

#### **Reference:**

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