

STUDY OF RASVAHA STROTAS DUSHTI WITH SPECIAL REFERENCE TO ARTAV DUSHTI

Dr. Anupama K. Awate

Asso.Professor, Department of Kriya Sharir

D. Y. Patil Deemed to be University, School of Ayurveda.

Dr. Savita S. Balkar

Asso. Professor, Dept of Rog nidan and vikurti vigan

D. Y. Patil Deemed to be University, School of Ayurveda.

ABSTRACT

Strotas is unique concept in Ayurveda. Strotas are the channels in the body which is meant to carry dhatu in stage of metabolism. all the strotas are conveyer of body entities, which are under the process of bioconversion. Strotas has function of replenishment of dhatu , and also to keep dhatu in homeostatic condition. dosha circulating in whole body are able to vitiate these strotas. every strotas has some dushtihetu and lakshnas . these dushtihetus are mainly responsible for lifestyle disorders. Life style diseases are the one which linked with and often caused by the way people live their life. These are diseases that are caused by unhealthy behaviors, pattern, bad eating habits, stress, lack of exercise etc. these causative factors are nothing but the dushtihetus of strotas. So, one must avoid that dushtihetu to achive the healthy state. Ras dhatu is first generation of ahar rasa and produced by digestion of ahar rasa in rasvah strotas by rasdhatwagni. after generation of ras dhatu, it replenishes its upadhatu. Heart and attached ten dhamanis are the principle organs of rasvahstrotas. Rasvahstrotas vitiates due to eating heavy, cool, unctuous food in large quantities. Heavy mental pressures also seem to disturb normal rasdhatu. Which further leads to life style disorders like diabetes, cardiovascular diseases, stroke, depression, obesity, PCOD etc. lifestyle disorders includes such as PCOD, Infertility can be correlated with artavdushti.

INTRODUCTION-

All *dosha*, *dhatu* & *Mala* are dependent on *strotas* for their formation. Metabolism of poshyadhatu occurs in strotas. Each strotas provides nutrition to their respective *dhatu*. *Strotas* are responsible for growth, development & depletion of body tissues, etc.

It is very necessary to understand the physiological concept of strotas ,if well nourished growth occurs better but if ill nourished get vitiated. . if this strotas not work properly then *dhatu*s nourishment also not take place properly.

To attain such an equilibrium it is very important that bodily elements should continuously be transported & circulated throughout the body. *Strotas* perform this function of transportation in the body. Proper functioning of these *Strotas* is necessary to maintain the health & wellbeing of an individual. There are major 13 *strotas* according to *charaksamhita* and 11 pairs as per *sushrutsamhita*.

Lifestyle disorders are a disease associated with the way a person or group of people lives. Lifestyle diseases include atherosclerosis, heart disease, and stroke; obesity and type 2 diabetes, *pcod*, IBS, early graying of hair etc. all these disorders are commonly caused due to unhealthy eat (heavy, junk food, oily, unctuous food), stress, lack of physical exercise. All these causes are already mentioned by *acharyas* in *strotodushtihetu*. Many of these *hetus* are found in *rasvahstrotodushtihetu*.

Orthopaedic diseases, often known as Ortho, and polycystic ovary disease, sometimes known as PCOD, are two major health issues that impact a huge population, mainly women. On the other hand, polycystic ovary syndrome (PCOS) is a metabolic and hormonal condition that affects the reproductive system, whereas orthopaedic problems predominantly concern the musculoskeletal system. It is interesting to note that Ayurveda offers a comprehensive perspective on both ailments by taking into account the function that Doshas, Dhatus, and Strotas play in the manifestation of both conditions.

Orthopedic Disorders in Ayurveda

Asthi Dhatu, which refers to bone tissue, Majja Dhatu, which refers to bone marrow, and Vata Dosha are the primary factors that underlie bone and joint diseases in Ayurvedic practitioners. Vata Prakopa, also known as the aggravation of Vata Dosha, is thought to be the cause of conditions such as osteoporosis, arthritis, and chronic joint pain. This condition is characterised by physical degradation, discomfort, and a reduction in mobility. There are a number of factors that contribute to the deterioration of bone and joint health. Some of these factors include an inappropriate diet (Ahara), a lack of exercise (Vihara), ageing, and excessive stress.

PCOD in Ayurveda

A hormonal condition known as polycystic ovary syndrome (PCOS) is characterised by irregular menstrual periods, the growth of ovarian cysts, insulin resistance, abnormal weight gain, and infertility. According to Ayurveda, this ailment is caused by an imbalance in the Vata, Pitta, and Kapha Doshas, with Kapha dominance causing metabolic abnormalities. Key pathogenic causes in polycystic ovary syndrome (PCOS) are Rasavaha Strotas Dushti, which refers to the impairment of nutrient-carrying channels, and Artava Dushti, which refers to menstruation abnormalities. These variables are frequently the result of poor digestion (Agnimandya), a sedentary lifestyle, and excessive mental stress.

Common Link Between Ortho and PCOD

Despite the fact that orthopaedic problems and polycystic ovary syndrome (PCOS) impact separate systems of the body, they share underlying pathogenic processes such as inflammation (Pitta Dushti), reduced

metabolism (Kapha Dushti), and poor circulation (Vata Dushti). There are a number of factors that can contribute to both diseases, including nutritional inadequacies, obesity, hormone imbalances, and sedentary behaviours. According to Ayurveda, the restoration of balance and the promotion of total well-being are the primary goals of Panchakarma, which includes herbal therapies, lifestyle adjustments, and dietary rules.

In order to better understand orthopaedic illnesses and polycystic ovary syndrome (PCOS), the purpose of this study is to investigate the Ayurvedic knowledge of these conditions, focussing on their aetiology, pathophysiology, and therapy strategies.

The heavy and chilly features of Kapha contribute to the feeding and development of the tissues of the reproductive system, which in turn contributes to the formation of the follicle throughout the ovarian cycle. In addition to this, it is accountable for the preservation of the mucosal layer that covers the uterus and the fallopian tubes. It is the metabolic part of Dhatu Agni that Kapha influences, and this, in turn, has an effect on the Artava Dhatu, which is the female reproductive system. When Kapha is altered, the individual has a rise in weight, subfertility, hirsutism, and an increased likelihood of developing diabetes. The body creates immature Rasa as a result of Vishama Ahara and Vihara, which are characterised by an unsuitable diet and activities. This Rasa has an effect on the menstrual blood and leads to an increase in Meda-Dhatu-Kapha, which ultimately leads to the blocking of bodily channels. As seen in Figure 1, all of these factors, in conjunction with Vata Prakopa and Kapha-Pitta Dosha, contribute to an incomplete metabolism and a hormonal imbalance, which in turn produces obesity, hyperinsulinemia, and hyperandrogenism, which in turn causes amenorrhoea, anovulation, and Granthibhuta Artava Dushti, also known as polycystic ovaries.



Figure 1: Diseases related to Aartava Dushti.

In the practice of Ayurveda, the metabolic, neural, and hormonal functions of the organism are referred to as Kayagni, Bhutagni, and Dhatvagni, respectively. Ayurveda therefore views Agni to be a significant contributor to the development of a wide variety of ailments. Due to the fact that factors that aggravate Kledaka Kapha restrict the digestive fire in the stomach, which is known as Jathara Agni, food that is

consumed is not digested properly, which results in the formation of Ama, which are toxic substances. Through the process of Kledaka Kapha combining with the toxins, it is able to enter the channel of the first tissue Rasavaha Srota, which ultimately leads to an increase in the quantity of Rasa Dhatu. A woman's menstrual fluid, known as Rajah, is a result of the Rasa Dhatu process. This menstrual fluid will obstruct the Apana Vayu in the Artavavaha Strotas and Rajahvaha Strotas, which are channels that are responsible for supporting the menstrual fluid's functional action. When an increased amount of Rasa Dhatu combines with an increased amount of Kledaka Kapha and Ama, this begins to coat the cells of the body. This has an effect on Pilu Agni at the cellular level, which interferes with the intelligence of the cells and prevents the cellular receptors from recognising insulin. This produces an increase in the amount of insulin that is present in the circulation and induces it to flow towards Artava Dhatu, which is the location where the insulin may bond to its cellular receptors. Following their influence on Rasa Dhatu, Kapha and Ama proceed to Meda Dhatu by way of the channels for further action. As seen in Figure 2, the increased Kapha Dosha and Ama have an effect on the Meda Dhatu, which in turn causes the Meda Vriddhi, which ultimately leads to obesity. When there is an excessive amount of Meda Vriddhi, it causes the pathways of the body to get blocked. Meda Dhatu is the level at which the processing of free androgens that are travelling throughout the body takes place. Following the impact that they had on Meda Dhatu, Kapha and Ama will now head towards Artava Dhatu. Because of this, Artava Vriddhi is brought about as a result of the change in Artava Dhatu Agni. In the process of Ama entering the cells of Artava Dhatu, it has an effect on Pithara Agni, which leads to errors in cellular function and intelligence. For example, insulin interacts with the receptors that are present in the ovaries, which results in the synthesis of androgens.



Figure 2: The evolution of the pathologic process of medhodhatu in cyst.

In order for the Kapha and Pitta to work in an appropriate manner, Vata is the most essential component that must be present. In the absence of Vata, both Kapha and Pitta are unable to move. When Artava Dhatu is influenced by Kapha and Ama, the outcome is that Srota Dushti is produced in Artavavaha Srota, and Apana Vayu in Artavavaha Srota becomes Sanga, which means it remains static. As can be seen in Figure 3, an excessive buildup of Kapha and Ama might obstruct the passage of Vata throughout the ovarian cycle. In addition to Vata, Pitta is also obstructed, which makes the process of transformation more difficult to accomplish. The hormones that carry the energy of change are unable to begin their action because Pitta is blocked. This prevents the hormones from carrying out their function. As a result, the accumulation of Kapha might result in the development of a cyst in the ovary. Vata and Pitta in Artava Dhatu can get blocked, which can have an effect on other functions as well. Aggravation of the Pitta dosha at the level of Bhrajaka Pitta and Ranjaka Pitta results in acne and an increase in the amount of body hair. In the end, menstruation issues are the outcome of an aggravation of all three doshas.

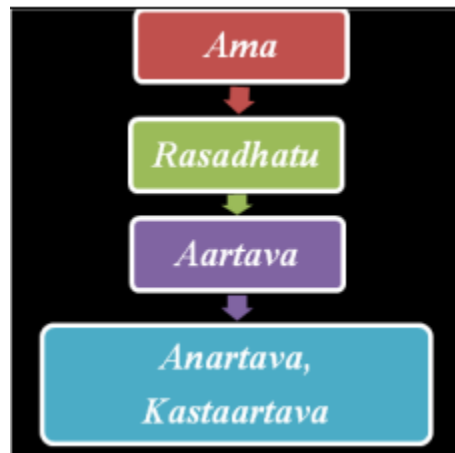


Figure 3: Pathological progression of Ama towards gynecological disorders.

AIM AND OBJECTIVE:

- Study of *rasvahstrotas*.
- Study of *ras dhatu* and *rasvahstrotas* vitiation.
- Study of lifestyle disorders.
- Evaluate the relation between *rasvahstrotodushthetu* as causative factors for artavdushti.

MATERIAL AND METHODS

Ayurvedic classical text has mentioned, *RasavahaStrotas dustihetu* (cause) which are also included in the risk factors of lifestyle disorders. *Dushtihetu* and *lakshanas* are studied from classical text. Similarly lifestyle disorders are also studied according to modern science. Then correlation made between them.

Charaksamhita, *Sushrutsamhita* and *Ashtanghrudayam* from these classical texts *RasavahaStrotas dustihetu* and *lakshanas* and similarly the other component which was essential for study have been reviewed and Textbook of Pathology by Harsh Mohan for Hypertension disorder is also studied. Many research articles regarding *rasvahstrotas* also studied.

Review of material –

In *Ayurveda* factors responsible for vitiation of a particular *Strotas* are *Aahar* and *vihar*, *mithyaahar* and *vihar* promotes the aggravation of *Doshas* and go contrary to the well-being of *Dhatu*s. It further vitiates the *Strotas*. Causative factors in general for the vitiation of all the *Strotas* in the body are described as *strotodushthetus*. *Doshas* only when increased in quantity can vitiate others.

Signs of vitiation (*vikrut*) of a particular *Strotas* includes Increased or obstruction in the flow of the contents of the channels, appearance of nodules in the channels (*Strotas*) and diversion of the flow of the contents to improper channels; these are in general signs of the vitiation of the *Strotas*.

Rasvahastrotasdushtihetu-

hetus by which *RasavahaStrotas* gets vitiated, includes people who eat heavy (*guru*), cold (*sheet*), too unctuous (*atisnigdha*) and in excessive quantity (*Atimatram*) and does excessive mental work (*chinta*).

Lifestyle disorders -:

Lifestyle diseases are defined as diseases linked with, and often caused by the way people live their life. These are non-communicable diseases. Lifestyle diseases are commonly caused by lack of physical activity, unhealthy eating, alcohol, drugs and smoking, which lead to heart disease, stroke, obesity, type II diabetes and Lung cancer. The diseases that appear to increase in frequency as countries become more industrialized and people live longer can include arthritis, atherosclerosis, cancer, chronic liver disease or cirrhosis, irritable bowel syndrome, type 2 diabetes, heart disease, hypertension, metabolic syndrome, chronic kidney failure, osteoporosis, PCOD, stroke, depression, obesity and vascular dementia.

Diet and lifestyle are major factors thought to influence susceptibility to many diseases. Drug abuse, tobacco smoking, and alcohol drinking, as well as a lack of or too much exercise may also increase the risk of developing certain diseases, especially later in life.

Rasvah stoats *dushtihetu* causes *artavdushti* also as, *artav* is *Updhatu* of the *ras dhatu*.

Artavdushti can causes disorders like,

1. PCOD

2. Infertility.

1. Polycystic ovarian disorder-:

This is characterised by oligomenorrhoea, anovulation, infertility, hirsutism and obesity in young women having bilaterally enlarged and cystic ovaries.

As *artav* is *updhatu* of *Rasdhatu*, vitiation of *rasvahstrotas* causes vitiation of *artav* also. which further leads to disorders of *artav* i.e. *artavkshay* etc. This *artavdushtilakshanas* can be correlated with PCOD.

DISCUSSION :

Similarly, in *Charaksamhita RasavahaStrotasDushtihetu* have been mentioned which includes all the risk factors associated with Hypertension and other lifestyle disorders. Due to these *hetus RasavahaStrotas* gets vitiated (*vikrut*) which includes people who eat heavy, cold, too unctuous and in excessive quantity and do excessive mental work suffer from the morbidity of *RasavahaStrotas*.

REFERENCE-

1. Dr. Brahmanand Tripathi, sutrasthan 28/9-10, Charakchandrikahindivikhyaya, Charaksamhita, , chaukhambasurbharatiprakashan, Varanasi, edition-2004, page no. 548.

2. Dr. Brahmanand Tripathi, vimansthan 5/8, Charakchandrikahindivvykhyā, Charaksamhita, ,chauhambasurbharatiprakashan, Varanasi, edition-2004., page no. 697.
3. Dr. Brahmanand Tripathi, vimansthan 5/13, Charakchandrikahindivvykhyā, Charaksamhita, ,chauhambasurbharatiprakashan, Varanasi,edition-2004, , page no. 699.
4. Kaviraja AmbikaduttaShatri, sutrasthan 15/14,Sushrutasamhita, Ayurvedtattvasandipika, vol-1,chauhambaparakashan, Varanasi , page no. 78.
5. Kaviraja AmbikaduttaShatri, sharirsthan 9/12, Sushrutasamhita, Ayurvedtattvasandipika, vol-1, chauhambaparakashan, Varanasi, , page no. 96.
6. Pt. Hari Sadashiv Shastri ParadkarBhishagacarya, sutrasthan 11/8, AstangaHrudya , , Published By Chauhambasurbharti Prakashan, Varanasi, Edition-2010,.
7. Harsh Mohan, Textbook of Pathology, 7th Edition, Jaypee Brothers Medical Publishers (P) Ltd; 2015, page no. 675 .
8. Harsh Mohan, Textbook of Pathology, 7th Edition, Jaypee Brothers Medical Publishers (P) Ltd; 2015, page no. 676 .
9. Textbook of pathology , HARSH MOHAN (5th edition) page no. 282, 283.
10. HARSH MOHAN, Textbook of pathology , (5th edition) Page no. 250, 251.
11. https://en.wikipedia.org/wiki/Cardiovascular_disease#:~:text=Other%20CVDs%20include%20stroke%20heart,thromboembolic%20disease%20and%20venous%20thrombosis.