

WWJMRD 2017; 3(7): 202-205  
www.wwjmr.com  
Impact Factor MJIF: 4.25  
e-ISSN: 2454-6615

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## A Conceptual Study of Hetu of Pranavaha Srotodushti with Special Reference to “Srotansi Anyaishch Darunai”

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### Abstract

Srotas are channels which transport different Bhavpadartha through body. Pranavaha Srotas is one of the important physiological unit of the body which can be correlated with respiratory system. Pranavaha Srotodushti can occur due to various reasons, amongst those, Srotansi Anyaishch Darunai is important. Here an effort is made to establish importance of Anya Srotas Darun Dushti in Hetus of Pranavaha srotodushti. For this, Samanya Lakshana, Upadrava and Asadhya Lakshana of some diseases are taken into consideration. Shwas is the main symptom of Pranavaha srotodushti. In Shotha, Udar, Chhardi, Upadrava and Arishta have Shwas lakshana. It indicates increasing severity of Anya Srotas Dushti causing Pranavaha Srotodushti. Pandu, Kaphodara, Plehodara, Dakodara has Shwas as Samanya Lakshana. Raktapitta, Prameha, Atisara and Jwara have Shwas as Updrava. The pathophysiology of Shwas lakshana in these diseases is tried to establish as per modern view to. Advanced stages of generalized edema, ascites, cronic fever, anaemia, dehydration due to diarrhea or vomiting cause dyspnea and its prognosis is bad.

The concept of Anya Srotas Darun Dushti in Pranavaha Srotodushti is of importance in diagnosis, prognosis and treatment of the disease and it is applicable in today's modern era too.

**Keywords:** Pranavaha Srotodushti, Srotansi Anyaishch darunai, Dyspnoea, Shwas

### Introduction

Srotas is a unique Ayurvedic concept. Srotas are channels which transport different Dhatus or Bhavpadartha. There are 13 main srotas described by Charaka<sup>1</sup>. Amongst them Pranavaha Srotas is the most important. Pranavaha srotas can be correlated with respiratory system. The mulasthanas of Pranavaha srotas is Hridaya and Mahasrotas<sup>2</sup>. The causes of Pranavaha Srotodushti are Dhatukshaya, Vegdharana, Atiruksha sevan, Vyayamat Kshudhitasya cha and Srotansi anyaisch Darunaihi<sup>3</sup>. Pranavaha Srotodushti occurs when other srotas has severe dushti. Here an effort is made to show the Pranavaha srotodushti due to other system diseases. For that reason, The Lakshanas, Upadrava, Asadhya and Arishta Lakshanas, showing shwas (dyspnea) lakshana, are taken into consideration.

### Aims and objectives

1. To study Pranavaha Srotodushti Lakshanas and Hetus.
2. To study Pranavaha Srotodushti Lakshans in other srotas diseases.
3. To correlate other srotas darun dushti as hetu in Pranavaha srotodushti.

### Materials and Methods

I reviewed Brihatrayi and Laghutrayi for the collection of Shwas symptom. Diseases of other Srotas having shwas as Lakshana (symptom), Upadrava (complication), Asadhya lakshana and Arishta lakshana(non-curable symptoms of critically ill patients) are collected. They are classified as per the srotas.

### Literature Review

The diseases of other srotas showing Shwas Lakshana are tabulated below.

**Table 1:** showing diseases of srotas, other than that of Pranavaha Srotas, showing Pranavaha Srotodushtilakshana ; either in lakshanas, Upadrava, Asadhya or Arishta lakshanas.

Srotas	Shwas -As Lakshana	Shwas-As Upadrava	Shwas-As Asadhya Lakshana	Shwas-As Arishta Lakshana
Udakavaha srotas	VatajaAtisara <sup>4</sup> , Kaphodara <sup>5</sup> , Yakrutodara <sup>6</sup> , Dakodara <sup>7</sup>	Trishna <sup>8</sup> , Shotha <sup>9</sup> , Udar <sup>10</sup>	Atisara <sup>11</sup> , Shotha <sup>12</sup>	Shotha <sup>13</sup>
Annavaha Srotas	Sannipatik Chhardi <sup>14</sup> , AmashaygataVata <sup>15</sup> , Grahani <sup>16</sup>	Chhardi <sup>17</sup> , Udarshula <sup>18</sup>		Chhardi <sup>19</sup>
Rasavaha Srotas	Kaphaj <sup>20</sup> , Sannipataj <sup>21</sup> , Antarvegi <sup>22</sup> , Pachyamana Jwar <sup>23</sup> , Pandu samanya Lakshana <sup>24</sup> , Kaphaj Pandu <sup>25</sup>	Jwar <sup>26</sup>		
Raktavaha Srotas	Agnivisarpa <sup>27</sup> , Granthivisarpa <sup>28</sup>	Raktapitta <sup>29</sup> , Vatarakta <sup>30</sup>		Masurika <sup>31</sup> , Vatarakta <sup>32</sup>
Mansavaha Srotas	AbhyantaraVidradhi (Yakrut,Pleeha) <sup>32,33</sup> , Galshundika <sup>34</sup>		Galaganda <sup>35</sup>	
Medovaha Srotas	Medorog (Sthaulya) <sup>36</sup>	Prameha <sup>37</sup>		
Majjavaha Srotas	Shirobhighat Lakshanas <sup>38</sup>			
Shukravaha Srotas	KlaibyaSamanya lakshana <sup>39</sup> , Antarmrut Shishu <sup>40</sup>			

## Discussion

According to modern science the mechanism of dyspnea is mediated through one of the following route-

- Chemoreceptors – Central and Peripheral
- Metaboreceptors
- Vagal Receptors
- Phrenic Nerve receptors
- Chest Wall Receptors

Diarrhea, when gets severe, patient shows dehydration symptoms, including shortness of breath. Here, hypovolemic shock causes global hypoperfusion and cause decrease venous oxygen content and metabolic acidosis occurs. This change in P<sup>H</sup> stimulates chemoreceptors which triggers respiratory centre and cause dyspnea. This may be the explanation of shwas in Atisar lakshana, upadrava and asadhya lakshana.

According to modern medicine, ascites due to any reason, causes pressure on diaphragm and subsequently dyspnea due to phrenic nerve stimulation. This explains shwas in Udara Lakshana, Upadrava and Arishta Lakshana.

Dehydration, due to severe vomiting, shows dyspnea. Here same pathology occurs as that of the dehydration due to diarrhea. This is the reason of shwas lakshana in Chhardi.

In Udarshula, Amashaygat Vata and Grahani, we can suggest that acute abdomen stimulates vagal receptors which mediates dyspnea.

Severe febrile illness shows dyspnea. Pyrexia causes dyspnea by a direct effect on the brain and by causing relative ischemia of the muscles by diversion of blood to the skin<sup>41</sup>. This the causal relation between Jwara and Shwas lakshana.

Severe anemias show dyspnea after exertion. In anaemia, dyspnea occurs due to anaerobic muscle metabolism<sup>42</sup>. Metaboreceptors located in skeletal muscle are believed to respond to local changes in tissue environment with respect to the byproducts of metabolism. These cause dyspnea. Thus, Pandu may have shwas lakshana.

Raktapitta Upadrava shows Shwas lakshana. Severe hemorrhages cause shortness of breath. In this case hemorrhagic shock leads to dyspnea. Here chemoreceptors are stimulated by low O<sub>2</sub> level.

Liver and splenic abscesses cause dyspnea due to irritation

of diaphragm and phrenic nerve stimulation causing dyspnea. This is the possible reason of shwas lakshana in Abhyantar Vidradhi.

Galagand, which can be correlated with goiter may show dyspnea.

Severe uvulitis (Galashundika) causes dyspnea due to obstruction in trachea.

In obese persons dyspnea on exertion is common.

Diabetic ketoacidosis is a medical emergency showing dyspneic appearance. Thus, Prameha Upadrava has shwas Lakshana.

Severe head injury may have dyspnea due to direct effect on respiratory centre.

In IUD(Antarmrut Shishu), patient may present with severe dyspnea.

Here, the relationship of Pranavaha srotas dushti due to other srotas dushti is tried to establish. Lakshans (symptoms), Upadrava(Complications), Asadhya and Arishta Lakshana(non-curable symptoms of critically ill patients); of many diseases have Shwas Lakshana. This suggests the increasing severity of the disease. Thus, Shwas due to other srotas dushtijanya vyadhi, informs us about severity of the disease.

When Shwas is due to other system dysfunction, its prognosis is probably bad. This cause of Pranavaha Srotodushti is helpful in diagnosis and prognosis of the disease.

Gasping or agonal breathing is an abnormal pattern of breathing which generally progresses to complete apnea and heralds death. The duration of gasping before death can range from few seconds to several hours; which can be correlated with Arishta Lakshana of Vyadhi. Here we can say that gasping is symptom of Pranavaha srotodushti caused by other srotas dushti .

This concept also helps in understanding Samprapti(Pathogenesis), in terms of Dosha, Dushya and Srotodushti.

It will help in the Chikitsa(treatment) as well. Disease will be cured only when the root cause of Shwas Lakshana is understood and treatment is done accordingly. E.g. in the patient having Udar vyadhi and showing Shwas Lakshana, disease will be cured by treatment of Udarvyadhi instead of treatment of Shwas vyadhi.

This Classical Siddhant is applicable in this modern era too. Dyspnea is found as a complication of many diseases and treatment changes accordingly. The treatment of root cause is necessary.

### Conclusion

Cause of Pranavaha Srotodushti should be evaluated keeping in mind other srotas darun dushti.

The concept of Pranavaha Srotodushti due to other srotodushti is helpful in deciding

- Severity of disease
- Diagnosis of the disease
- Prognosis of the disease
- Gasping as Arishta Lakshana
- Samprapti of the disease
- Chikitsa of the disease

This Siddhanta is applicable even today. This establishes the wisdom of Siddhanta stated by ancient Ayurvedic scholars.

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