CRITICAL ANALYSIS OF PRANAVAHASROTO MULA

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INTRODUCTION

Dosha, Dhatu, Mala are considered as the basis of the body.\(^1\) Other than these three entities Srotus is another important entity which is the basis for the body. Purusha is called as Srotomaya because Srotus are present all over the body and they are essential in the increase and decrease of the Dosha, even it carries Dhatu and leads to the formation of the Dhatu.\(^2\) Srotus are the hollow channels which originating from root space and spreads in the body and carries specific entities.\(^3\) Srotus are the channels though which the various body entities flow.\(^4\) Srotus are the channels of circulation that carry Dhatu undergoing transformation to their destination.\(^5\) Regarding the number/types of Srotus – as many substances having definite shape in this universe that many types of Srotus are there in the body. Some opine it is numerable and others opine it is innumerable.\(^6\)

These channels have the color similar to that of the Dhatu that they carry; they are tubular, either large or small in size and either straight or reticular in shape. The reasons for the vitiation of the Srotus their pathological features and treatment for the same is mentioned. Increase or obstruction in the flow of the contents of the channels,
appearance of nodules in the channels and diversion in the flow of the contents to improper channels are the general signs of the vitiation of the Srotus.7

There are various number and types of Srotus mentioned by different authors. Among them prime importance is given to Pranavaha Srotus. The word meaning of Pranavaha Srotus signifies that, the channel through which Prana flows can be considered as the Pranavaha Srotus. The root of this Srotus is considered as the Hrudhaya (heart) and Annavaha Srotus (gastro intestinal tract). The characteristic manifestation of the vitiation of Pranavaha Srotus are too long or too restricted, aggravated, shallow or frequent breathing associated with sounds and pain.8 Suppression of urges, indulgence in ununctuous things, performance of exercise while hungry and such other harmful regimens which effect other Srotus may lead to the vitiation of Pranavaha Srotus.

**DISCUSSION**

The root of Pranavaha Srotus is considered as the Hrudhaya (heart) and Annavaha Srotus (gastro intestinal tract). It means heart and gastro intestinal tract are the roots for the Pranavahana. In this context we can consider Prana as Vayu, even can consider Prana as Anna. When Vayu resides in the body it is called as Jeevana and the exit of Vayu from the body is called as Marana. Hence Vayu is responsible all the Karma taking place in the body and the Chetana Anuvratti is also is because of Vayu. Hrudhaya is an organ in which Vyana Vata is situated and it moves throughout the body and is responsible for all the Karmas in the body. Anna is considered as the Prana for Prani (living beings). Mahasrotus is the one through which Anna is ingested, digested, absorbed and waste products eliminated. Hence for Dhatu Poshana by this Anna (Prana) Mahasrotus is an important entity in which digestion and absorption takes place and Dhatu poshana is achieved in turn the Chetana Anuvritti. For the continuity of life Vayu and Anna are two important entities and the Vahana of these entities starts from the Hrudhaya and Mahasrotus. In respiratory disorders like Tamaka Swasa etc the major symptom observed is the variation in the pattern of breathing. In malabsorption and malnutrition conditions also we can see various problems related to pattern of breathing.

Various abnormalities related to breathing pattern are: Dyspnea - Difficult or labored breathing, normally requiring considerable exertion by the patient. Apnea - Temporary cessation of breathing. A period of apnea may last for 30-60 seconds. Tachypnea - Quick, shallow breathing. Bradypnea - Abnormally slow breathing. Hyperventilation- A state in which there is a reduced amount of air entering the pulmonary alveoli. Hyperventilation- A state in which there is an increased amount of air entering the pulmonary alveoli. Stertorous Respiration- Breathing accompanied by abnormal snoring sounds. Cheyne-Stokes Respiration- An irregular rhythmic breathing pattern that begins with slow, shallow respirations that increase in rate and depth and then gradually decline again. A period of apnea lasting 10-60 seconds follows, and the pattern then repeats itself. All these abnormalities are seen in various kinds of respiratory diseases and heart related diseases. Causes of Respiration abnormalities that are very common are Asthma, COPD. Causes of Respiration abnormalities that are common are Heart failure, Myocardial infarction, Pneumonia, Asthma, Bronchiolitis, Chemotherapy, Flail...
chest, Foreign body, Heart failure, Myocardial infarction, Pleural effusion, Pneumonia, Pneumothorax, Pulmonary embolism. So in all these respiratory and cardiac diseases we find change in the respiratory pattern. It may be due to the improper inspiration, expiration or may be due to the failure of the heart to pump the blood to whole body through aorta. If there is pathology in functioning of the heart by which it can’t pump the blood to lungs for oxygenation or pump the oxygenated blood to whole body then respiratory abnormalities like too long or too restricted, aggravated, shallow or frequent breathing associated with sounds and pain etc types of problems can be seen depending on the condition and cause.  

Malabsorption is a state arising from abnormality in absorption of food nutrients across the gastrointestinal tract. Weight loss can be significant despite increased oral intake of nutrients. Growth retardation, failure to thrive, delayed puberty in children, swelling or edema from loss of protein, anemia commonly from vitamin B12, folic acid and iron deficiency presenting as fatigue and weakness, muscle cramp from decreased vitamin D, calcium absorption also lead to osteomalacia and osteoporosis, bleeding tendencies from vitamin K and other coagulation factor deficiencies. Among these anemia is an most prominently seen. People with anemia suffer from feeling of weakness, or fatigue, general malaise, and sometimes poor concentration. They may also report dyspnea (shortness of breath) on exertion. In very severe anemia, the body may compensate for the lack of oxygen-carrying capability of the blood by increasing cardiac output. The patient may have symptoms related to this, such as palpitations, angina (if pre-existing heart disease is present), intermittent claudication of the legs, and symptoms of heart failure. In severe anemia, there may be signs of a hyperdynamic circulation: tachycardia (a fast heart rate), bounding pulse, flow murmurs, and cardiac ventricular hypertrophy (enlargement). There may be signs of heart failure.  

Malnutrition is a medical condition caused by an improper or insufficient diet. There are various symptoms seen in this condition, regarding to cardio respiratory system Bradycardia, hypotension, reduced cardiac output, difficulty in breathing can be seen. Malabsorption can be considered as the vitiation in the Mahasrotus and Malnutrition is an condition where the Dhatu are not getting proper Poshana leading to Kshaya which is the Nidana for Pranavaha Sroto Dusti and hence the respiratory abnormalities like too long or too restricted, aggravated, shallow or frequent breathing associated with sounds and pain etc types of problems can be seen depending on the condition and cause.

CONCLUSION

Pranavaha Srotus is the one which does the vahana/carrying of Prana. Pranavaha Sroto mula is Hrudhaya and Mahasrotus. Prana in this context can be considered as the Vayu and Anna. Vayu is sarvadehachara and is responsible for all the functions especially the Vyana Vata which is mainly situated in the Hrudhaya and moves throughout the body and is responsible for all the functions. Anna is responsible for the formation of Dosha, nutrition to Dhatu and formation of the Mala. Dosha, Dhatu, Mala are the basis for the body and the Anna is ingested, Digested, Absorbed in Mahasrotus and excreted out of the body through Mahasrotus. Hence Vayu and Anna are the two
major entities which are responsible for the continuity of life.

Considering Vayu and Anna as Prana; heart (Hrudhaya) which is responsible for pumping oxygenated (Vayu- Prana) blood throughout the body and Gastrointestinal tract (Mahasrotus) which is responsible for the ingestion, digestion, absorption of the food (Anna – Prana) can establish the Mula of Pranavaha Srotus as Hrudhaya and Mahasrotus. The respiratory abnormalities like too long or too restricted, aggravated, shallow or frequent breathing associated with sounds and pain etc types of problems seen in the conditions like various respiratory and cardiac related disorders and also in malnutrition (leading to Kshaya – Pranavaha Srotu Dusti Nidana) and malabsorption (vitiation of Mahasrotus) cases also support in establishing that Hrudhaya and Mahasrotus as the Mulasthana of Pranavaha Srotus.

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