

Role of *Udakavaha Srotas* in the *Samprapti* of *Atisara* – A Critical Review

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Abstract: *Atisara* is one of the frequently encountered gastrointestinal disorders explained in Ayurvedic literature and is characterized by repeated passage of loose and watery stools. It mainly develops due to Agnimandya and vitiation of Doṣhas which disturb the normal functioning of Annavaha and Puriṣavaha Srotas. Along with these changes, patients commonly present with excessive fluid loss, thirst, weakness, dryness of the body, and features of dehydration. Such symptoms clearly indicate that *Udakavaha Srotas*, which is responsible for regulation and maintenance of body fluids, also plays an important role in the disease process.

The present review critically examines the involvement of *Udakavaha Srotas* in the *Samprapti* of *Atisara* by studying classical Ayurvedic texts. This approach may contribute to more comprehensive and rational Ayurvedic treatment strategies for *Atisara*.

Keywords: *Atisara*, *Udakavaha Srotas*, *Samprapti*, *Srotodushti*, Agnimāndya, Dehydration.

I. INTRODUCTION

Ayurveda describes the manifestation of disease through the interaction of Doṣha, Duṣhya, Agni, and Srotas, which together maintain normal body functions.¹ Among these, Srotas serve as channels for the circulation of nutrients and body fluids, and their impairment plays an important role in the development of disease.² Hence, assessment of Srotas involvement is essential in understanding the *Samprapti* of any disorder.

Atisara (Diarrhoea) is most common disease in clinical practice, it is gastrointestinal disease, every one suffers once in life time.³ It is characterized by frequent loose stools and is mainly attributed to Agnimandya, Ama formation, and Doṣa prakopa. Classical treatises such as the Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya describe its origin in relation to Annavaha and Puriṣavaha Srotas. However, associated features like thirst, dryness, and weakness indicate significant fluid depletion, suggesting the involvement of *Udakavaha Srotas*, which regulates body hydration. Vitiation of *Udakavaha Srotas* can lead dehydration and electrolyte imbalances or symptoms of dehydration first manifested through *Udakavaha Srotas*. *Udakavaha Srotas Srotodushti* associated with dryness of lips, palate and throat which mainly occurs due to the dehydration.⁴ Exploring its role may provide a more comprehensive understanding of the pathogenesis of *Atisara*.

Udakavaha specifically pertains to channels responsible for the transportation of water and fluids within the body. These channels are essential for the proper functioning and balance of bodily fluids and play a significant role in overall health according to Ayurvedic principles.⁵

In this context, the role of *Udakavaha Srotas* becomes highly relevant. *Udaka* denotes the aqueous component of the body responsible for hydration, lubrication, maintenance of tissue softness, and regulation of metabolic activities. The *Udakavaha Srotas*, by governing the distribution and conservation of bodily fluids, plays a pivotal role in sustaining internal equilibrium. Any disturbance in its function can result in excessive fluid loss, deranged absorption, and systemic dehydration—pathological events that closely parallel the clinical picture of *Atisara*.



Atisara is one of the Disease occur due to vitiation of Udakvaha srotas. The srotas involves in Atisara vyadhi is Annavaha, Purishvaha, Udakvaha srotas.

Aims And Objective –

To review and analyze Role of Udakavaha Srotas in the Samprapti of Atisara

Materials and Methods

This study is a conceptual review based on classical Ayurvedic literature and relevant contemporary sources. Information related to Atisara, Udakavaha Srotas, and their pathological association was collected from authoritative Ayurvedic texts such as Charaka Samhita, Susruta Samhita, and Aṣṭhanga Hṛudaya. Additional information was obtained from published research articles, review papers, and academic publications related to Ayurvedic physiology and pathology. Relevant references regarding Udakavaha Srotas, Atisara, Srotodushti, and Samprapti were collected and analyzed. The collected information was critically reviewed and interpreted to understand the role of Udakavaha Srotas in the development of Atisara.

Concept of Atisara in Ayurveda -

In ayurveda Atisara means:

गुदेन बहूद्रव सरणं अतिसारेन | (मा. नि ३/४) मधुकोश

As per described in Madhav Samhita, literal meaning of atisara is increased liquidity of stool and increased frequency of stool.⁶

अत्यन्त सरणात् अतिसार (सु.उ.४०/१)

Atisara as excessive passing of fecal matter is called as Atisar⁷

Atisara (diarrhoea) comprises of two words ati and saranam. Ati means excess and saranam is gati or flow. Therefore atisara (diarrhoea) is a condition where watery stools are passed in excess, several times a day, through guda.⁸

Atisara (diarrhoea) is most commonly encountered disease in clinical practice. Among inexhaustible list of gastrointestinal tract diseases, Atisara (diarrhoea) finds a place as important disease in individual's life as everyone suffers from it at-least once in his life time⁹

The primary causative factors include improper dietary habits, intake of contaminated food or water, excessive consumption of incompatible foods, and psychological factors such as fear or stress.

Different types of Atisara are described based on the predominance of Doṣas, including Vataja, Pittaja, Kaphaja, Sannipataja, and Bhayaja Atisara. Each type presents with specific clinical features depending on the dominant Doṣa involved in the pathological process.

The fundamental factor in the development of Atisara is the impairment of Agni, which leads to improper digestion and increased intestinal motility. As digestion becomes disturbed, the intestinal contents become excessively liquid and are expelled frequently.

Concept of Udakavaha Srotas

Udakavaha Srotas is one of the important channels responsible for maintaining water balance within the body. The proper functioning of this Srotas ensures adequate distribution of fluids required for physiological activities.

Moolaasthan of Udakvaha srotas

उदकवहानां स्रोतसां तालुमूलं क्लोमं च। च. वि. ५।८



Talu and kloma are the moola sthan of udakvaha srotas.10

Udakvah srotas dushti hetu –

औष्ण्यादामाद्भूयात् पानादतिशुष्कान्नसेवनात् ।
अम्बुवाहीनि दुष्यन्ति तृष्णायाश्चातिपीडनात् ॥ च. वि. ५।११

Udakusha srotas is vitiated due to ati ushnata(heat), amotpatti(ama), bhaya(fear), madira sevan(drinking) and other vidahi, ushna dravya in excessive amounts, also by consuming ati shushka(use of dry food) anna and causing vegavarodh of Trishna (suppression of thirst) Along with these hetu other hetu responsible for causing vyadhi like trishna & udar to cause Udakvaha Srotas dushti.11

Udakvaha srotas dushti lakshana –

प्रदुष्टानां तु खल्वेषामिदं विशेषविज्ञानं भवति । तद्यथा जिह्वाताल्वोष्ठकण्ठ क्लोमशोषं पिपासां चातिप्रवृद्धां दृष्ट्वोदकवहान्यस्य स्रोतांसि
प्रदुष्टानीति विद्यात्। च.वि5/8

The symptoms of Udakvaha srotas affection are these such as by observing dryness of tongue,palate,lips,throat and kloma and excessive thirst one should know that the udakvaha srotas are affected.12

Udakavaha Srotas plays an important role in regulating hydration, maintaining moisture of tissues, and supporting metabolic processes. When this channel becomes disturbed due to etiological factors such as excessive intake of dry or incompatible foods, prolonged dehydration, or digestive.

Role of Udakavaha Srotas in the Samprapti of Atisara

Samprapti:

संशम्यापां धातुरग्निं प्रवृद्धः शकृन्मिश्रो वायुनाऽधः प्रणुनः।
सरत्यतीवसारं तमाहुर्व्याधिं घोरं षड्विधं तंटा वदन्ति ॥
एकैकशः सर्वशश्चापि दोषैः शोकेनान्यः षष्ठांश आमेन चोक्तः॥४॥
सु.उ.40/मा.नि.४/४

Ap dhatus (watery element of the body) undergoing increase,diminish/inactivate the gastric fire (digestive activities), get mixed with feces,move downwards (out of the body through the rectum) by the action of vata,in large quantities and very frequently producing the dreadful disease called Atisar.It is of six kinds, one from each Dosha, one from the combination of three Doshas,together,fifth from grief and the sixth from ama (undigested food).13

In the pathogenesis of Atisara, the impairment of digestive fire (Agnimandya) plays a crucial role. When Agni becomes weak, digestion remains incomplete and improperly processed food material accumulates in the gastrointestinal tract. This condition aggravates Doṣas and initiates the disease process.

Disturbance in Udakavaha Srotas may further aggravate this condition by altering the normal balance of fluids in the body. Increased liquidity in the intestinal contents may occur due to abnormal secretion and reduced absorption of water.

As a result, the intestinal contents become excessively fluid, leading to frequent passage of watery stools. Thus, dysfunction of Udakavaha Srotas may contribute significantly to the manifestation and progression of Atisara.

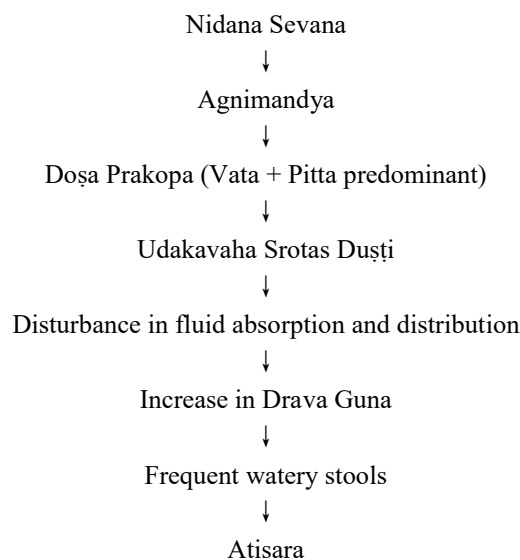
Udakavaha Srotas duṣṭi plays a pivotal role in the Samprapti of Atisara by disturbing fluid absorption and promoting Drava Guṇa, resulting in Atipravṛtti of watery stools.



The Samprapti of Atisara reflects a significant derangement of Udakavaha Srotas. Vitiating Doṣas, along with Ama, disrupt the physiological mechanisms responsible for maintaining fluid balance. This results in defective absorption and excessive secretion within the intestines, increasing the liquidity of fecal matter. Consequently, the patient presents with Drava Mala Pravṛtti, establishing Udakavaha Srotas involvement as a major pathogenic factor.

Ayurveda	Modern Science
<i>Udaka</i>	Body fluids
<i>Udakavaha Srotas</i>	Fluid regulation system (GI + endocrine + renal)
<i>Atisara</i>	Diarrhea
<i>Trishna</i>	Thirst (Dehydration)

Samprapti Flowchart of Atisara with Udakavaha Srotas Involvement



II. DISCUSSION

In Ayurveda, Srotas are the channels responsible for the transport of nutrients and body fluids. Proper functioning of these channels maintains physiological balance, while their disturbance can contribute to disease development. In Atisara, impairment of Agni initiates the pathological process, leading to improper digestion and Doṣa aggravation. Along with this, disturbance in fluid regulation may further worsen the condition. Udakavaha Srotas, which is responsible for maintaining fluid balance in the body, may play an important role when its function becomes impaired. Alteration in this Srotas can increase the movement of fluids into the intestinal tract, resulting in excessive liquidity of intestinal contents and frequent watery stools. Understanding this relationship highlights the importance of maintaining proper digestive function and balanced fluid metabolism in preventing disorders like Atisara.

Conclusion

Atisara is explained in Ayurveda as a disorder that develops due to the disturbance of Agni, Doṣa, and Srotas. When digestion becomes weak, the food is not processed properly and Doṣas become aggravated, which contributes to the development of the disease. Along with this, the regulation of body fluids also has an important role in the manifestation of Atisara. Udakavaha Srotas, which is related to the maintenance and movement of water in the body, may influence the disease process when its normal function is disturbed. Such imbalance can increase the flow of fluids into the intestinal tract, resulting in the passage of loose and watery stools. Therefore, understanding the involvement of



Udakavaha Srotas in the Samprapti of Atisara helps in better understanding the disease process and may support preventive and therapeutic approaches focused on improving digestion and maintaining proper fluid balance.

Many symptoms of Atisara showing symptoms of Udakavaha srotas dushti lakshana like pipasa, jivha shosh, talu shosh etc.so by this concept it will help for clinical understanding of srotas.so the attempt is made to understanding the role of Udakavaha srotas in Atisara.

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