

ANATOMICAL EXPLORATION OF ANNAVAHA STROTAS W.S.R. TO MOOLASTHAN

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ABSTRACT

Strotas means channels of pores. Each *Strotas* is attached to specific anatomical structure called *Moola*. *Moola* is basically the origin. From this origin particular substance is carried out which named as *Strotas*.^[1] In classics there is no any detail description is available about *Strotomoola*. For determination of *Moolsthan* of *Strotas* some points should be considered as *utpatti sthan*, *sangrah sthan*. By determining these points *Amashaya* can be considered as *Moolsthan* with storage point of view, *Annavaahi dhamani* can be considered as conduction point of view. Stomach is an organ where the food gets partially digested and stored before it is pushed on to the intestine for further digestion. When the stomach as an organ fails to hold and digest the food, the body will be depleted of all the nutrients and basic amenities needed to hang on with that life element. The aim of this research is to locate the anatomical site of *Moolsthan* of *Annavaaha Strotas* and to correlate the *dushti lakshana* of *Annahasrotos* with gastrointestinal impairments.

KEYWORDS: Moolsthan, Strotas, Amashay, Dhamani.

INTRODUCTION

"*Srotomayam hi Shariram*" means living body is a canal system comprised of innumerable channels. Total 13 *Strotas* are described by *Charak* while *Sushruta* has described 11 *strotas*. *Acharya Sushruta* and *Charak* have mentioned *Amashaya* as the root of *Annavaaha Strotas*.

According to *Sushruta*, *Annavaaha Strotas* have their roots in *Amashaya*^[2] (stomach) and *Annavaahi Dhamani's* (the canal which carry food).

When *Annavaaha Strotas* gets injured or obstructed it causes the following symptoms

Adhmana^[3] - distension of abdomen

Shula - pain in abdomen

Anna vidwesh - aversion towards food

Chardi - vomiting

Pipasa - thirst

Andhya - blindness

Maranam - death

In classics there is no any detail description about the *mulshatan* of *Annavaaha Strotas*. Anatomical correlation between the *Annavaaha Strotas* and it's *Moolastan* will be helpful in inferring the extension of disease involvement.

Riview of literature

According to *Acharya Charak*, *Annavaaha Strotas* are 2 in number and roots are^[4]

1. *Amashaya* - stomach

Vamparshva - left lateral side of the abdomen or belly

When it gets damaged it causes the following symptoms

Anannabhasha^[5] - no interest towards food

Arochak - anorexia

These will impair the digestive process.

Amashaya- amashay means the site or place where the food gets stored and digested. *Acharya charak* has described the location of *Amashaya* i.e. in between *Nabhi* and *Stana*. It performs function of *Pachan*. It digest the different types of food.

2) *Annavaahi Dhamani*

Pulsation is the feature of identification of *dhamani*.^[6] where *Acharya sushrut* had excluded the *sira dhamani*^[7] while describing the *strotas*. so we cannot consider artery as *Annavaahi dhamani* and here no food passes through them. If *dhamani* is taken in the meaning of tubes or canals oesophagus and small intestine can be considered as *Annavaahi dhamani*. The blood vessels and nerves supplying the stomach and upper alimentary tract can also be excluded regarding the term *Annavaahi dhamani*.

3) *Vama Parshva*

In general "*Parshva*"^[8] is been lateral. *Parshva* is an area which is situated on either side of the *prishtha vansha*. On the dorsal side area above the ribs upto *skandha pradesh* is called as *Ansa*. In the anterior aspect i.e. in chest part, area with ribs is called "*Parshva*"

Parshva can be said as the space above *Shronikand* where the portion of *Amashaya* and *pakvashaya* are situated. It is two in number namely *Dakshina Parshva* and *Vama Parshva*.

Anatomically *Annavaaha Strotas* is related with esophagus, stomach and small intestine. *Annavaaha strotas* is the largest *Strotas* amongst all the *strotas*.^[9] The *Strotas* or channels which carry food are called *Annavaaha Strotas*. This can be

correlated to the alimentary tract or gastrointestinal tract or digestive tract. These are those canals in the body which transport the food and liquids we take.

Organs of digestive system can be grouped as^[10]

- 1) Alimentary canal
- 2) Appendages of alimentary canal

Any inflammatory condition of these will impair the digestive process.

1) **Annanabhilasha**- excessive secretion of fluid inhibits the hunger contraction of stomach.

Anannabhilasha = loss of hunger

Aruchi- features g dehydration exhibited in tongue causes Lack of salivary secretion. Absence of fluid media required for taste perception

Aruchi = *Tastelessness*

Avipaka- it is a major symptom of any stomach disease. An acid feeling after eating or drinking. conversion of food bolus to chyme is not possible.

Chardhi-

It's a neurogenic response, triggered by CTZ centre in the brainstem or reflex through irritation of the stomach.^[11]

As the Strotodushti lakshana's described by *Acharya's* also corelates with gastrointestinal tract impairment

MATERIALS AND METHODS

Through review of literature related to *strotas* and relevant topics was done through *Ayurvedic texts* and textbooks of contemporary science. The references from internet and journals were also critically reviewed. The study was initiated for affirmation of *Moolsthan* of *Annavaha Strotas* as per *Sushruta*.

DISCUSSION

Strotas are related with each other. The *dushti lakshanas* like *Anannabhilasha* is related with *Manovaha strotas*.

As we said *Amashaya*, *Pleeha* and descending part of *Vruhadantra* are present on left side. But spleen is related with blood and it has been said as *Moola Sthan* of *Raktavaha Strotas*. So stomach is situated on left hypochondrium. Small intestine helps in digestion and it push the Food in forward direction. Under the word *Amashaya*, body parts of stomach are included. Where oesophagus is included under the word *Annavahi dhamanya* when stomach is filled with food it looks like distended On *Vama Parshva*.

CONCLUSION

Acharya charak described *Amashaya's* location between *Nabhi & Stana*, It performs Function of *Pachan* i.e. digestion and storage of different types of Food. *Sushrutacharya* described that *grahani* is located between *Amashaya & Ppakwashaya* and is the site of *Pittadharakala*.

Acharya Charak described *Grahani* as a seat of *Agni*. so this description indicates that the *Moolsthan* of *Anavaha Strotas* is *Amashay* i.e. stomach. small intestine and oesophagus are included under the word *Annavahi dhamanya*. and when stomach is filled with food it looks like distended on *Vama Parshva*. Anatomical consideration of *Annavaha Strotas* and *dushti lakshana's* will helpful in inferring the extension of disease involvement.

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