



The Vitiating of the Medovaha Srotasin different Daihik Prakritis with Special Reference to Obesity

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Abstract

Srotas of the body comprise of channels of different kinds. The nomenclature mentioned pertains to both the visible and the invisible channels that afford passage of the movement of *Sharira* dhatus. The internal transport system of the body represented as *srotamsi* has been given a place of fundamental importance in Ayurveda - both in health and disease. Channels carrying *meda* (both deposited and circulatory fats) gets vitiated due to *kaphapradhanahara* viharas like lack of exercise, intake of fatty things, etc leading to Obesity. *Prakriti* also plays an important role in it. The individuals with *kapha* dominant *prakriti* are more prone to obesity in comparison to other *prakritis* as the properties of *Kapha* and *meda* are similar.

Keywords: *Meda*, *srotas*, *prakriti*, *kapha*

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INTRODUCTION

Sharira (human body) is the substratum of *chetna* (soul) and is emerged from the inseparable concomitance of *panchamahabhutas* vikara [1]. According to Ayurveda the body which is *panchabhautik* is organized by *Srotas*. *Acharaya Charaka* describes "*Srotomayam hi Shariram*" [1] as *srotas* are found all over the body functioned through the *Dosha*, *Dhatu* and *Mala* which remains in equilibrium through an inherent and unique biomechanism operating at the complex organization known as *Srotas*. *Charaka* has defined *Srotas* as "*Srawanat Srotamsi*" meaning the structure through which *Srawanam* takes place [1]. The knowledge of *Srotas* is very important for maintaining health. In *Charaka Vimana* 5, thirteen *srotas* have been described while *Acharya Shushruta* mentions eleven divisions of *srotas*. He does not mention *Asthivaha*, *Majjavaha* and *Swedavahasrotas* [2]. Among the *srotas*, *Medovahasrotas* is of prime importance.

MEDA AND MEDOVAHA SROTAS

Meda dhatu (adipose and circulatory fats) is the 4th dhatu in the body. The *Medas* is derived from '*Mid Snehane*' [to lubricate] with the help of suffix '*Asun*'. The third membrane (*kala*) in the body is called *Medodharakala*. Most of the *Meda* (fat) resides here. The other sites of deposition of *meda* are *vapavahana* (omentum), abdomen, and underneath skin [3] and carried by the *medovahasrotas* and is deposited in *Medodhara Kala* and *anuasthi*. According to *Vaidya Ranjeet Rai Desai*, *meda dhatu* in the body is found in micro, irregular pieces called *Medanu* i.e. fat cells. According to modern view *Meda* is derived from digested carbohydrate, fat and non nitrogenous protein. So *meda* is that fatty content of body which cannot be taken from outside and metabolism of different diet materials [1]. The deposition of *Meda dhatu* is all over the body below skin and above *Mamsadhara kala* except scrotum, eyelids and few other places. These are the channels which carry *Meda* (fat). The *moolasthan* of *Medovahasrotas* are *Vrikka* (kidney), *Vapavahan* (omentum) [4] and *Kati* (pelvic region). The vitiation in the *Medovahasrotas* leads to certain lifestyle disorders of which Obesity is one.

VITIATION OF MEDOVAHA SROTAS

The *srotas* are very important in the *vyadhi*. When the vitiated *doshas* take *aashraya* in any *srotas* circulate in the body then they are not capable of causing a *roga* (disease). But the place where the *srotodustih*as

taken place the *dosha* stop at that place to cause *vyadhi*. Increase or obstruction of the flow of the contents of the channels, appearance of nodules in the channels and diversion of flow of the contents to improper channels are the general causes of vitiation of channels [2]. Channels carrying adipose tissue gets vitiated due to lack of exercise, day sleep, and excessive intake of fatty things and intake of *varuni* type of wine [2]. Due to the vitiation in *Medovahasrotas* there is obstruction in channels by *meda* thus the nutrition of other dhatus cannot take place leading to Obesity. Due to increase in *Meda* the person becomes obese and have symptoms of *Khudraswasa* (shortness of breath), thirst, *moha* (dizziness), *Nidra* (sleepiness), sweating and foul smell comes from the body, lack of energy and lack of coitus,

PRAKRITI (BODY CONSTITUTION):

Prakriti (nature) is an inherent nature of an individual determined at the time of birth, which cannot be changed. The concept is useful in predicting that an individual will be susceptible to a particular disease [3]. Ayurveda attributes to the constitutional characteristics of an individual by the preponderance of certain '*doshas*'. Three main *doshas* are *vata*, *pitta* and *kapha*. *Vata* is responsible for movement, *pitta* for digestion and metabolism and *kapha* for anabolic activities in the body. The *dosh* which is predominant in the body of a person at the time of conception forms the *prakriti* of that person. There are seven *dehik prakritis* described in Ayurveda viz. *Vajta*, *pittaj*, *kaphaj*, *Vata-pittaj*, *vata-kaphaj*, *pitta-kaphaj* and *sannipatik prakriti*. Charaka has mentioned several additional factors which determine *prakriti* viz. season, condition inside uterus of mother during pregnancy, *Shukra-shonita* (sperm and ovum) of father and mother, and *mahabhuta vikara* [4]. These factors also play an important role along with the above mentioned to form *prakriti*.

Vata prakriti people have fast metabolism in comparison to *pittaj* and *kaphaj prakriti* and *kaphaj prakriti* is slowest. Most of the symptom of *sthaulya* come under the category of *kaphavridhi* (prakop) i.e. *alasya*, *gatrasedha*, *angagurav*, *nidradhikya*, etc. Due to excessive intake of *guru, snigdha-madhur-shit-picchila* *ahar*, *avyayamdivaswap*, *achinta*, lead to vitiation of *kapha*, so *kapha* is main *dosha* in pathogenesis of *sthaulya* and *kapha prakriti* persons are more prone to become obese (*sthaulya*). In patients of *Sthaulya*, *Kapha Prakriti Lakshana*, viz., *Snigdha Anga* (unctuous body), *Sukumara Gatra* (soft body), *Avadata Varna* (fair skin), *Snigdha Nakha* (unctuous nails), *Sthira Sharira Sandhi Mansa* (stable joint and muscles), *Prasanna Mukha* (happy face), *Swara* (voice), *Darshana* (face), and *Alpa Trishna* (low thirst), was found in maximum number of patients because of *Snigdha* (unctuous), *Mridu* (soft), *Accha* (clear) and *Shita Guna* (cold quality) of *Kapha Dosha* [5].

DISCUSSION

Meda dhatu which is the fourth *dhatu* in the body is transported through the *srotas* or channels known as *Medovahasrotas* like other *srotas* of the body, the derangements of the *medovahasrotas* leads to various diseases of which Obesity is one. Obesity has been described as *Sthaulya* in Ayurveda classics. The vitiation of *medo dhatu* which leads to *medo-vridhi* in which a person has excessive fat deposited in the body. Characteristic features are pendulous buttocks, abdomen and breasts, inappropriate growth of parts of body and lack of interest during work. When there is vitiation of the *medovahasrotas* the *medoagni* also does not work properly. This *Medoagni* in the person resulted from the *prakriti* of parents and is inherited in a person. The person having low *medoagni*, can't properly metabolize fat. This fat is accumulated and person becomes obese. *Meda* interferes the *marga* of *vayu* and thus *vayu* remains in the *kostha* (abdomen) and ignites *agni* there thus digesting the food causing hunger. After sometime the person gets diseased and complications occur due to *agni* and *vayu*. As the characteristics of *kapha* and *meda* are similar the increase in *kahadominant aharavihar* and the individuals with *kaphaj prakriti* are more prone to develop Obesity (*Sthaulyata*). Obesity is found more in *kapha* dominant *prakriti* and least in *vata* dominant *prakriti*.

CONCLUSION

Meda the fourth *dhatu* in individuals is the fat content in the body which gets deranged due to the vitiation of *Medovaha srotas* and leads to Obesity. *Kapha* predominant individuals are found to be more prevalent to obesity as compared to other *prakritis*. *Prakriti* plays an important role in assessing the disease and helps in finding the factors which can play an important role in aggravating the disease. Thus, it can be said that in *Kaphaj* dominant *prakriti* vitiation of *medovahasrotas* plays an important role in Obesity.

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