



## The Vitiating of the Medovaha Srotas in different Daihik Prakritis with Special Reference to Obesity

\*Brajesh Gupta<sup>1</sup>, P.C.Chaudhary<sup>2</sup>, Smriti Pandey<sup>3</sup>, Hemant Kumar Rai

1. Department of Rachna Sharir, Lalit Hari Ayurvedic College, Pilibhit, 2. Department of Rog Nidana, State Ayurvedic College and Hospital, Lucknow, 3. Department of Kriya Sharir, State Ayurvedic College and Hospital, Lucknow, 4. Government Ayurvedic College, Attara, U.P.

\*Corresponding Author's Email: [brajeshgupta1976@gmail.com](mailto:brajeshgupta1976@gmail.com)

### 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 vihara 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, Dhātu 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 dhātu (adipose and circulatory fats) is the 4<sup>th</sup> dhātu 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 dhātu 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 medais that fatty content of body which cannot be taken from outside and metabolism of different diet materials [1]. The deposition of Meda dhātu 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 moolsthan 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 *aashrayain* any *srotas* circulate in the body then they are not capable of causing a *roga* (disease). But the place where the *srotodusti* has 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 *dosha* which is predominant in the body of a person at the time of conception forms the *prakriti* of that person. There are seven *dehikprakritis* 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 symptoms of *sthaulya* come under the category of *kaphavridhi* (prakop) i.e. *alasya*, *gatrasad*, *angagurav*, *nidradhikya*, etc. Due to excessive intake of *guru, snigdha-madhur-shit-picchilaa* *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 Dosh* [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 *kapha* dominant *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 *vataj* 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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