



EXAMINATION AND DIAGNOSIS OF RASAVAHA STROTAS DISORDERS IN AYURVEDA: METHODS AND APPROACHES

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ABSTRACT:

This article explores the methods of examination and diagnosis utilized in Ayurveda to understand and address disorders of the *rasavaha strotas*, a vital channel responsible for the circulation of nutrient-rich fluid (*rasa*) in the body. Through pulse diagnosis (*Nadi Pariksha*), observation (*Darshan*), history taking (*Prashna*), examination of excreta (*Mala Pariksha*), assessment of digestive fire (*Agni Pariksha*), evaluation of dosha imbalance (*Tridosha Pariksha*), laboratory tests, and tongue examination (*Jihva Pariksha*), Ayurvedic practitioners gather valuable insights into the functioning of the *rasavaha strotas* and associated metabolic and circulatory imbalances. By integrating traditional diagnostic methods with modern approaches, practitioners aim to develop personalized treatment strategies to restore harmony to the *rasavaha strotas* and promote overall health and well-being.

KEYWORDS: *Rasavaha strotas*, *Ayurveda*, diagnosis, examination, methods, approaches, personalized treatment.

INTRODUCTION:

In Ayurveda, an ancient system of medicine originating from the Indian subcontinent, the concept of "strotas" refers to the channels or pathways responsible for the transportation of various substances throughout the body. One such important channel is the "*rasavaha strotas*," which is responsible for the circulation of nutrient-rich fluid (*rasa*) essential for maintaining health and vitality. ^[1] Mulasthana of *Rasavaha strotasa* are Hriday (Heart) and dasha dhamani (10 major vessels). ^[2] Strotasa are countless as everybody constituent has its own strotasa. ^[3] *Rasavaha strotas* dushti hetu (etiological factors) ^[4] is Guru ahara - excessive intake of heavy diet like cheese, fastfood, Chinese, bakery products. Disorders affecting the *rasavaha strotas* can lead to a range of health issues related to metabolism, nutrient absorption, and circulation. In this article, we delve into the methods of examination and diagnosis utilized in Ayurveda to identify and understand *rasavaha strotas* disorders.

MATERIALS AND METHODS:

LITERATURE REVIEW:

A comprehensive review of classical Ayurvedic texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya was conducted to understand the theoretical framework and concepts related to *rasavaha strotas* disorders.

Review articles, research papers, and scholarly publications on Ayurvedic diagnostics and *rasavaha strotas* disorders were analyzed to gather contemporary perspectives and insights.

EXPERT CONSULTATION:

Experienced Ayurvedic practitioners and scholars were consulted to gain practical insights into the methods and approaches used in diagnosing *rasavaha strotas* disorders.

Discussions were held to understand the nuances of pulse diagnosis, observation, history taking, and other diagnostic techniques employed in Ayurvedic practice.

COMPARATIVE ANALYSIS:

Comparative analysis was conducted between Ayurvedic diagnostic methods and modern diagnostic approaches to evaluate their strengths, limitations, and complementarity. The relevance of traditional Ayurvedic diagnostics in the context of contemporary healthcare practices was explored.

INTEGRATION OF FINDINGS:

The findings from literature review, expert consultation and comparative analysis were integrated to provide a comprehensive understanding of the examination and diagnosis of *rasavaha strotas* disorders.

Key insights and recommendations were synthesized to guide practitioners in clinical practice and future research endeavors.

By employing a multidisciplinary approach encompassing traditional Ayurvedic principles, clinical insights, and contemporary perspectives, this study sheds light on the intricate methodologies used in the examination and diagnosis of *rasavaha strotas* disorders in Ayurveda.

PULSE DIAGNOSIS (NADI PARIKSHA) [5]:

Pulse diagnosis, known as "Nadi Pariksha," is a cornerstone of Ayurvedic diagnosis. Practitioners palpate the radial artery pulse at various points to assess its quality, rhythm, and strength. Through this method, insights into the functioning of the *rasavaha strotas* and the balance of doshas affecting it can be gained. Irregularities in the pulse may indicate disturbances in circulation and metabolism, providing valuable diagnostic clues.

OBSERVATION (DARSHAN) [6]:

Visual examination of the patient's physical appearance plays a crucial role in Ayurvedic diagnosis. Signs such as a pale complexion, dry skin, brittle nails, and hair loss may indicate underlying issues with nutrient absorption and circulation, pointing towards *rasavaha strotas* disorders. Practitioners keenly observe these external manifestations to gather insights into the internal state of the body.

HISTORY TAKING (PRASHNA) [6]:

Thorough questioning about the patient's dietary habits, digestive health, lifestyle factors, and any symptoms related to metabolism and circulation is essential for diagnosing *rasavaha strotas* disorders. By understanding the individual's constitution (prakriti) and current imbalances, practitioners can tailor treatment approaches to address specific needs effectively.

EXAMINATION OF EXCRETA (MALA PARIKSHA) [7]:

Analysis of urine and stool provides valuable information about the efficiency of digestion, absorption, and metabolism. Abnormalities such as the presence of undigested food particles or changes in the color, odor, and consistency of urine and stool may indicate *rasavaha strotas* disorders, guiding further diagnostic and treatment interventions.

ASSESSMENT OF DIGESTIVE FIRE (AGNI PARIKSHA) [8]:

Evaluation of the strength and quality of digestive fire (agni) is integral to Ayurvedic diagnosis. Weak digestion can lead to incomplete breakdown and absorption of nutrients, affecting the functioning of the *rasavaha strotas*. Signs of impaired agni, such as bloating, gas, and indigestion, provide valuable diagnostic insights.

ASSESSMENT OF DOSHA IMBALANCE (TRIDOSHA PARIKSHA):

Understanding the predominance of doshas and their specific qualities helps identify the nature of *rasavaha strotas* disorders. Excess Vata may manifest as dryness and irregularity in metabolism and circulation, while excess Kapha may lead to sluggishness and congestion in the channels. Balancing the doshas is essential for restoring harmony to the *rasavaha strotas*.

LABORATORY TESTS:

In some cases, modern diagnostic tests such as blood tests, lipid profiles, liver function tests, and thyroid function tests may complement Ayurvedic diagnosis. These tests provide additional insights into parameters related to metabolism, nutrient absorption, and circulation, supporting the overall diagnostic process.

TONGUE EXAMINATION (JIHVA PARIKSHA) [9]:

Examination of the tongue is another valuable diagnostic tool in Ayurveda. Changes in the coating, color, texture, and shape of the tongue can indicate underlying imbalances affecting the *rasavaha strotas* and digestive health. Practitioners carefully analyze these signs to guide treatment decisions effectively.

RESULTS:

The examination and diagnosis of *Rasavaha strotas* disorders require a multifaceted approach that considers both subjective and objective parameters. Traditional diagnostic methods such as Nadi Pariksha, which involves assessing the pulse for subtle abnormalities, provide valuable diagnostic clues related to *Rasavaha strotas* function. Additionally, tongue examination (Jivha Pariksha) can reveal characteristic signs indicative of metabolic imbalances and nutrient deficiencies. Integration with modern diagnostic techniques such as laboratory tests, imaging studies, and genetic profiling can further corroborate Ayurvedic diagnoses and provide additional insights into underlying pathologies.

DISCUSSION:

The integration of traditional Ayurvedic diagnostic methods with modern approaches holds immense potential for enhancing the examination and diagnosis of *Rasavaha strotas* disorders. By combining the holistic perspective of Ayurveda with the precision of modern diagnostics, healthcare practitioners can develop personalized treatment plans tailored to individual needs. Furthermore, early detection of *Rasavaha strotas* imbalances enables proactive interventions aimed at restoring balance and preventing the progression of disease. Continued research and collaboration between Ayurvedic practitioners and modern healthcare professionals are essential for advancing diagnostic capabilities and improving patient outcomes.

CONCLUSION:

The examination and diagnosis of *rasavaha strotas* disorders in Ayurveda encompass a holistic approach that considers various factors influencing metabolism, nutrient absorption, and circulation. By integrating traditional diagnostic methods with modern approaches, practitioners can gain comprehensive insights into the underlying causes of imbalance and tailor personalized treatment strategies to restore health and well-being. It is essential to consult with a qualified Ayurvedic practitioner for accurate diagnosis and individualized care.

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