



Available online on 15.09.2018 at <http://jddtonline.info>

## Journal of Drug Delivery and Therapeutics

Open Access to Pharmaceutical and Medical Research

© 2011-18, publisher and licensee JDDT, This is an Open Access article which permits unrestricted non-commercial use, provided the original work is properly cited



Open  Access

Review Article

# RASAVAHA SROTAS AND THEIR PHYSIOLOGICAL IMPORTANCE: AN AYURVEDA REVIEW

**Dr Mariya Husain**

MD (*Kriya Sharir*), Associate Professor, Department of *Kriya Sharir*, Parul institute of Ayurveda, Vadodara, Gujrat, India.

## ABSTRACT

*Srotas* are channels or pores which provides nourishment to the whole body and responsible for some particular function with respect to specific body parts. The Ayurveda *samhitas* described anatomical and physiological concepts of *srotas* broadly. *Srotas* mainly regulates process of circulation in human body. The *srotas* not only perform various functions but disturbance in *srotas* may also impart some pathological manifestation, therefore it is very essential to understand physiological concepts of *srotas*. This article presenting ayurveda perspective of *Rasa vaha srotasa* and their physiological considerations.

**Keywords:** *Ayurveda, Srotas, Rasa vaha srotasa, Dhatu, Circulation.*

[For Full Article Click here](#)