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RESEARCH ARTICLE

PRANAVAHA SROTO VIKARA - AYURVEDIC DISCERNMENT W.S.R. TO RESPIRATORY DISORDERS

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ABSTRACT

Concept of *Srotas* constitute an important part of human anatomy. *Srotamsi* are not just the passages for flow of various substances but they are specific in their functions. They serve as medium through which both nutrients and biological waste products are transported. The cause of morbidity and their manifestation pertaining to diseases has been explained with reference to each of the *Srotas*. Both *Acharya Charaka* and *Sushruta* have given top priority to *Pranavaha Srotas*. *Acharya Charaka* has opined that *Pranavaha Srotas* are the channels through which *Pranavayu moves*. Though *Brihatrayeekaras* have mentioned wide range of herbs for treatment of *Pranavaha Sroto Vikara*, drugs like *Shati, Pushkaramoola, Haritaki, Trikatu, Brihati, Kantakari, Tamalaki, Tulasi, Pippali, Amalaki, Hingu* and *Ela* are very frequently mentioned for the treatment of different *Pranavaha Sroto vikara*. *Rasaushadhis* by virtue of their broad spectrum therapeutic activity exert instant results and thus plays a vital role in prevention of complications and early recovery from the illness and also improved quality of life.

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INTRODUCTION

Our bodies constantly transport nutrients, sensory information, and waste products and hence, require channels or paths for their movement. Ayurveda names these as channels as *Srotamsi* (river or stream) which exists in various forms and helps in production and conduction of body constituents from one site to another in the body. Every *srotas* constitutes a root, passage, and opening and this structure helps in smooth and efficient flow of content. They form network all over the body and usually obtain the characteristics of body constituents travelling through them i.e. *Swadhatusama Varna*. The *srotas* function best with the optimal balance of *Vata, Pitta, and Kapha doshas*. These keep the *srotamsi* energetic and healthy. The word *Srotas* is derived from the Sanskrit root-'*Srugatau*' (*Sru+tasi = Srotas*) which means exude, ooze, filter, permeate etc. It means the channels of circulation carrying *dhatu* (tissue elements or their constituents that are undergoing transformation) to their destination. *Charaka* has defined *Srotas* as '*Sravanaat Srotaamsi*' means the structure through which *Sraavanam* (Secretion / Exchange takes place)¹. *Chakrapani* has explained that *Sravanaaat* means *Sraavanam* of *Rasadi Poshya Dhatu*². *Acharya Sushruta* & *Vagbhata* compared *Srotas* to extremely fine pores present in lotus stem through which *Rasadi Poshya Dhatu* circulate all over the body and provide nutrition^{3, 4}. Irrespective of the nature and the material it carry, every *Srotas* is assigned with primary functions of *SRAAVANA* (Secretion) *PARINAMA* (Reproduction and Recycling) *UTSARJANA* (Excretion of Waste Products). However, inappropriate lifestyle and food causes alteration in the functional state of *Srotas* leading development of various diseases & disorders. This alteration can be either *Sanga* (disturbances of flow due to blockages), *Sira grandhi* (aneurism), *Ati - Pravritti* (excessiveness of flow) or *Vimarga gamana* (travel of content flow into the wrong passages)⁵. The synonyms of *Srotas* refer to various functional aspects of *Srotas*. On analyzing various synonyms of *Srotas*, it is seen that the word *Srotas* is used as a generic term indicating all the Macro & Micro channels and path-ways operating in the living organism⁶.

CLASSIFICATION: The *Srotases* are mainly classified into two types as *Bahirmukha* and *Antarmukha*. Difference of opinion is observed between *Acharya Charaka*⁷ & *Sushruta*⁸ in counting the *Antarmukha Srotases*. *Charaka* has mentioned another important channel, i.e. *Manovaha Srotas* that carries the impulses of thoughts and emotions⁹. On screening the Ayurvedic literature, it can also be observed that no separate *Srotas* has been mentioned for 3 *shariraka doshas* (*Vata, Pitta & Kapha*). The probable reason could be that they pervade the entire body and move through different kinds of *srotamsi*.

MULASTHANA OF SROTAS: *Sthula Srotas* along with their *Mula Sthana* have been described for the purpose of study of pathology & clinical medicine. *Chakrapani* has described *Mulam* as "*Mulamiti Prabhava Sthaanam*" meaning that the *Mula* of *Srotas* is the anatomical and physiological seat of respective *Srotas* and also it is the main seat of pathology of that *Srotas* and the principal seat of manifestation of disease¹⁰.

PRANAVAHA SROTAS: *Pranavaha Srotas* is one of the most important systems in the body. It is the one which deals with basic constituent of life. *Acharya* Charaka has opined that *Pranavaha Srotas* are the channels through which *Pranavayu* flows¹¹. *Prana* has many levels of meaning from breath to the energy of consciousness itself. *Prana* is not only the basic life force; it is also the master form of all energy working on all the levels of mind, life and body. It plays multidimensional role by virtue of very vital substance it carries through it i.e. *Prana Vayu*. The functions of *Pranavayu* are held responsible for the process of respiration. *Acharya* Chakrapani in his commentary has described *Pranavaha Srotas* as the channels which carry *Vata* named *Prana* in them. In other words, the organs of the body which carry *Prana Vayu*, its assimilation and transportation to other parts of the body and elimination of *Vayurupa Mala* constitute the *Pranavaha Srotas*¹². *Hridaya* is mentioned as the seat of *Pranavaha Srotas* by both Charaka and Sushruta^{13, 14}. This includes the lung and the whole respiratory organs entangled with Heart. Thus the Heart and Lung disorders manifest with *Shwasa* as one of the Symptoms. The mention of *Rasavahini Dhamanis* by Sushruta points towards the role of nutritional imbalance causing *Shwasa*. The mention of *Mahasrotas* points toward the role of Digestive imbalance and errors of metabolism causing *Pranavaha Sroto Dushti* with *Shwasa* being one of its chief complaints.

SALIENCE

Mula-sthana	Sroto dushti karana ¹⁵	Lakshana ¹⁶	Chikitsa ¹⁷	Sroto viddha lakshana ¹⁸
<ul style="list-style-type: none"> ●Hridaya & Mahasrotas (Ch.Vi.5/8) ●Hridaya & Rasavahini Dhamani (Su.Sh. 9/12) 	<ul style="list-style-type: none"> ●Kshaya ●Sandharana ●Ruksha ●Vyayamath kshudhitasya & ●Anya daruna karya 	<ul style="list-style-type: none"> ●Ati Srushtam ●Ati Baddham ●Kupitam ●Alpaalpam ●Abheekshnam ●Sashabda ●Sashula 	The treatment of <i>prana-vaha srotas</i> is the same as <i>Shwasa</i>	<ul style="list-style-type: none"> ●Aakroshana ●Vinamana ●Mohana ●Bhramana ●Vepana ●Maranam

DISEASES AFFLICHTING PRANAVAHA SROTAS

S. No.	Ayurvedic	Modern
1.	Kasa	Inflammatory - (Lung Collapse; Bronchial Asthma; Emphysema etc.)
2.	Shwasa	Infectious - (Covid – 19, SARS, Tuberculosis, Measles, Pertusis etc.)
3.	Hikka	Interstitial - (Sarcoidosis, Idiopathic Pulmonary Fibrosis etc.)
4.	Swarabheda	Environmental - (Asbestosis, Silicosis etc.)
5.	Rajayakshma	Obstructive - (COPD, Bronchiectasis, Cystic Fibrosis etc.)
6.	Urakshata	Respiratory insufficiency - (Atelactasis; Gas exchange etc.)
7.	Parshwa Shula	Pulmonary (Vascular) - (Pulmonary embolism, Telangiectasia etc.)
8.	---	Pulmonary (Pleural) - (Pleural effusion, and Pneumothorax etc.)
9.	---	Neoplastic - (Hematomas, Adenomas and Papillomas etc.)
10.	---	Congenital - (Airway malformations, bronchial atresia etc.)

PRINCIPLES OF MANAGEMENT

S. No.	Modern	Ayurvedic ¹⁹
1.	Preventive	<i>Shodhana (Vamana, Virechana, Nasya)</i>
2.	Eliminative	<i>Shamana (Tarpana)</i>
3.	Suppressive	<i>Rasayana</i>
4.	Palliative	---
5.	Reductive	---

Ayurveda considers *Pranavaha Sroto Vikara* as *Sheeta – Ruksha Vyadhi*. Hence the treatment should be of *Ushna – Snigdha* type.

Ayurvedic Classics have quoted number of Single drugs, Simple remedies, Compound formulations of Poly-herbal & Herbo-Mineral combination for the prevention, & Cure of disease afflicting the *Pranavaha Srotas* including critical – care management. They have been explained in different dosage forms to suit different stages of the clinical condition and also different Age groups.

Acharya Charaka has mentioned around 50 drugs in 5 categories related to *Pranavaha srotas* i.e. *Kasa hara, Shwasa hara, Hikka nighrahana, Vishaghna, Kandughna & Udarda prashamana Dasaimanis* while *Susrutha*²⁰ and *Vagbhata*²¹ has mentioned *Shwasa* and *Kasa hara dravyas* in *Ganas* like *Surasadi* and *Vidarigandhadi*. Some of the selected groups and their pharmacological activities are mentioned hereunder for better understanding:

SHWASAHARA DASAIMANI²²

S. No.	Name	Pharmacological Actions
1.	<i>Shati</i> (Hedychium spicatum)	Anti-tussive, Expectorant, Broncho-dilator, Analgesic, Antihistaminic, Anti-inflammatory, Anti-spasmodic
2.	<i>Pushkaramula</i> (Inula racemosa)	Expectorant, Anti-inflammatory, Anti-spasmodic, Analgesic, Anti-septic
3.	<i>Amlavetasa</i> (Garcinia pedunculata)	Expectorant, Cardiac tonic, Emollient
4.	<i>Ela</i> (Elettaria cardamomum)	Expectorant, Anti-tussive, Detoxifier, Carminative, Anti-septic, Anti-spasmodic, Diuretic, Anxiolytic
5.	<i>Hingu</i> (Ferula foetida)	Anti-spasmodic, Carminative, Expectorant, Analgesic.
6.	<i>Agaru</i> (Aquilaria agallocha)	Anti-tussive, Immune modulator, Analgesic, Anti-microbial, Anti-inflammatory, Anti-histaminic, Anti-oxidant, Anxiolytic, Anti-nociceptive
7.	<i>Surasa</i> (Tulasi) (Ocimum sanctum)	Bronchodilator, Expectorant, Anti-inflammatory, Blood purifier, Anxiolytic, Decongestant, Antiviral, Anti-bacterial, Anti-fungal, Immuno-modulator, Anti-tussive, Anti-allergic, Carminative
8.	<i>Tamalaki</i> (Phyllanthus niruri)	Anti-tussive, Expectorant, Anxiolytic, Carminative
9.	<i>Jivanti</i> (Leptadenia reticulata)	Rejuvenative, Diuretic, Nutritive, Anti-microbial, Immuno-modulator, Anti-fungal, Stimulant, Restorative
10.	<i>Chanda</i> (Angelica archangelica)	Bronchodilator, Carminative, Anti-inflammatory, Analgesic, Anti-tussive, Expectorant

KASAHARA DASAIMANI²³

S. No.	Name	Pharmacological Actions
1.	<i>Draksha</i> (<i>Vitis vinifera</i>)	Expectorant, Rejuvenative, Anti-inflammatory, Anti-microbial, Anti-allergic, Digestant
2.	<i>Abhaya</i> (<i>Terminalia chebula</i>)	Anti-inflammatory, Anti – oxidant, Rejuvenative, Adaptogenic, Anti-bacterial, Anti-fungal, Anti-viral, Anti-biotic, Decongestant, Digestive, Laxative, Nutritive
3.	<i>Amalaki</i> (<i>Embllica officinalis</i>)	Anti-oxidant, Adaptogenic, Immuno-modulator, Rejuvenative, Cyto-protective, Anti-inflammatory, Anti-pyretic, Anti-bacterial
4.	<i>Pippali</i> (<i>Piper longum</i>)	Anti-inflammatory, Analgesic, Anti- oxidant, Anti-microbial, Anti-stress, Anti-depressant, Immuno modulator, Anti – fungal, Expectorant, Anti-tussive, Carminative
5.	<i>Duralabha</i> (<i>Fagonia cretica</i>)	Decongestant, Anti-tussive, Anti-inflammatory, Hematinic, Hepato-protective
6.	<i>Karkata-shringi</i> (<i>Pistacia integerrima</i>)	Anti-microbial, Anti – fungal, Anti – viral, Anti-parasite, Mucolytic, Bronchodilator, Expectorant, Decongestant, Immune booster
7.	<i>Kantakari</i> (<i>Solanum xanthocarpum</i>)	Anti – bacterial, Anti – oxidant, Anti-depressant, Anxiolytic, Anti-tussive, Anti-histaminic, Expectorant, Bronchodilator, Anti-inflammatory
8.	<i>Vruschira</i> (<i>shveta</i>) (<i>Boerhaavia diffusa</i>)	Mucolytic, Anti-inflammatory, Detoxifier, Diuretic, Rejuvenative, Anti – oxidant, Immune-stimulant, Immuno modulator, Adaptogenic, Immune- suppressive, Anti – fungal, Anti-spasmodic
9.	<i>Punarnava</i> (<i>rakta</i>) (<i>Boerhaavia diffusa</i>)	
10.	<i>Tamalaki</i> (<i>Phyllanthus niruri</i>)	Anti- tussive, Expectorant, Anxiolytic, Carminative

HIKKA NIGRAHANA DASAIMANI²⁴

S. No.	Name	Pharmacological Actions
1.	<i>Shati</i> (<i>Hedychium spicatum</i>)	Anti-tussive, Broncho-dilator, Anti- histaminic, Anti-inflammatory, Anti-spasmodic, Expectorant, Analgesic
2.	<i>Pushkaramula</i> (<i>Inula racemosa</i>)	Expectorant, Anti-inflammatory, Anti-spasmodic, Analgesic, Anti – septic.
3.	<i>Badara</i> (<i>Zizipus jujube</i>)	Anti- histaminic, Anti-microbial, Anti-spasmodic, Mucolytic
4.	<i>Kantakari</i> (<i>Solanum xanthocarpum</i>)	Anti – bacterial, Anti – oxidant, Anti-depressant, Anxiolytic, Anti-tussive, Anti-histaminic, Bronchodilator, Expectorant, Anti-inflammatory
5.	<i>Bruhati</i> (<i>Solanum indicum</i>)	Anti-inflammatory, Carminative, Analgesic, Expectorant
6.	<i>Vruksharuha</i> (<i>Dendrophthoe falcata</i>)	Anti- oxidant, Anti-microbial, Anti- nociceptive, Diuretic
7.	<i>Abhaya</i> (<i>Terminalia chebula</i>)	Anti-inflammatory, Anti- oxidant, Rejuvenative, Adaptogenic, Anti-bacterial, Anti-fungal, Anti-viral, Anti-biotic, Decongestant, Digestive, Laxative, Nutritive
8.	<i>Pippali</i> (<i>Piper longum</i>)	Anti-inflammatory, Analgesic, Anti-oxidant, Anti-stress, Anti-microbial, Anti-depressant, Immune modulator, Anti-fungal, Expectorant, Anti-tussive, Carminative
9.	<i>Duralabha</i> (<i>Fagonia cretica</i>)	Decongestant, Anti-tussive, Anti-inflammatory, Hematinic, Hepato-protective
10.	<i>Kulirashrunji</i> (<i>Karkata-shringi</i>) (<i>Pistacia integerrima</i>)	Anti-microbial, Anti-fungal, Anti-viral, Anti-parasitic, Mucolytic, Bronchodilator, Expectorant, Decongestant, Immune booster

KANDUGHNA DASAIMANI²⁵

S. No.	Name	Pharmacological Actions
1.	<i>Chandana</i> (<i>Santalum album</i>)	Anti-inflammatory, Anti-microbial, Anti- oxidant, Anti-fatigue, Anti – bacterial, Anti – viral
2.	<i>Nalada</i> (<i>Jatamansi</i>) (<i>Nardostachys jatamansi</i>)	Anti – fungal, Anti-microbial, Anti- oxidant, Hepato-protective, Anti-depressant, Hypno-sedative
3.	<i>Kritamala</i> (<i>Aragvada</i>) (<i>Cassia fistula</i>)	Emollient, Expectorant, Demulcent, Anti-inflammatory, Anti- pyretic, Diuretic
4.	<i>Naktamala</i> (<i>Karanja</i>) (<i>Pongamia pinnata</i>)	Anti- oxidant, Anti-microbial, Anti- bacterial, Anti – parasitic, Anti- pyretic
5.	<i>Nimba</i> (<i>Azadirachta indica</i>)	Anti-inflammatory, Anti – fungal, Anti – bacterial, Anti -viral, Anti- oxidant, Immuno-modulatory
6.	<i>Kutaja</i> (<i>Holarrhena antidysenterica</i>)	Anti- oxidant, Anti-inflammatory, Anti-microbial, Expectorant, anti-hemorrhagic, Anti – bacterial
7.	<i>Sarshapa</i> (<i>Brassica nigra</i>)	Anti-inflammatory, Rejuvenative, Bacteriostatic, Anti – viral, Anti- oxidant
8.	<i>Madhuka</i> (<i>Yashtimadhu</i>) (<i>Glycyrrhiza glabra</i>)	Anti-inflammatory, Anti-pyretic, Anti-oxidant, Immune-regulatory, Anti-microbial, Anti-viral, Anti-bacterial, Anti-fungal, Anti-histaminic, Broncho-dilator, Expectorant
9.	<i>Daruharidra</i> (<i>Berberis aristata</i>)	Anti- pyretic, Anti – bacterial, Anti-microbial, Anti- oxidant, Hepato-protective, Anti – septic
10.	<i>Musta</i> (<i>Cyperus rotundus</i>)	Anti-inflammatory, Hepato-protective, Anti- pyretic, Anti- bacterial, Anti- oxidant, Cardio-protective, Anti-genotoxic

VISHAGHNA DASAIMANI²⁶

S. No.	Name	Pharmacological Actions
1.	<i>Haridra</i> (<i>Curcuma longa</i>)	Anti-inflammatory, Anti- oxidant, Anti-microbial, Cardio-protective, Anti – bacterial, Anti-asthmatic
2.	<i>Manjishta</i> (<i>Rubia cordifolia</i>)	Anti-inflammatory, Anti-microbial, Hepato-protective, Anti-septic, Anti- oxidant, Anti-allergic, Anxiolytic
3.	<i>Suvaha</i> (<i>Rasna</i>) (<i>Pluchea lanceolata</i>)	Anti-inflammatory, Bronchodilator, Anti- pyretic, Analgesic, Anti- oxidative, Immune-suppressive
4.	<i>Ela</i> (<i>Sukshma</i>) (<i>Elettaria cardamomum</i>)	Expectorant, Anti-tussive, Detoxifier, Carminative, Anti-septic, Anti- spasmodic, Diuretic, Anxiolytic, Anti- oxidant, Anti-bacterial, Anti-inflammatory, Analgesic, Anti-asthmatic
5.	<i>Palindi</i> (<i>Trivrut</i>) (<i>Operculina turpethum</i>)	Anti-inflammatory, Analgesic, Anti-oxidant, Anti- spasmodic, Bronchodilator, Anti-microbial, Hepato-protective
6.	<i>Chandana</i> (<i>Santalum album</i>)	Anti-inflammatory, Anti-microbial, Anti- oxidant, Anti-fatigue, Anti – bacterial, Anti – viral
7.	<i>Kataka</i> (<i>Strychnos potatorum</i>)	Anti-inflammatory, Anti- oxidant, Hepato-protective, Anti- pyretic, Anti – nociceptive, Anti-microbial, Diuretic
8.	<i>Shirisha</i> (<i>Albizia lebbek</i>)	Anti-inflammatory, Anti-asthmatic, Mast cell stabilizing, Anti-microbial, Anti-histaminic, Anti-helminthic, Anti – bacterial, Anti-microbial
9.	<i>Sindhuvara</i> (<i>Nirgundi</i>) (<i>Vitex negundo</i>)	Anti-inflammatory, Analgesic, Anti-histaminic, Hepato-protective, Anti-asthmatic, Anxiolytic, Anti-biotic, Anti- oxidant, Anti-allergic
10.	<i>Sleshmataka</i> (<i>Cordia dichotoma</i>)	Anti-inflammatory, Anti- oxidant, Immune modulator, Analgesic, Anti-fungal, Anti-bacterial, Anti-microbial, Anti- viral, Anti-helminthic, Analgesic

UDARDA PRASHAMANA DASAIMANI ²⁷

S. No.	Name	Pharmacological Actions
1.	<i>Tinduka</i> (Diospyros peregrine)	Anti-microbial, Anti-viral, Anti-oxidant, Anti-helminthic
2.	<i>Priyala</i> (Buchanania latifolia)	Anti-allergic, Anti-inflammatory, Anti-oxidant, Anti-stress, Adaptogenic
3.	<i>Badara</i> (Zizipus jujuba)	Anti-histaminic, Anti-microbial, Anti-spasmodic, Mucolytic
4.	<i>Khadira</i> (Acacia catechu)	Anti-pyretic, Anti-inflammatory, Hepato-protective, Anti-oxidant, Anti-microbial, Anti-asthmatic
5.	<i>Kadara</i> (Acacia catechu)	Anti-pyretic, Anti-inflammatory, Hepato-protective, Anti-oxidant, Anti-microbial, Anti-asthmatic
6.	<i>Saptaparna</i> (Alstonia scholaris)	Immune-stimulant, Hepato-protective, Anti-inflammatory, Analgesic, Anti-bacterial, Anti-pyretic
7.	<i>Ashvakarna</i> (Dipterocarpus alatus)	Anti-histaminic, Rejuvenative, Stabilizer
8.	<i>Arjuna</i> (Terminalia arjuna)	Anti-oxidant, Cardio-protective, Stabilizer
9.	<i>Asana</i> (Pterocarpus marsupium)	Anti-inflammatory, Cardio tonic, Anti-bacterial, Analgesic, Anti-fungal, Hepato-protective, Anti-oxidant
10.	<i>Arimeda</i> (Acacia farnesiana)	Anti-inflammatory, Anti-bacterial, Anti-microbial, Cytotoxic

PHARMACOLOGICAL CATEGORIZATION ²⁸

BRONCHO – DILATORS

S.no.	DRUG	LATIN NAME
1.	Ajadweshi	Tylophora indica
2.	Atibala	Belamcanda chinensis
3.	Bharangi	Clerodendron serratum
4.	Bhutumbi	Mikania glomerata
5.	Chandrasura	Lepidium sativum
6.	Damanaka	Artemisia caerulea
7.	Ghrita Kumari	Ginkgo biloba
8.	Kakachdi	Pavetta crassipes
9.	Katuki	Picrorrhiza kurroa
10.	Kushmanda	Benincasa hispida
11.	Makandi	Coleus forskohlii
12.	Nirgundi	Vitex negundo
13.	Parpataki	Gardenia latifolia
14.	Patha	Cissampelos sympodialis
15.	Rudraksha	Elaeocarpus sphericus
16.	Rujamari	Rosmarinus officinalis
17.	Saptaparna	Alstonia scholaris
18.	Sarapunkha	Tephrosia purpurea
19.	Sirisha	Albizzia lebeck
20.	Somalata	Ephedra sinica
21.	Tulasi	Ocimum sanctum
22.	Vasa	Adhatoda vasica
23.	Vidari	Passiflora incarnata

MAST – CELL STABILIZERS

S.No.	DRUG	LATIN NAME
1.	Agaru	Aquillaria agallocha
2.	Ajadweshi	Tylophora asthmatica
3.	Apamarga	Achyranthes aspera
4.	Arka	Calotropis procera
5.	Atmagupta	Cnidium monnieri
6.	Avartaka	Cassia torosa
7.	Bharangi	Clerodendron serratum
8.	Brahmi	Bacopa monniera
9.	Chakramarda	Cassia obtusifolia
10.	Devadaru	Cedrus deodara
11.	Dushparijati	Impatiens textori
12.	Guduchi	Tinospora cordifolia
13.	Haridra	Curcuma longa
14.	Haritaki	Terminalia chebula
15.	Kantakari	Solanum xanthocarpum
16.	Katuki	Picrorrhiza kurroa
17.	Makandi	Coleus forskohlii
18.	Matulunga	Citrus unshiu
19.	Nagadamani	Crinum glaucum
20.	Nimbi	Azadirachta indica
21.	Nirgundi	Vitex negundo
22.	Palandu	Allium cepa
23.	Pudina	Mentha piperita
24.	Punnaga	Magnolia officinalis
25.	Pushkaramula	Inula racemosa
26.	Rudraksha	Elaeocarpus sphericus
27.	Sarapunkha	Tephrosia purpurea
28.	Sirisha	Albizzia lebeck
29.	Swarnapatri	Cassia alata
30.	Tulasi	Ocimum sanctum

ANTI - ALLERGICS

S.No.	DRUG	LATIN NAME
1.	Agaru	Aquillaria agallocha
2.	Atmagupta	Cnidium monnieri
3.	Bala Hribera	Alisma orientale
4.	Ghrita Kumari	Ginko biloba
5.	Haridra	Curcuma longa
6.	Haritaki	Terminalia chebula
7.	Kakatundi	Hydrangea macrophylla
8.	Kantakari	Solanum xanthocarpum
9.	Kshavaka	Centipeda minima
10.	Matulunga	Citrus unshiu
11.	Nagadamani	Crinum glaucum
12.	Nirgundi	Vitex negundo
13.	Pindatagara	Asiasarum sieboldi
14.	Punnaga	Magnolia officinalis
15.	Pushkaramula	Inula racemosa
16.	Shaliparni	Desmodium adscendens
17.	Shinshapa	Dalbergia odorifera
18.	Sirisha	Albizia lebeck
19.	Somalata	Sarcostemma brevistigma
20.	Syamaparni	Camellia sinensis
21.	Vasaka	Adhatoda vasica

ANTI – INFLAMMATORY

S.No.	DRUG	LATIN NAME
1.	Ajadweshi	Tylophora asthmatica
2.	Arka	Calotropis procera
3.	Haridra	Curcuma longa
4.	Kakchdi	Pavetta crassipes
5.	Kokilaksha	Nelsonia canescens
6.	Kosapushpi	Ophiopogon japonicus
7.	Kumari	Aloe vera
8.	Lavana Valli	Asystasia gangetica
9.	Neeli	Indigofera tinctoria
10.	Palasha	Butea frondosa Koen
11.	Rudraksha	Elaeocarpus sphericus
12.	Shalmali	Bobax ceiba
13.	Shinshipa	Dalbergia odorifera
14.	Shivalingi	Bryonia laciniosa
15.	Twak	Cinnamomun Zeylanicum

ANTI - SPASMODIC

S.No.	DRUG	LATIN NAME
1.	Ajadweshi	Tylophora asthmatica
2.	Ajagandha	Thymus vulgaris
3.	Atibala	Belamcanda chinensis
4.	Atmagupta	Cnidium monnieri
5.	Bharangi	Clerodendron serratum
6.	Bilwa	Aegle marmelos
7.	Brahmi	Bacopa monnieri
8.	Kakchdi	Pavetta crassipes
9.	Kantakapatra	Cissampelos glaberrina
10.	Kushta	Saussurea leppa
11.	Lavana valli	Asystasia gangetica
12.	Makandi	Coleus forskohlii
13.	Nagadamani	Crinum glaucum
14.	Pindatagara	Asiasarum sieboldi
15.	Pippali bheda	Drymis winteri
16.	Shalmali	Bobax ceiba

ANTI - ANAPHYLACTICS

S.No.	DRUG	LATIN NAME
1.	Ananta	Vitex rotundifolia
2.	Dhustura	Lycopus lucidus
3.	Haritaki	Terminalia chebula
4.	Jeevani	Trichopus zeylanicus
5.	Kalamegha	Acanthopanax senticosus
6.	Lavanga	Syzygium aromaticum
7.	Nagadamani	Crinum glaucum
8.	Naranga	Poncirus trifoliata
9.	Nila Saireyaka	Xanthium strumarium
10.	Shalmali	Bobax ceiba

IMMUNO – MODULATORY:

S.No.	DRUG	LATI	LATIN NAME
1.	Amra	Magnifera	indica
2.	Ashwagandha	Withania	somnifera
3.	Ashwagola	Plantago	ovata
4.	Choraka	Angelica	sinensis
5.	Eraka	Typhae	angustifolia
6.	Katukarohini	Picrorhiza	kurroa
7.	Krishna beeja	Ipomoea	carnea
8.	Punarnava	Boerhaavia	diffusa
9.	Sarapunkha	Tephrosia	purpurea
10.	Tilaparni	Cleome	viscosa
11.	Tuni	Cedrela	toona

LEUKOTRINE RECEPTOR ANTAGONISTS:

S.no.	DRUG	LATI	LATIN NAME
1.	Ardraka	Gingiber	officinale
2.	Bhutubmi	Walthenia	indica
3.	Daruharidra	Berberis	aristata
4.	Krishna Jiraka	Nigella	sativa
5.	Kulanjana	Alpinia	galanga
6.	Kumari	Aloe	vera
7.	Shyonaka	Oroxylum	indicum

Honey, Grapes, Blue – Berries, Raspberries, Mulberries, Oranges, Guava, Water-melons, Black – Tea, Green – Tea, Parsley, Broad – Beans, Potatoes, Tomatoes, Purple Cabbage.

MISCELLANEOUS

S.No.	DRUG	LATI	LATIN NAME
1.	Champaka	Magnolia	obovate
2.	Dronapushpi	Proustia	pyrifolia
3.	Katuki	Picrorrhiza	kurroa
4.	Makandi	Coleus	forskohlii
5.	Palandu	Allium	cepa
6.	Shallaki	Boswellia	serrata

Though Ayurvedic works have mentioned wide range of herbs for treatment of *Pranavaha Sroto Vikaras*, drugs like *Shati*, *Pushkaramoola*, *Haritaki*, *Trikatu*, *Brihati*, *Kantakari*, *Tamalaki*, *Tulasi*, *Pippali*, *Amalaki*, *Hingu* and *Ela* are very frequently mentioned due to their broad spectrum of therapeutic potentialities at different stages & phases of diseases afflicting *Pranavaha Sroto vikara*. Mother Nature not only bestows us with wide range of herbal drugs but also several minerals and metals that are blessed with healing properties. Since the ancient times, physicians have adopted the holistic age-old practice of Ayurveda and made use of precious metals, minerals and herbs to concoct effective formulations and compounds that are offering a comprehensive solution to a myriad range of diseases and anomalies. Ayurvedic works from medieval period onwards have enumerated many Herbo-mineral formulations (1238 compound formulations for *Kasa* of which 342 are *Rasaushadhis* and 962 formulations for *Shwasa* of which 283 are *Rasa yogas* & 102 are *Ghrita yogas*) in the treatment of *Pranavaha Sroto Dushti vikara* with Arsenicals given prime importance. We see number of *Kharaleeya* drugs for Sub-acute and follow-up measures, *Kupi-Pakwa Rasayana* for Sub-chronic to chronic manifestations and *Pottali yogas* for Critical – Care Management & Emergency care. Number of *Avaleha yogas* were also described for debilitating cases, nutrition related cases and also for patience on convalescence for their quick recovery.

PATHYAAPATHYA

S.No.	VYADHI	PATHYA	APATHYA
1.	<i>Kasa</i> ²⁹	<i>Shali</i> , <i>Shastika</i> , <i>Godhuma</i> , <i>Masha</i> , <i>Mudga</i> , <i>Kulattha</i> , <i>Bimbi</i> , <i>Varthaka</i> , <i>Kasamarda</i> <i>Baalamlulaka</i> , <i>Jivanti</i> , <i>Vastuka</i> , <i>Bijapura</i> , <i>Gostani</i> , <i>Lashuna</i> , <i>Laja</i> , <i>Vyosha</i> , <i>Madhu</i> , <i>Ushnodaka</i> , <i>Chaga Payah</i> , <i>Ghrita</i>	<i>Snigdha</i> , <i>Madhura Ahara</i> , <i>Payah</i> , <i>Dadhi</i> , <i>Pishtanna</i> , <i>Payasa</i> <i>Maithuna</i> , <i>Diva Swapna</i> , <i>Dhuma</i>
2.	<i>Shwasa</i> ³⁰	<i>Virechana</i> , <i>Svedana</i> , <i>Vamana</i> , <i>Dhumapana</i> , <i>Divaswapna</i> , <i>Shastika</i> , <i>Raktashali</i> , <i>Yava</i> , <i>Kulattha</i> , <i>Godhuma</i> , <i>Lava</i> , <i>Ahibhuk</i> , <i>Tittira</i> , <i>Sasha</i> , <i>Daksha</i> , <i>Shuka</i> , <i>Dhanva Mruga</i> & <i>Pakshi Mamsa</i> , <i>Purana Ghrita</i> , <i>Aja Kshira</i> , <i>Ghrita</i> , <i>Sura</i> , <i>Madhu</i> , <i>Ela</i> , <i>Patola</i> , <i>Vartaka</i> , <i>Lashuna</i> , <i>Bimbi Phala</i> , <i>Matulunga</i> , <i>Draksha</i> , <i>Puskara</i> , <i>Ushnodaka</i> , <i>Nidigdika</i>	<i>Rakta-Mokshana</i> , <i>Purva Vata</i> , <i>Annapana</i> , <i>Dushta Ambu</i> , <i>Matysa</i> , <i>Sarshapa</i> , <i>Kanda</i> , <i>Sarshapa</i> , <i>Ruksha</i> , <i>Shita</i> , <i>Guru</i> , <i>Pishta</i> , <i>Nishpava</i> , <i>Masha</i> , <i>Pinyaka</i> , <i>Anupa Mamsa</i> , <i>Amla</i> , <i>Taila</i> , <i>Guru</i> , <i>Shita Padartha</i>
3.	<i>Hikka</i> ³¹	<i>Nidana parivarjana</i> , <i>Svedana</i> <i>Vamana</i> , <i>Nasya</i> , <i>Dhumrapana</i> <i>Virechana</i> , <i>Nidra</i> , <i>Snigdha Anna</i> , <i>Mrudu</i> , <i>Lavana</i> , <i>Purana Shali</i> , <i>Shastika</i> , <i>Kulattha</i> , <i>Godhuma</i> , <i>Yava</i> , <i>Ena</i> , <i>Tittira</i> , <i>Lava</i> , <i>Jangala Mruga</i> & <i>Pakshi Mamsa</i> , <i>Ushnodaka</i> , <i>Patola</i> , <i>Lasuna</i> , <i>Matulunga</i> , <i>Madhu</i> , <i>Kapitta</i> , <i>Baalamlulaka</i> .	<i>Nishpava</i> , <i>Masha</i> , <i>Pinyaka</i> , <i>Anupa Audaka Mamsa</i> , <i>Avi Dugdha</i> , <i>Dantakashtha</i> , <i>Vasti</i> , <i>Matsya</i> , <i>Amla</i> , <i>Sarshapa</i> , <i>Tumbi-phala</i> , <i>Kanda</i> , <i>Taila</i> <i>Brishta</i> , <i>Guru</i> , <i>Shita</i> , <i>Vishtambi Anna-Pana</i> , <i>Viruddha Bhojana</i> , <i>Sushka Ahara</i> , <i>Vata</i> & <i>Kapha Vardhaka Padartha</i> , <i>Rajah</i> , <i>Dhuma</i> , <i>Vegavarodha</i>
4.	<i>Raja-yakshma</i> ³²	<i>Chaga mamsa</i> & <i>Kshira</i> ; Nutritional and nourishing food like Goat Soup, Eggs, Milk, Ghee, Butter etc. All fresh & seasonal fruits like Grapes, Mango, Apple, Orange & dry fruits like Badam, <i>Kharjura</i> , <i>Pista</i> , <i>Draksha</i> , <i>Anjeer</i> , <i>Albakara</i>	<i>Vrintaka</i> , <i>Karavella</i> , <i>Taila</i> , <i>Rajjika</i> , <i>Bilva Phala</i> , <i>Diva nidra</i> , <i>Kopam</i> , <i>Smoking</i> , <i>Drinking</i>
5.	<i>Swara-bheda</i> ³³	<i>Draksha</i> , <i>Pathya</i> , <i>Matulunga</i> , <i>Maricha</i> <i>Lashuna</i> , <i>Lavana</i> , <i>Ardraka</i> , <i>Tambula</i> , <i>Sarpi</i>	---

DISCUSSION

In Ayurveda, the term *Srotas* is used for dynamic inner transport system of Body-Mind- Spirit organization providing platform for important bio-factors like *Tridosha, Triguna, Sapta-Dhatu, Ojas, Agni & Manas*. *Srotamsi* are not just the passages for flow of various substances but they are specific in their functions. They serve as medium through which both nutrients and biological waste products are transported and thus all the *Dosha, Dhatu & Mala* are dependent on *Srotas* for their formation, transportation & destruction. The cause of morbidity and their manifestation pertaining to diseases has been explained with reference to each of the *Srotas*. The set of channels is apparently described as the major seat of diseases can be examined by the physician in a patient for diagnostic purposes. The concept of *Srotamsi* supports even the latest description in contemporary Science such as receptor theory in terms of their specificity and membrane biology. The *Srotas* system plays a key role in physiology including patho-physiology and pharmaco-physiology. Under-standing the fundamental and applied aspect of *Srotas* is essential to understand Ayurvedic biology, disease process and its management.

CONCLUSION

In traditional systems of medicine, many plants have been documented to be useful for the treatment of various respiratory disorders. In the last two decades the use of medicinal plants and plant products has seen increased patronage across the world. This is due to the availability of data on provided valuable clues regarding their efficacy and safety aspects evidenced by controlled clinical studies. Ongoing research worldwide has provided valuable clues regarding the precise mechanism of action of these herbal alternatives. Some herbal alternatives employed are proven to provide symptomatic relief and assist in the inhibition of disease progression also. The herbs used in *Pranavaha Sroto Dushti vikara* have shown interesting results not only in various target specific biological activities like bronchodilation, mastcell stabilization, anti-anaphylactic, anti-inflammatory, anti-spasmodic, anti-allergic, immune-modulatory but also inhibition of leuko- trienes, lipoxygenase, cyclo-oxygenase, platelet activating, phosphor-diesterase and cytokine mediators. The drugs like *Punarnava, Gokshura* which are also have been mentioned in the treatment of *Shwasa, Kasa* etc., though didn't have any direct effect, they reduce the congestion in the lungs due to their diuretic effect which gives the symptomatic relief in congestive conditions. *Rasaushadhis* by virtue of their inherent properties like *Deepana, Lekhana, Balya, Rasayana* and also through their broad spectrum therapeutic activity penetrate into deeper and minute channels of the body to exert instant results and thus plays a vital role in the recovery as well as cure of the disease by offering a comprehensive solution in the prevention of complications and early recovery from the illness and also improved quality of life. Judicious use of these drugs either in poly-herbal or Herbo - mineral combinations play a significant role as frontline therapy or/and as adjuvant in prevention, control and recovery of the patients in different stages and conditions of *Pranavaha Sroto vikara*. Attempt should be made to develop polyherbal formulations which contain various herbs acting at particular sites of the patho-physiological cascade of *Pranavaha Sroto Dushti* for prophylaxis as well as for the treatment.

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