A literary study of ‘Srotas’ with special reference to NASA (nose)

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Abstract
Ayurved the Sotasa is a unique concept & fundamental structures elaborated in Ayurved. Srotasa are channels or micro-pores which mainly perform functions of transportation, Ayurveda described many types of Srotas. In Ayurved, Srotasa are enumerated basically in to two types i.e., Antarmukha (Jivitayatan) and Bahirmukha Srotasa (Channels open to exterior). Broadly, Bahirmukha Srotasa are, nine in number which are: two eyes, two nostrils, two ears, one mouth, one rectum and one is urethra. NASA (Nose) is one of the Bahirmukha Sotasa. NASA is the gateway to Siras (Head). The two main functions of NASA are Respiratory and Olfactory; it is also known as an organ of smell. Nasya is an important treatment method, in which drug in administrated through NASA.

Keywords: Ayurveda, stotasa, bahirmukha srotas as, NASA, Nasya

Introduction
In the science of Ayurved the Sotasa is a unique concept & fundamental structures elaborated in Ayurved. Much importance to this structures has been given. The word Sotasa is derived from “Sr̥v skr̥vane” meaning thereby to ooze, to permit, to filter. In other word the structures responsible for permeation. It is also responsible for supply of nutrition and drainage of waste products. Which is help full in the maintenance of health [1, 2].

Srotasa are channels or micro-pores which mainly perform functions of transportation, Ayurveda described many types of Srotas. There are total thirteen Srotas out of which seven are associated with tissues (Dhatus) [3].

Review of Literature
The Srotasa are the numerous in the body which cannot be counted therefore it is said that the Human body is a nothing but aggregation of Srotasa. In Ayurved, Srotasa are enumerated basically in to two types i.e., Antarmukha (Jivitayatan) and Bahirmukha Srotasa (Channels open to exterior) [4].

Sukṣma (minute)-Body-mind-spirit system has as many as Srotasa as are the number of life factors operating in the life process. These Srotasa are infinite in number. Sthula (gross): Bahirmukha (Aperture or natural opening) are numerable and can be counted these are: nine in male and eleven in females [5, 6].

Broadly, Bahirmukha Sotasa are, nine in number which are: two eyes, two nostrils, two ears, one mouth, one rectum and one is urethra [7].

NASA
NASA (Nose) is one of the Bahirmukha Stotasa. Nose is also considered as an Indriya named as Ghranendriya. Although Indriyas are constituted through Panch-Mahabhutas but especially each Indriya has a specific quality of a particular Mahabhuta called Indriya Dravya? The Indriya Dravya of Ghranendriya is Prithavi Mahabhuta [8]. There is another term Indriya-adhisthan means the location at which the particular Indriya is situated. The Indriya-adhisthan of Ghranendriya is nose (Nasal cavity) and its mucosal layer. It is referred as a Bahirmukha Srotas [9].

Anatomy of NASA
It is also called Nares, Nostrils, NASA-randhra, Garhan-marga, NASA-vivar and NASA Srotas.
Nose consist of a supporting frame work of bone and cartilage (Taran-ashtih) covered with muscles and skin and lined by mucous membrane. The Nasal cavity extends from nares through the external nose back as the posterior Nasal aperture or Conchae where the two cavity communicates with the nose pharynx. The duct of para Nasal sinuses and naso-lacrimal ducts also open into the nose. This is mentioned in Ayurveda as: “NASA-hi Shirso Dwaram” It means that NASA is the gateway to Siras (Head). Through this one can make an approach for the treatment of illnesses of Urdhwa-jatragata region.

Physiology of NASA

The Nose performs two functions. One is respiratory and other is olfactory it is also known as an organ of smell. The upper one third of the Nasal Cavity consists of olfactory receptors that lies in the membrane, called olfactory epithelium. The terms like Grahn, Ghar Marg and Phana are referred for olfactory area of the Nasal cavity in Ayurveda.

Applied aspect of NASA

Inferior to olfactory epithelium the mucous membrane of the Nasal cavity contains capillaries and ciliated columnar epithelium along with many goblet cells. As air (Inspired) whirls around the conches and meatuses it is wormed or air conditioned by blood capillaries and mucous secreted by goblet cells moistens the air which help to traps dust particles. The drainage from para Nasal sinuses also help to moisten the inspired air and the cilia moves the mucus and traps the dust. All above functions of NASA together are very similar to “Sru-Srawane” therefore the term Srotasa is stand for the nose. Hence to Achieve smooth function of nose one may have to administer Pratimarsh Nasya (administration of two nose. Hence to Achieve smooth function of nose one may “Nasya”)

Compilation of applied aspect

- While sneezing mouth and nose should be kept covered.
- External orifices should be kept clean.
- The Nasya should administer in diseases, resulted due to Ratri-jagran.
- To treat illnesses of Urdhva Jatra region Nasya Dravya should administer though nose at night.
- Quantity of Nasya Dravya for Pratimarsh should be two Bindu in each nostril.
- In healthy individuals also Nasya indicated in Vasant Rituh.
- In all types of Nasal diseases Dhum-pan (medicated smoking) is beneficial, but route of drug administrate should not be other than the nose.
- Srotosodhan Nasya should administer at following times: After food, after Vaman, after day sleep, after long walking, and after Maithun (sexual intercourse).

Daily use of Murchit Til Tail Nasya is also advised to be beneficial by several scholars.

In dryness of nose and mouth Shiro-Basti should administered.

The treatment of Karnnula Roga can also be done by Nasya and Kaval.

Nasya in Kushta should administer after every three days.

In Avabahuk and in Ardit, Nasya is beneficial.

In Aparasm Roga Nasya of Kapil colour Cow’s Pitta is indicated.

Tail prepared from Bhringraj RAS, Til Tail and Baheda Tail together, brings Dristi Varadhak (Beneficial for Vission) action.

In NASA Shosha Bala Tail Nasya or its local paint is beneficial.

The headache resulted due to worm infestation, Nasya Dravya should be a blood.

Neem Tail Nasya for a month is beneficial in Khaliyta.

Kumkumadi Tail Nasya help to reduce an acne.

It is mentioned in text that, in patients of poisoning, if patient does no revive after giving Teekshan Nasya, it may indicate that the patient has died.

In injury of nose Gophana bandage should apply.

Conclusion

Considering the literature referred, it is concluded that:

- Srotasas are the important block of Living Body.
- The knowledge of both Antarmukha and Bahirmukha Srotasas are important for the field of Ayurved and maintenance of health.
- The Knowledge of Bahirmukha Stotasa has got much importance in the maintenance of health through personal hygiene.
- NASA as an important Bahirmukha Stotasa has got major importance.
- Nasya is an important treatment method, in which drug in administered through NASA.

References


