

1c. Artavavaha and Stanyavaha Srotas

c. Ārtavavaha and Stanyavaha Srotas

Exam focus: Define each srotas, state its mūla (root), srotoduṣṭi hetu-lakṣaṇa, and management; correlate with modern anatomy (uterus-endometrium-ovarian/uterine vessels for ārtavavaha; breast lobulo-ductal apparatus and neuro-hormonal axis for stanyavaha). Quote **one correct śloka** to justify āgama (classical authority).

1) Prelude: Srotas—why they matter here

In Prasūti Tantra and Strīroga, physiological balance of the female reproductive and lactational systems is understood through **srotas**—the living channels that carry, transform and express substances and energies. Caraka defines srotas as the conveyors of dhātu undergoing transformation:

'भ्रोतांसि खलु परिणाममापद्यमानानां धातूनामभिवाहीनि भवन्ति।"

(Srotāṃsi khalu pariṇāmam āpadyamānānām dhātūnām abhivāhīni bhavanti.) — Caraka Saṃhitā, Vimāna Sthāna 5/3.

Among numerous channels, two are **strī-viśeṣa** (female-specific) for clinical study: **Ārtavavaha srotas** (carrying ārtava—menstrual flow/ovum aspect) and **Stanyavaha srotas** (carrying stanya—breast milk).

2) Ārtavavaha Srotas

2.1 Definition and classical authority

Ārtavavaha srotas: the channels by which ārtava (rajas—menstrual blood/ovulatory essence) arises and flows cyclically.

Caraka describes its functional idea and localization in uterus-related channels:

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"अर्तवस्य विसर्गश्च काले येन प्रवर्तते।
तद्वहानि स्रोतो ज्ञेयं गर्भाश्रयसमाश्रयम्॥
तस्य मूलं रक्तवाहिन्य: स्यु: गर्भाश्रय: स चोच्यते॥"
— Caraka Saṃhitā, Vimāna Sthāna 5/8.
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Sense: The timely discharge of ārtava proceeds through its own conducting channels based in **garbhāśaya** (uterus) and **raktavāhinī dhamanīs** (arterial/vascular network) forming the **mūla**.

Key take-away for viva: Mūla of Ārtavavaha srotas = Garbhāśaya + Raktavāhinī dhamanīs.

Ārtavavaha Srotas (menstrual/channel)

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"आर्तवहे द्वे, तयोर्मूलं गर्भाशय आर्तववाहिन्यश्च धमन्यः,
तत्र विद्धाया वन्ध्यात्वं मैथुनासहिष्णुत्वमार्तवनाशश्च ;" Su. Sha. 9
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Meaning (brief): "There are two artava-carrying srotas; their roots are the **uterus** and the **artava-carrying arteries**. Piercing them leads to **infertility, dyspareunia, and cessation of menses**."

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2.2 Mūla (root), mārga (course), and mukhya avayava (principal structures)

Aspect	Classical description	Modern-anatomical correlation (helpful in long answers)
Mūla	Garbhāśaya (uterus) and raktavāhinī dhamanīs	Uterus and its endometrium; uterine & ovarian arteries; venous plexus; endometrial spiral arterioles
Mārga	Yonimārga via cervix; network of <i>ārtavavāhinī</i> channels	Cervical canal \rightarrow vagina; uterine cavity; fallopian interface for ovulatory \bar{a} rtava (beejabhūta dimension)
Mukhyāśraya	Yoni, garbhāśaya, artavavāhinī dhamanīs	Uterus, cervix, vagina; HPO axis (hypothalamo-pituitary-ovarian) as regulatory support

Follicle Stimulation 3D Model
Ovulation 3D Model

Note for answers: When asked to "correlate," do not equate srotas to a single duct; describe **functional systems** (vascular + endometrial + neuro-endocrine regulation).

2.3 Srotodușți hetu (etiological factors)

- Doşa-prakopa from mithyā-āhāra-vihāra (excessively rukşa, uṣṇa, tīkṣṇa; divā-svapna; vyavāya-atiyoga/ayoga).
- Raktadoşa (vidāhi āhāra, surā, sūryātapa).
- Ābhighāta to yoni/garbhāśaya (instrumentation; repeated abortions).
- Mānasika factors (chinta, śoka) disturbing vata-pitta and the HPO axis.
- Prakṛta life-cycle transitions (menarche, perimenopause) where vata and pitta shifts sensitise the channel.

2.4 Srotodușți lakșaņa (clinical features)

- Vāta-pradhāna: Anartava (amenorrhoea), krcchrārtava (scanty/painful flow), yonivedanā (cramps).
- Pitta-pradhāna: Āsṛgdāra / menorrhagia, inter-menstrual spotting, burning, red-brown clots.
- Kapha-pradhāna: delayed cycles, heaviness, mucoid discharge.
- Saṃsarga/saṃmūrcchana: dysmenorrhoea with menorrhagia, PMS clusters, infertility patterns.

Include in short notes: Classical synonyms—*ārtava, rajas, strī-rajah; ārtavanāśa, rajaḥ-saṅga, rajaḥ-pradara* as nosological pointers.

2.5 Nidāna pañcaka mapping

- **Hetu**: as above; add anaemia, chronic illness as *dhātu-kṣaya* contributors.
- **Pūrvarūpa**: cycle irregularity, mood/temperature lability, pelvic ache.
- Rūpa: pattern-specific—ati/manda pravṛtti, vedanā, varṇa-gandha-pīcchila changes.
- Upaśaya/Anupaśaya: Vāta-hara snehana-svedana relieves spasmodic pain; rakta-prasadana helps pitta patterns.
- Samprāpti: doṣa-dūṣya (rasa-rakta-ārtava) with vāta (apāna) as pradhāna driver → āvāraṇa or kṣaya types.

2.6 Chikitsā sūtra (management framework)

Doşa-pratyanīka:

- o *Vātika*: snehana (tila/ghṛta), mṛdu svedana, dīpana-pācana (hingu-ajamodādi), bālya garbhashaya-snigdhatā.
- o Paittika: rakta-prasadana (śatadhauta ghṛta local; drākṣādi, uśīra, lodhra, mustā internally), śītala pānīya.
- o *Kaphaja*: lekhana-dīpana (trikaṭu, mustakādi), vyāyāma-niyama.
- **Raktaprasādana & stambhana** for *āsṛgdāra*: lodhra-priyangu-musta-nāgakeśara yoga; mukta-śaṅkha bhasma (with due classical indications).
- Garbhashaya-bṛṃhaṇa and rasāyana in anartava: aśokāriṣṭa, kumāryāsava (indication-wise), śatāvarī-ghṛta.
- Yuktivyapāśraya with anupāna: ghee/milk for vātika; honey or sugar-candy vehicle for pittika.
- **Satvavajaya**: stress modulation; *rtucaryā-dinacaryā* adherence.

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• Modern supportive correlation (write as samanvaya): correct anaemia, thyroid imbalance, luteal defects; manage PCOS with weight-metabolic correction in kapha-dominant samprāpti.

3) Stanyavaha Srotas

3.1 Definition

Stanyavaha srotas: the channels through which **stanya** (breast milk) is formed, conducted and expressed from the mother to the neonate. Classical teaching places their **mūla** in the **stana** (**breasts**) together with vascular channels (*raktavāhinī dhamanīs*) as structural base, with regulatory support from rasa-dhātu metabolism.

Upadhātu doctrine (helpful linkage): Stanya and **Raja(ārtava)** are described as **upadhātu** of **Rasa**; thus any **rasa-dhātu duṣṭi** quickly reflects in both lactation and menstruation (Caraka/Āṣṭāṅga tradition).

Stanya (milk) pathways in Suśruta (via dhamanī description)

'द्वे स्तन्यं स्त्रिया वहतः स्तनसंश्रिते..." Su Sha 9

Meaning (brief): "Two (up-coursing) dhamanīs **carry milk in a woman**, situated in the **breasts**." (This is in the dhamanī section, not under "srotas," but it's Suśruta's explicit reference to milk-carrying channels.)

(Related) Śukravaha Srotas

"शुऋवहे द्वे, तयोर्मूलं स्तनौ वृषणौ च..."

Meaning (brief): "There are two semen-carrying srotas; their roots are the **breasts** and the **testes**; injury causes **impotence**, **delayed emission**, **blood-tinged semen**."

3.2 Mūla, mārga, avayava—functional correlation

Aspect	Classical description	Modern-anatomical correlation
Mūla	Stana (breasts) + raktavāhinī dhamanīs (vascular support)	Lobes-lobules-alveoli; lactiferous ducts and sinuses; internal mammary & lateral thoracic vessels
Mārga	Stanyavaha pathways within stana leading to stanya-nirgama	Alveolus \rightarrow ductule \rightarrow duct \rightarrow nipple pores (10-15)
Regulatory āśraya	Rasa-dhātu (as upadhātu source), kapha for snigdhatā; prāṇa & udāna vāyu for let- down	Prolactin (synthesis), oxytocin (let-down), suckling reflex arcs, emotional-neuroendocrine modulation

Breast Anatomy 3D model
Breast Cross Section

3.3 Srotodușți hetu

- Rasa-kṣaya states (undernutrition, dehydration, postpartum exhaustion).
- **Pitta-aggravation** (uṣṇa-tīkṣṇa diet, infections) → *stana-śotha*, burning.
- **Kapha-saṅga** → ductal stasis, engorgement.
- **Mānasika** (chinta, bhaya) inhibiting let-down (udāna-prāṇa vāyu dysregulation).
- Atyaśana/Alpaśana errors and improper sūtikā-paricaryā.

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3.4 Srotodușți lakșaņa (clinical expressions)

- Stanya-kṣaya / agalactia-hypogalactia: scanty/absent flow, infant dissatisfaction, maternal fatigue—usually vāta-pradhāna with rasa-kṣaya.
- **Stanya-dușți (quality vitiation)**: colour/odour/taste change, infant colic/skin eruptions (describe in *doșa-bheda* terms)
- Stana-śūla/śotha: engorgement, mastitis features; pitta-kapha involvement with localized warmth, tenderness.
- Let-down difficulty: anxiety-linked inhibition—vāta-prāṇa-udāna.

3.5 Chikitsā sūtra

- Stanya-janana (galactagogue) line in vāta-kṣaya: śatāvarī kalpa, vidārī, yaṣṭi-madhu, ikṣumūla siddha-kṣīra; snehana-bṛṃhaṇa pathya (ghṛta, kṣīra, mudga-yūṣa).
- Stana-śotha/pitta: śītalī-pāna, pratisaṃskāra with śatadhauta-ghṛta; lodhra-candana-uśīra lepa; internal rakta-prasadana (dhātrī, drākṣā).
- **Kapha-saṅga/engorgement**: mṛdu svedana (nabhi-ūrdhva avoidance for puerperium safety), gentle drainage/feeding technique education; dīpana-pācana (trikaţu in suitable mātra).
- Satvavajaya & nidrā-prasādana: counselling, co-feeding posture support, family involvement.
- Sūtikā-paricaryā: staged diet; rasāyana after agni restoration.

Answer pointer: Always combine **rasa-dhātu care** with local *stana* measures; mention **prolactin-oxytocin** axis briefly in correlation to score extra in long answers.

4) Doctrinal linkage: Rasa-Upadhātu → dual impact on menstruation & lactation

- **Doctrine:** Stanya and Raja(ārtava) as **upadhātu** of **Rasa**—hence rasa-duṣṭi or rasa-kṣaya will **simultaneously** derange cycles and milk. (Ref.: Caraka/Āṣṭānga tradition; quote in explanation even if not asked explicitly.)
- Clinical pearl: In postpartum, if mother's diet is rukṣa/alpa and sleep is poor → stanya-kṣaya appears with delayed or scanty return of menstruation (when due), a rasa-kṣaya continuum.

5) Differential table

Parameter	Ārtavavaha Srotas	Stanyavaha Srotas
Substance conveyed	Ārtava (rajas; menstrual/ovulatory essence)	Stanya (breast milk)
Mūla (root)	Garbhāśaya + Raktavāhinī dhamanīs	Stana + Raktavāhinī dhamanīs
Primary doșa driver	Apāna Vāta (with pitta for bleeding features)	Kapha (formation), Udāna/Prāṇa (let-down), vata-kṣaya in agalactia
Common dușți patterns	Anartava, oligomenorrhoea, āsṛgdāra, dysmenorrhoea, infertility	Stanya-kṣaya, stanya-duṣṭi, engorgement, mastitis, let-down failure
Therapeutic emphasis	Vāta-pitta śamana, raktaprasādana, garbhāśaya-bṛṃhaṇa	Rasa-bṛṃhaṇa, galactagogues, kapha-saṅga breaking, śītala or snehana as per doṣa
Modern correlation	HPO axis, endometrium, uterine/ovarian vasculature	Prolactin-oxytocin axis, alveolo-ductal apparatus, nipple pores

6) Pathya-Apathyānuśāsana

Pathya (both srotas):

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- Rasa-vardhaka simple, fresh diet; ghṛta-kṣīra in proper agni; mudga-yūṣa; leafy greens; dates (for rakta).
- Caryā: regular sleep; stress-reduction; gentle exercise; avoid suppression of natural urges (apāna vāta care).

Apathya:

• Rūkṣa upavāsa, excessive fasting; extremely uṣṇa-tīkṣṇa or vidāhi āhāra; alcohol; night-vigil; immediate exertion post-delivery; repeated instrumentation without indication.

7) Short clinical correlations

- 1. **PCOS-type kapha-vāta saṃprāpti** → ārtava irregularity, scanty flow; plan **dīpana-pācana + rukṣa-uṣṇa upakrama**, weight correction; combine ārtavavaha srotas anulomana (hingvādi, kumāryāsava as indicated).
- Postpartum day 3-5 engorgement (kapha-sanga) → stanyavaha srotas stasis; apply mṛdu svedana, frequent infant latch (udāna-prāṇa facilitation), śītala lepa if pitta sign, rasa-vardhaka diet.
- 3. **Menorrhagia with pitta signs** → treat as **raktapitta-āsṛgdāra** interface; emphasize **raktaprasādana** + **stambhana**; rule out systemic causes (modern work-up) in correlation.

8) How to write the mula differences

- Caraka: explicitly locates Ārtavavaha at garbhāśaya + raktavāhinī dhamanīs (Vimāna 5/8). For Stanyavaha, classical teaching places mūla: stana + raktavāhinī dhamanīs (accepted in Samhitā tradition).
- Suśruta (Śārīra Sthāna 9): enumerates internal (antarmukha) srotas; accepts ārtavavaha and stanyavaha among clinical pairs; gives mūla in the organ-vascular complexes.
- Vāgbhaṭa (Aṣṭāṅga Hṛdaya): doctrinally strengthens Rasa-upadhātu link (stanya, rajas)—very useful to justify combined management.

Exam line: "Mūlam—Ārtavavaha: garbhāśaya + raktavāhinī dhamanīs; Stanyavaha: stana + raktavāhinī dhamanīs; both governed by rasa-dhātu status."

9) Viva-friendly mnemonics

- "Ga-Ra for Rajas, Sta-Ra for Stanya":
 - Garbhāśaya + Raktavāhinī → Ārtavavaha
 - Stana + Raktavāhinī → Stanyavaha.
- "AR-ST: Apāna-Regulates / Stanya-Udāna" Apāna for menstruation; Udāna-Prāṇa for milk let-down.

10) Summary for last-minute revision

- Ārtavavaha srotas governs cyclic ārtava; mūla: garbhāśaya + raktavāhinī; apāna-vāta is key; disturbances
 present as anartava/āsṛgdāra/dysmenorrhoea; treat with doṣa-specific line plus raktaprasādana and garbhāśayabṛṃhaṇa.
- Stanyavaha srotas governs formation-flow of stanya; mūla: stana + raktavāhinī; kapha builds milk; udāna-prāṇa express it; manage hypogalactia with rasa-bṛṃhaṇa & galactagogues; mastitis/engorgement with kapha-pitta-specific care.
- Rasa-Upadhātu doctrine ties both; always correct rasa-dhātu.

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Assessment

A. SAQ (3-5 marks each)

- 1. Define Ārtavavaha srotas and state its mūla with classical reference.
- 2. List four hetu and four lakṣaṇa of stanyavaha srotoduṣṭi.
- 3. Explain the role of **Rasa-dhātu** in menstruation and lactation.
- 4. Write short note on management of āsrgdāra from the standpoint of ārtavavaha srotoduṣṭi.
- 5. Enumerate doșa-wise patterns of stanya-dușți.

B. LAQ (10 marks)

- Describe Ārtavavaha srotas under—definition, mūla, hetu, lakṣaṇa, samprāpti, chikitsā, and modern correlation. Quote one śloka.
- 2. Discuss **Stanyavaha srotas** with emphasis on **post-partum srotoduṣṭi** and rational chikitsā; correlate with **prolactin-oxytocin** physiology.

C. Clinical vignette (write the outline of your approach)

A 23-year-old primipara, day-5 postpartum, presents with painful engorged breasts, low-grade fever and difficulty in milk let-down. Outline **doṣa-bheda**, **samprāpti**, and a stepwise **Āyurvedic management plan** integrating snehana/sītala-lepa, stanya-janana, and satvavajaya.

References

Classical

- 1. **Caraka Saṃhitā**, **Vimāna Sthāna 5 (Srotovimāna)**—esp. 5/3 (definition of srotas) and 5/8 (Ārtavavaha mūla). (Critical eds. with Āyurveda Dīpikā of Cakrapāṇi.)
- 2. **Suśruta Saṃhitā**, **Śārīra Sthāna 9** (description of dhamanī-srotas and their clinical import; inclusion of strī-specific srotas; mūla indications). (Nibandhasaṃgraha of Dalhaṇa; standard Chowkhamba editions).
- Aṣṭāṅga Hṛdaya, sections describing Rasa-upadhātu (stanya, rajas) and postpartum care (Sūtikā-paricaryā).
 Standard commentaries (Arunadatta/Hemādri).

Modern-correlative & academic resources (for study support)

- Carakasamhitaonline—Sroto Vimana (Vimāna 5): Sanskrit text, transliteration, translation.
- Standard BAMS texts:
 - o Paradkar H.S. (ed.), Aṣṭāṅga Hṛdaya (Chaukhamba).
 - o Y.T. Acharya (ed.), *Caraka Saṃhitā* (Chaukhamba).
 - P.V. Sharma (tr.), *Suśruta Saṃhitā* (Chaukhamba).
- Contemporary reviews on srotas and upadhātu (for correlation, not as primary authority).

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