



Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
(Constitutionally Entitled As Health-Education, Bureau)

Circumstantial View of Clinical Significance of Manovaha Srotas

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ABSTRACT

Mental well-being is a cardinal integrant of Ayurvedic definition of ‘Swasthya’ along with Physical and Spiritual well-being. WHO defines mental health as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her or his community. Mental illness is often used as an umbrella term for all diagnosable mental disorders involving significant changes in thinking, emotion and/or behavior and functional problems in family society and work place. National Health survey of India reveals that –Every sixth Indian needs mental health help, so that the clinical significance of manovaha srotas is quiet important to our society. Srotas are the channels for the purpose of secretion, conduction and transportation of body constituents. In sroto vimaniya adhyay Charakacharya has mentioned 13 srotas and their respective mulasthana except manovahasrotas. But in Charaka Sharirsthana, Charaka Indriyasthana and Charaka Chikitsasthana manovaha srotas has been mentioned clearly. With context to Chakrapani tika on above references it is said that Hriday and Dasha Dhamani is the site of Mana. A detailed study of Manovaha Srotsa not being available in ancient texts of Ayurveda, so it is essential to reconstruct a comprehensive picture by supplementing additional information from modern physiology. The increasing level of stress in today’s

time calls upon the present day Ayurvedists to have a good working knowledge of this Srotas. So, this paper is about clinical significance of manovaha srotas. Inability to control emotions such as Bhaya, Irshya, Dainya, Lobha, Kama, Krodha and Dukha may upset the mental balance. Life events such as mental trauma due to loss of family members, job, onset of severe illnesses, Sadvrta Apalana, Avara Satva, Heena Satva are more prone to imbalances in mind. People with predominance of Rajas and Tamas in mind compared with Satva have more probability to get psychologic imbalances.

KEYWORDS-MANAS, SROTAS, SWASTHA, SADVRTA, SATVA

Access this Article Online	Quick Response Code: 
Website: http://heb-nic.in/jrim	
Received on 13/01/2023	
Accepted on 30/01/2023 © HEB All rights reserved	