

Review on Mamsavaha Srotas and its Importance in Ayurveda

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Abstract: *Ayurveda* is the science which deals with the prevention as well as cure for the diseases¹. *Ayurveda* is a science which requires a lot of research to establish its authenticity along with modern medical science. The first step in this is to define the terms mentioned in *Ayurvedic* classics, especially the basic terms. The science cannot be implemented methodically as long as the terms are not properly understood. *Srotas* are the fine channels which are present in the body. There are total 11 *Srotas* explained by *Acharya Charaka*. *Mamsavaha Srotas* is one of them. *Snayu* and *Twaka* are the *Moolasthanas* of *Mamsavaha Srotas*. The term which is explained elaborately in classical texts but yet it is unable to point out exact structure related with it in human body. Literally the term *Snayu* means to bind. It is explained as a structure which helps in binding the joints and helps the body in weight bearing

Keywords: Srotas, Mamsavaha Srotas, Ayurveda