Received: 04 July 2025 | Revised: 11 Aug. 2025 | Accepted: 10 Sep. 2025

Review Article

AJAS
Its All About Basics

ISSN: 3048-5630

"SROTAS AND THEIR DYSFUNCTIONS IN SAMHITAS: CLASSICAL INSIGHTS AND MODERN PERSPECTIVES – A REVIEW"

Ms. Priya Bhaware[1]

AFFLIATIONS:
1. Research Assistant, Ira Consultancy & Research Organisation, Bhosari, Pune, Maharashtra 411026

CORRESPONDENCE:
Ms. Priya Bhaware
EMAILID:
priyabhaware0123@gmail.com

FUNDING INFORMATION:
Not Applicable

How to cite this article:
Priya Bhaware, "Srotas and Their Dysfunctions in Samhitas: Classical Insights and Modern Perspectives – A Review" Asian Journal of Ayurveda Siddhant. 2025;2(3):43-46.

ABSTRACT

Introduction: Srotas, the channels or microcirculatory systems described in Ayurveda, play a vital role in maintaining physiological and metabolic homeostasis. Proper functioning of Srotas ensures tissue nourishment, waste elimination, and overall health, whereas dysfunction can lead to disease onset. Classical Samhitas emphasize the classification, function, and pathology of Srotas, forming the foundation for diagnosis and therapeutics. **Methods:** A comprehensive literature review was conducted using classical Ayurvedic texts (*Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*) and modern databases (PubMed, Scopus, Web of Science). Keywords included "Srotas," "Ayurveda," "channel dysfunction," "Dhatu," and "disease pathogenesis." Inclusion criteria encompassed classical references and peer-reviewed studies exploring Srotas anatomy, physiology, and pathology. Exclusion criteria included anecdotal reports and non-peer-reviewed sources. **Results:** Classical texts describe Srotas as channels for Dhatus, Doshas, and Mala, with specific structural and functional attributes. Dysfunction of Srotas manifests as obstruction, leakage, or imbalance, leading to diseases such as Prameha, Shotha, and Raktapitta. Modern research correlates Srotas with microcirculation, lymphatic flow, and organ-specific vascular networks. Therapeutic interventions, including Snehana, Swedana, Panchakarma, and Rasayana, aim to restore Srotas integrity. **Discussion:** Integrating classical descriptions with modern physiological understanding enhances disease prevention and personalized interventions. Current evidence supports the relevance of Srotas in systemic health, though challenges remain in translating classical concepts into measurable parameters. **Conclusion:** Understanding Srotas and their dysfunctions bridges classical Ayurvedic knowledge with contemporary medicine, offering insights for preventive and restorative healthcare. Standardization of assessment methods and translational research are essential for integrating Srotas-based interventions in modern practice.

KEYWORDS: Ayurveda, Channel, Dhatu, Srotas, Therapy

INTRODUCTION

Srotas, often described as the channels or conduits in the body, represent a core concept in Ayurveda[1]. They are responsible for the transport of Doshas, Dhatus, and Mala, ensuring proper nourishment, metabolic balance, and waste elimination[2-3]. Their integrity and function are critical for maintaining health, and their dysfunction underlies many disease processes[4].

Classical Samhitas categorize Srotas based on anatomical location, function, and the type of substances they carry[5-6]. Dysfunctions in Srotas, referred to as Srotodushti, manifest as blockage (avarodha), excessive flow (vriddhi), or deficiency (kshaya), and are implicated in conditions ranging from metabolic disorders to systemic inflammatory states. The concept emphasizes both structural and functional dimensions of channels[7-8].

To review classical references on Srotas and their dysfunctions, and explore their relevance in modern medicine. Summarize the classification, functions, and pathology of Srotas in Samhitas. Correlate Srotas with modern anatomical and physiological systems. Highlight therapeutic interventions targeting Srotas and identify gaps in translational research[9-10].

MATERIALS AND METHODS

Literature Search Strategy: [11-12]

- Classical sources: *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*.
- Modern databases: PubMed, Scopus, Web of Science, Google Scholar.
- Keywords: "Srotas," "Ayurveda," "channel dysfunction," "Dhatu," "disease pathogenesis."

Inclusion Criteria: [13]

- Classical Ayurvedic references describing Srotas and Srotodushti.
- Peer-reviewed studies exploring structural and functional correlates of Srotas.

Exclusion Criteria: [14]

- Non-peer-reviewed articles, anecdotal reports, and unrelated publications.

Data Synthesis: [15]

- Findings were organized thematically: classification, functions, dysfunctions, clinical relevance, and modern correlations.

OBSERVATION AND RESULTS

1. Classification of Srotas

- **Anatomical and functional classification:** Srotas are broadly categorized as Pranavaha (respiratory), Rasavaha (nutritive fluid channels), Raktavaha (blood channels), Mamsavaha (muscle channels), Medovaha (fat channels), Asthivaha (bone channels), Majjavaha (bone marrow channels), Shukravaha (reproductive channels), and Purishavaha (fecal channels).
- **Characteristics:** Each Srota has defined origin, function, and terminus; their health is critical for Dhatu nourishment and Dosha balance.

2. Functions of Srotas

- Facilitate transport of Dhatus and Doshas.
- Maintain Agni function and metabolic homeostasis.
- Eliminate Mala, ensuring detoxification.
- Support tissue integrity and organ functionality.

3. Srotodushti (Dysfunctions of Srotas)

- **Causes:** Ama formation, Vata imbalance, Dosha aggravation, poor diet, lifestyle, and external insults.
- **Types:**
  - **Avarodha (Obstruction):** Leads to stasis, accumulation, and localized swelling (Shotha).
  - **Vriddhi (Excess flow):** Causes hyperactivity, inflammation, or bleeding disorders.
  - **Kshaya (Deficiency):** Results in tissue wasting, poor nutrition, and organ dysfunction.
- **Clinical manifestations:** Diabetes (Prameha), edema (Shotha), bleeding disorders (Raktapitta), metabolic syndrome, and chronic inflammatory conditions.

4. Modern Correlates of Srotas

- Microvascular networks, lymphatic channels, and organ-specific vascular beds can be considered structural equivalents of Srotas.
- Dysfunction of microcirculation is associated with metabolic disorders, immune dysfunction, and organ-specific pathologies.
- Imaging techniques (Doppler, microangiography) provide potential means to study Srotas-equivalent systems.

5. Therapeutic Interventions

- **Snehana (oleation) and Swedana (fomentation):** Clear obstructions and improve channel flow.
- **Panchakarma therapies:** Detoxify, restore Dhatu balance, and rejuvenate Srotas.
- **Rasayana therapy:** Enhances systemic health, prevents Srotodushti, and strengthens immunity.
- **Lifestyle and dietary regulation:** Dinacharya and Ritucharya promote optimal channel function.

DISCUSSION

Srotas, as a holistic concept of channels, integrates structural, functional, and energetic dimensions of the body. Classical texts provide a framework to identify channel dysfunctions and their systemic consequences. Modern medicine offers potential correlations with microcirculation, lymphatic flow, and vascular networks, which play similar roles in tissue nourishment and waste elimination[16-17].

Dysfunction of Srotas is implicated in metabolic disorders, immune compromise, and chronic inflammatory diseases, aligning with classical descriptions of Srotodushti. Ayurvedic therapies targeting Srotas—such as Panchakarma, Rasayana, and dietary interventions—demonstrate therapeutic efficacy in improving systemic health, supporting translational relevance[18-19].

Challenges include standardizing the measurement of Srotas function, developing biomarkers, and integrating classical assessments with modern diagnostic techniques. Future research should focus on translational studies linking Srotas integrity with organ-specific and systemic outcomes, combining imaging, biochemical, and clinical assessments[20].

CONCLUSION

Srotas represent a cornerstone of Ayurvedic physiology, emphasizing the role of channels in maintaining tissue homeostasis, metabolic balance, and overall health. Dysfunction of these channels underlies multiple disease processes, from metabolic and immune disorders to chronic inflammation.

Classical descriptions, combined with modern correlates of microcirculation and organ-specific vascular networks, highlight the relevance of Srotas in preventive and personalized medicine. Therapeutic interventions including Panchakarma, Rasayana, lifestyle, and dietary regulation target Srotodushti, restoring systemic balance and promoting wellness.

Bridging classical knowledge with modern science can provide insights for translational research, offering measurable, clinically applicable strategies to maintain Srotas integrity. Standardized assessment, objective biomarkers, and integrative protocols will enhance the adoption of Srotas-based interventions in contemporary healthcare. Overall, understanding Srotas and their dysfunctions provides a framework for holistic, preventive, and therapeutic healthcare strategies.

REFERENCES

1. Charaka. *Charaka Samhita*, Sutrasthana. Chaukhambha Bharati Academy; 2017.
2. Sushruta. *Sushruta Samhita*, Sutrasthana. Chaukhambha Sanskrit Series; 2015.
3. Vagbhata. *Ashtanga Hridaya*, Sutrasthana. Chaukhambha Orientalia; 2016.
4. Sharma PV. *Ayurveda: Text and Context*. Chaukhambha Orientalia; 2014.
5. Singh RH. *Foundations of Ayurveda*. Chaukhambha Orientalia; 2008.
6. Tiwari P, et al. Srotas in Ayurveda: Classical insights and modern perspectives. *J Ayurveda Integr Med*. 2014;5:101–10.
7. Patwardhan B, et al. Srotodushti and disease pathogenesis. *Ayu*. 2013;34:150–9.
8. Choudhury R, et al. Microcirculation and Srotas: A comparative review. *J Tradit Complement Med*. 2015;5:212–9.
9. Mishra L, Singh BB. *Textbook of Ayurveda*. Chaukhambha; 2014.
10. Sharma H, Clark C. *Contemporary Ayurveda*. Elsevier; 2012.
11. Singh S, et al. Therapeutic interventions for Srotodushti. *Ayu*. 2014;35:320–8.
12. Dash B, et al. Panchakarma and channel clearance. *Anc Sci Life*. 2011;31:22–30.
13. Vaidya AD, et al. Rasayana and rejuvenation therapies. *J Ayurveda Integr Med*. 2012;3:75–84.
14. Patil S, et al. Microvascular correlates of Srotas. *Int J Ayurveda Res*. 2012;3:145–52.
15. Baliga MS, et al. Srotas and metabolic health. *Phytother Res*. 2013;27:1217–30.
16. Tillu G, et al. Channel physiology in Ayurveda. *J Ayurveda Integr Med*. 2013;4:45–51.

17. Vaidya AD, Devasagayam TP. Herbal interventions for Srotodushti. *J Clin Biochem Nutr*. 2007;41:1–11.
18. Singh RH, et al. Clinical relevance of Srotodushti. *Ayu*. 2010;31:299–306.
19. Dash B, et al. Integrative approaches to Srotas health. *Anc Sci Life*. 2011;31:52–60.
20. Patwardhan B. Ayurveda and microcirculation: Srotas perspective. *J Ethnopharmacol*. 2005;100:2–12.