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A Review Study of *Srotas* CoArrelation between Modern Science

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Abstract: ***Srotas are terms in Ayurveda that refer to tiny channels within the body that carry out various functions such as the circulation of micronutrients, detoxification, and supply of nutrition. Each specific Srotas carries out distinct functions based on its location and distribution throughout different body regions. The anatomical and physiological aspects of Srotas are crucial for maintaining an individual's overall health, as any disruption in their anatomical alignment or improper physiological functions can result in various health problems. Conditions related to Srotas, known as Srotas vyadhi, can arise, therefore. infrequent respiration, excessive thirst, anorexia, Adhimamsa, Asthisula and accumulation of toxins, etc. Considering the physiological and pathological importance of Srotas present article described Ayurveda and modern perspective on Srotas and diseases related to malfunctioning of Srotas.***

Keywords: Srotas, Ayurveda, Circulation, Rasa vaha srotasa, Disease.

I. PHYSIOLOGICAL SIGNIFICANCE OF SROTAS

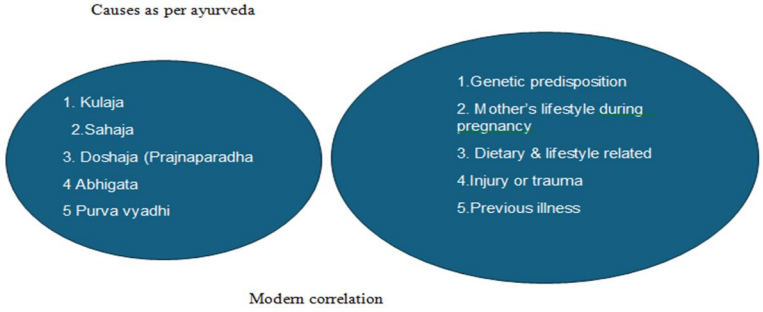
1) Srotas facilitates the movement of substances.
2) Srotas regulates the body's fluid balance.
3) Alleviate swelling in body tissues and reduce fluid build-up in specific areas.
4) Help regulate the body's thermostat and restore normal temperature levels.
5) Protect the body from illnesses and provide nourishment to tissues.
6) This can result in various health problems, known as Srotas vyadhi

II. FUNCTION OF SROTAS ACCORDING TO AYURVEDA

1) Keep the body protected from disease and nourish tissues.
2) Facilitate the growth and development process by distributing micronutrients effectively to each tissue.
3) Srotasas transport Dhatus, Doshas, and Rasa
4) Srotasas deliver energy, rejuvenate the body, and promote longevity.
5) Carry out gas exchange and enable the process of oxygenation.
6) Aid in reproduction and regulate menstruation.

A. Srotas and Disease Pathogenesis

The disturbance in Dosas and Dhatus, along with the buildup of Malas, disrupts the Srotas, causing blockages in their pathways, which ultimately impacts the body's normal physiological condition.
There are various causes of Sroto Dushti as mentioned.
1: General causes related to Sroto Dushti



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The above-mentioned etiological factors lead abnormal functioning of Srotas which resulted following pathological consequences inside the body:

- Aggravation of vitiated Dosas and Dhatus inside the body.
- Accumulation of Malasa, sweat and other waste materials inside the body.
- Production of Ama leads Ama Dosa
- Block nutritional supply and exchange of gases.
- Atipravritti, Sanga, Siragranthi and Vimarga Gamana.
- Disturbance in reproductive transportation.
- Excess flow, obstruction, stagnation, reversed flow and false passage.

B. Diseases related to disturbed functioning of specific Srotas

The above-mentioned pathological sequences may lead many diseases such as; sinusitis, breathing difficulty, bronchitis, dysentery, diarrhea, constipation, anorexia, indigestion, Kustha, Raktapitta, Prameha and Asthisula, etc.

C. Diseases related to the improper functioning of Srotas.

Srotas Related diseases due to the improper functioning of Srotas

1) Pranavaha Srotas -Dysfunction leads infrequent respiration, breathing difficulty and chest pain
2) Udakavaha Srotas- Improper functioning may cause mouth dryness and excessive thirst
3) Annavaha Srotas- Improper functioning may cause anorexia, indigestion and constipation, etc.
4) Raktavaha Srotas -Dysfunction of Raktavaha Srotas can causes Visarpa, Kustha and Asrakdar, etc.
5) Shukravaha Srotas- The dysfunction may leads impotency, lack of luster and sexual problems, etc.
6) Mutravaha Srotas- Disturbance can leads improper urination, burning sensation and urinary retention, etc.
7) Mamsavaha Srotas- Improper functioning may causes Adhimamsa, Arbuda and Putimamsa, etc.

D. Approaches towards the management of Sroto Dushti

1) Avoidance of an unwholesome diet
2) Good conduction of seasonal and daily regimen
3) Detoxification measures (Panchakarma)
4) Pranayama & Yoga
5) Exercise & meditation
6) Ayurveda herbs, formulations and modern medicine

III. CONCLUSION

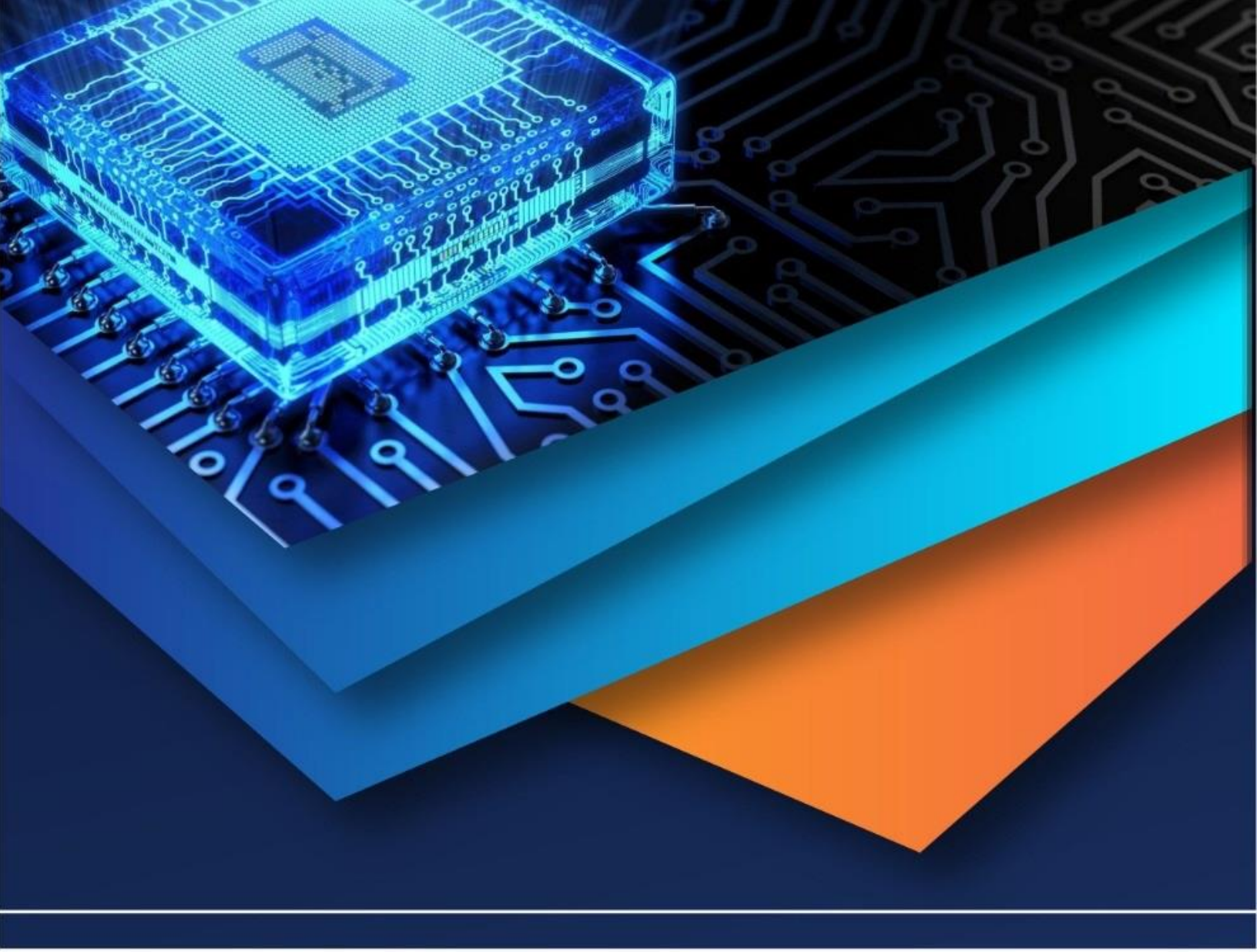
Srotas, or channels, are responsible for transportation and are distributed across the body. The Srotas deliver Parag nutrients to the tissues, carry Vayu, aid in the healing process, circulate gases, uphold physiological balance, enhance Doshas and Dhatus, remove Malas, sustain the body's fluid volume, and support metabolic and digestive functions. Malfunctioning Srotas can result in pathological occurrences such as;breathing difficulty, excessive thirst, anorexia, indigestion, constipation, Visarpa, Kustha, Asrakdar, improper urination, urinary retention, Adhimamsa, Arbuda and Putimamsa, etc. The various approaches such as; Sadvritta/good conduct, use of detoxification measures, ayurveda herbs & formulations, Yoga, exercise and meditation, etc. helps to prevent pathogenesis of Sroto Dushti.

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