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Conceptual Correlation of Manovaha Strotas with the Endocrine System: A Review

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Abstract: ***Manovaha srotas, as defined in ayurveda, are the subtle channels governing the flow and functions of manas (mind), encompassing not just mental but also physiological and spiritual well-being. The endocrine system in contemporary medicine consists of hormone-secreting glands critical for maintaining homeostasis and mental health. This review attempts to bridge these two paradigms by examining potential conceptual parallels between manovaha srotas and the endocrine system, focusing particularly on their influence over emotional balance, stress responses, and psychosomatic disorders. By synthesizing traditional ayurvedic wisdom with modern biomedical insights, this paper highlights the confluence of subtle energetic systems and biochemical regulation—paving the way for a more integrative approach to mind-body medicine.***

Keywords: manovaha srotas, **endocrine system,** ***ayurveda,*** **mental health, mind-body medicine,** ***manas vyadhi, triguna, dosha, unmada, satva***

I. INTRODUCTION

Ayurveda, the ancient *Indian* system of healing, views life (*ayu*) as a composite of the body (*sharira*), mind (*manas*), senses (*indriya*), and soul (*atma*)[1]. Among the numerous *srotas* (channels) described in *ayurvedic* literature, the *manovaha srotas* are designated specifically for mental functions[2].

In contrast, modern physiology attributes regulation of mental processes to the neuroendocrine system, wherein hormones like serotonin, cortisol, and melatonin significantly affect emotional states, cognitive performance, and behavioral patterns[3].

Despite their different frameworks, both systems touch upon similar domains of psychosomatic interaction. Understanding the correspondence between *manovaha srotas* and the endocrine system could offer valuable insights into holistic approaches for mental health care.

II. NEED OF THE STUDY

Mental health problems and stress-related disorders are increasing in today's lifestyle. Modern medicine mainly explains these conditions through hormones and brain chemicals, while Ayurveda explains them through manovaha srotas and mental doshas. Although both systems talk about mind–body interaction, their concepts are rarely studied together. There is a need to understand the relationship between manovaha srotas and the endocrine system to get a more complete and holistic view of mental health disorders. Such a study can help in better understanding psychosomatic diseases and support the use of integrative approaches in mental healthcare.

III. METHODS

This paper follows a narrative review methodology, gathering data from:

1) Classical *ayurvedic* sources like *charaka samhita, sushruta samhita, ashtanga hridaya*, and *bhela samhita*[4-8].
2) Modern scientific literature from endocrinology and neurobiology.
3) Peer-reviewed journals indexed on pubmed, scopus, and researchgate.
4) Inclusion criteria were:
5) Sources discussing mind-body interconnectivity.
6) Descriptions of both manovaha srotas and hormonal systems.
7) Research connecting stress physiology with mental disorders.

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A comparative thematic analysis was used to map *ayurvedic* elements such as *triguna*, *dosha*, and *manas* to modern psychoneuroendocrinological models.

IV. RESULTS

A. Ayurvedic perspective on manovaha srotas

Manovaha srotas are said to be subtle pathways through which the mind operates. They are intimately connected to the *hridaya* (heart) and *shiras* (head/brain)[9]. These pathways are influenced by mental *doshas—rajas* and *tamas*[6]. Imbalances in these elements are implicated in disorders such as *unmada* (psychosis) and *apasmara* (epilepsy)[10]. The key functions governed by *manovaha srotas* include perception, cognition, emotional regulation, and behavioral responses.

B. Endocrine mechanisms related to mental function

The endocrine system, comprised of glands like the hypothalamus, pituitary, pineal, thyroid, adrenals, pancreas, and gonads, plays a pivotal role in psychological health. Key hormones include:

1) Cortisol – modulates the stress response via the HPA (hypothalamic-pituitary-adrenal) axis[11].
2) Melatonin – governs circadian rhythms and sleep patterns[12].
3) Thyroid hormones – influence metabolism and emotional stability[13].
4) Estrogen and testosterone – affect mood, libido, and cognitive function[14].
5) Insulin – impacts energy metabolism and mental clarity[15].

C. Interlinking manovaha srotas with the endocrine system

The anatomical basis of *manovaha srotas*, rooted in the heart and brain (*hridaya* and *shiras*), shows strong parallels with the limbic system and HPA axis. Emotional states such as fear, grief, and anger—well-documented in *ayurveda*—correlate with modern understandings of hormonal imbalances involving cortisol and adrenaline[16].

Furthermore, *ayurvedic* etiological concepts like *prajnaparadha* (intellectual blasphemy) and *asatmya indriyartha samyoga* (incompatible sensory indulgence) can be interpreted as factors triggering chronic stress and hyperactivation of neuroendocrine responses[17].

When mapped through the lens of *triguna*:

1) Sattva relates to balanced serotonin and melatonin levels.
2) Rajas is associated with elevated cortisol and adrenaline.
3) Tamas may reflect dopamine imbalance and insulin dysregulation[18].

V. DISCUSSION

Ayurveda and modern science both recognize the strong mind-body connection. Conditions like *unmada* and *apasmara*, categorized under *manovaha srotas dushti*, present symptoms that align with those of hormonal dysregulation and neurochemical imbalances seen in endocrinology[19].

The hypothalamus, pituitary, and adrenal glands, central to the endocrine stress response system, mirror the functional significance of the hridaya and shiras in ayurvedic thought[20].

Ayurvedic therapies—including sattvavajaya chikitsa (psychotherapy), balanced diets, and ethical living (sadvritta)—have shown positive impacts on both mental and hormonal health[21].

Understanding the synergy between these systems opens up promising pathways for integrated mental health interventions that combine *ayurvedic* mental hygiene with neuroendocrine support strategies.

VI. CONCLUSION

The conceptual framework of *manovaha srotas* in *ayurveda* and the endocrine system in biomedicine converge in several key areas, particularly in the regulation of stress, emotion, and mental health. Identifying these parallels supports a more unified view of psychosomatic illness and offers fertile ground for integrative therapies that span both traditional and modern systems of medicine.

VII. FUTURE SCOPE

Clinical studies can be conducted to relate *manovaha srotas* imbalance with hormonal changes like cortisol, thyroid hormones, and insulin.

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Research can be done on the effect of Ayurvedic therapies such as sattvavajaya chikitsa, yoga, and meditation on the endocrine system.

Integrative treatment protocols combining Ayurveda and modern medicine can be developed for stress, anxiety, depression, and sleep disorders.

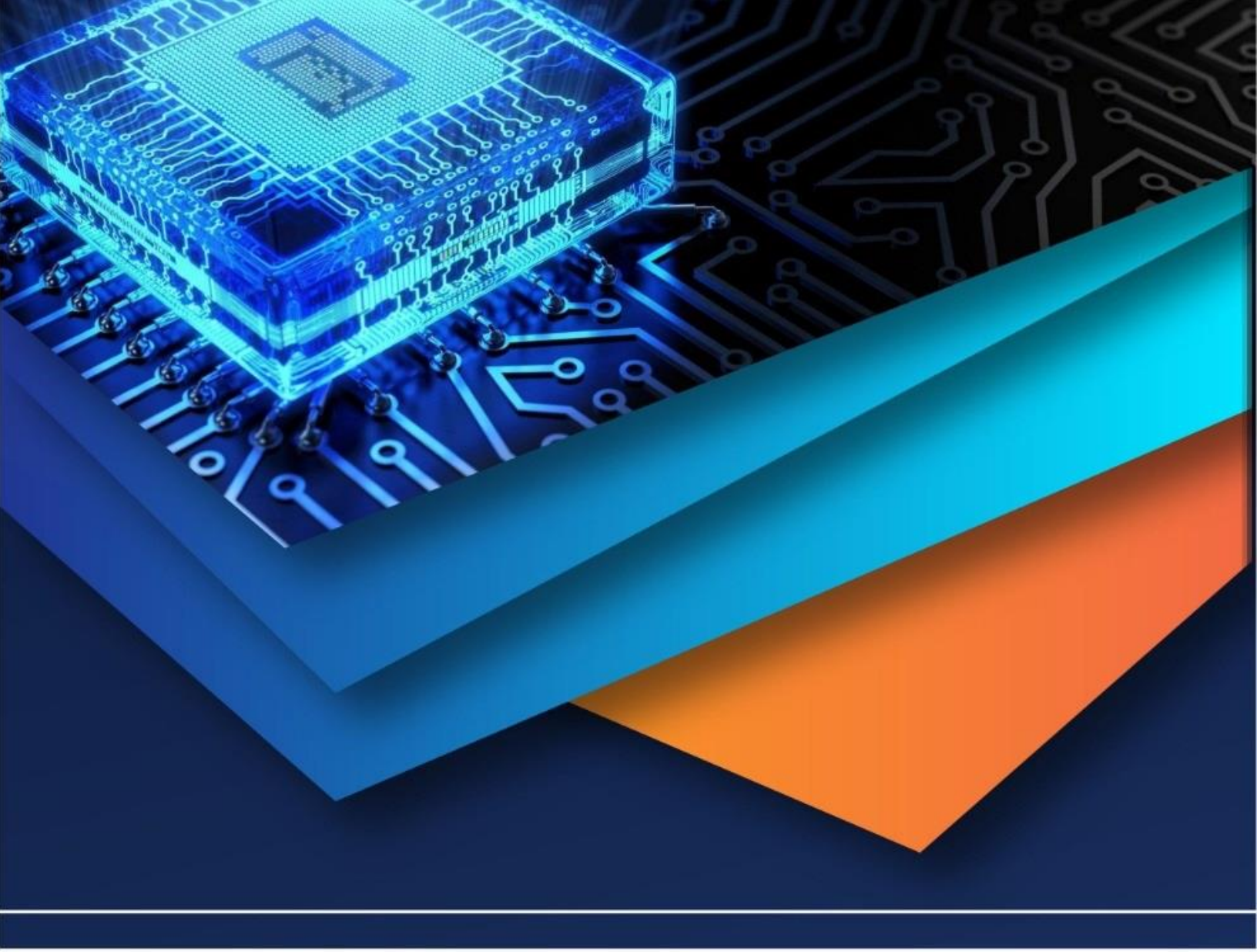
This concept can be useful in preventive mental healthcare and lifestyle management.

This study can serve as a basic reference for future research work and further scientific studies on mind–body and psychosomatic disorders.

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