



SROTORODHA AND ITS DIAGNOSTIC INDICATORS: UNDERSTANDING THE IMPACT OF ABHISHYANDI DRAVYAS ON BODY CHANNELS

¹Dr. Pooja Sharma, ²Dr. Dolly Thakur

¹PG Scholar, ²Professor

^{1,2}Department of Rog Nidan Evum Vikriti Vigyan,
Shri Dhanwantry Ayurvedic College and Hospital, Chandigarh, India

Abstract: Title: *Srotorodha* and Its Diagnostic Indicators: Understanding the Impact of *Abhishyandi Dravyas* on Body Channels

Introduction: *Srotas* (body channels) play a crucial role in maintaining physiological balance in Ayurveda. *Srotorodha* (obstruction of channels) caused by habitual intake of *Abhishyandi Dravyas* disrupts metabolism, circulation, and immunity. Classical Ayurvedic texts attribute this obstruction to *Kapha* accumulation and microcirculatory disturbances, which parallel modern concepts such as metabolic syndrome and chronic inflammation.

Objective: This study aims to establish a comprehensive diagnostic framework for *Srotorodha* by integrating traditional Ayurvedic diagnostics with modern investigative tools.

Methodology: Ayurvedic texts (Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya) were analyzed for descriptions of *Srotorodha* and its diagnostic indicators. Modern literature from PubMed, Scopus, and Google Scholar was reviewed for correlations with inflammatory markers, vascular studies, and gut microbiome alterations. Studies published in the last 15 years on *Srotorodha*-like conditions were included.

Results: Ayurvedic diagnostics identify *Srotorodha* through *Nadi Pariksha*, symptoms of *Kapha* dominance (heaviness, congestion, lethargy), and metabolic sluggishness (*Agni* dysfunction). Modern correlations include increased inflammatory markers (CRP, ESR), impaired lipid metabolism, vascular stiffness, gut dysbiosis, and reduced microcirculation observed via Doppler ultrasound.

Conclusion: The habitual use of *Abhishyandi Dravyas* has long-term health implications, reinforcing the need for an integrative diagnostic approach. Combining *Nadi Pariksha*, biochemical markers, and imaging techniques enhances early detection of *Srotorodha*. Future clinical trials

Keywords: *Srotorodha*, *Abhishyandi Dravyas*, Ayurveda, Diagnostics, Prognostics

I. INTRODUCTION

In Ayurveda, *Srotas* are described as the internal biological transport system comprising innumerable channels responsible for the flow and transmission of various substances within the body¹. The health and integrity of these channels are crucial for maintaining normal physiological functions. According to *Charaka Samhita*, *Srotas* are structures through which *Pranavah* (transmission) occurs². Acharya Chakrapani further elaborates that the *Moolasthan* (root location) of *Srotas* is the anatomical seat and principal site for disease manifestation³. *Srotodushti* (vitiation of channels) and *Srotorodha* (obstruction of channels) are fundamental pathological processes underlying the development of various diseases. Among the factors contributing to *Srotodushti*, the role of *Abhishyandi Dravyas* substances possessing heavy (*Guru*) and sticky (*Picchila*) properties is especially significant⁴. By promoting moisture (*Kleda*) and heaviness (*Gaurava*), these substances block *Rasavaha Srotas*, leading to stagnation and impaired physiological processes⁵. Dalhana explains that *Abhishyandi Dravyas* cause obstruction by increasing moisture content, affecting *Dosha*, *Dhatu*, and *Mala* components⁶. Understanding the impact of *Abhishyandi Dravyas* on *Srotas* aids in explaining disease mechanisms from an Ayurvedic perspective and can also be conceptually correlated with modern scientific understandings, such as ion channel blockers, which disrupt physiological responses by preventing the normal flow of ions across membranes⁷.

II Aims

The aim of this study is to explore the pathological role of *Abhishyandi Dravyas* in the disruption of *Srotas* (body channels) and to conceptually correlate this Ayurvedic understanding with modern interpretations of channel blockers.

III Objectives

The objectives are to study the concept of *Srotas*, *Srotodushti*, and *Srotorodha* as described in classical Ayurvedic literature; to elucidate the action of *Abhishyandi Dravyas* in obstructing microchannels; to analyze the pathogenesis of *Srotorodha* involving *Kapha Dosha* vitiation and *Ama* formation; and to establish a conceptual correlation between the obstruction caused by *Abhishyandi Dravyas* and the modern mechanism of ion channel blockers.

IV Review Process

A systematic and thorough review was conducted using classical Ayurvedic texts such as *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*, as well as modern scientific resources available through PubMed, Google Scholar, and ResearchGate. Keywords including “*Srotorodha*,” “*Abhishyandi*,” “Ayurveda Diagnostics,” and “Channel Obstruction” were utilized to identify relevant studies. The inclusion criteria focused on literature elaborating the classical understanding of *Srotodushti* and *Srotorodha*, the impact of *Abhishyandi Dravyas* on bodily channels, and their conceptual parallels in contemporary pathology. Articles bridging Ayurveda and biomedical sciences were prioritized to ensure a comprehensive and integrative approach.

<u>Modern Concept</u>	<u>Ayurvedic Parallel</u>	<u>Connection</u>
Inflammation (CRP, ESR elevated)	<i>Ama</i> , <i>Dosha Dushti</i> , <i>Srotorodha</i>	Inflammation often starts from accumulation (<i>Ama</i>) → triggers <i>doshic</i> imbalance and obstruction.
Both markers suggest immune activation and tissue injury	Immune dysregulation is comparable to <i>Agni dusthi</i> (disturbed metabolism) and <i>Rakta</i> vitiation	Improper <i>agni</i> leads to <i>ama</i> → accumulation → obstruction → inflammation.

Impaired Lipid Metabolism (high cholesterol, LDL, triglycerides)	<i>Medo Dushti, Medovaha Srotas Srotorodha</i>	Faulty metabolism (<i>Dhatvagni Mandya</i>) leads to production of abnormal <i>Meda</i> (lipid tissue) → clogging of <i>srotas</i> .
Vascular Stiffness (arterial rigidity, loss of elasticity)	<i>Raktavaha Srotas Dushti + Srotorodha</i>	Blocked or injured vascular channels lose normal function and flexibility — similar to stiffened, narrowed <i>srotas</i> described in Ayurveda.

<u>Modern Term</u>	<u>Ayurvedic Correlation</u>
Gut Dysbiosis	<i>Ama</i> formation, <i>Agnimandya</i> (weak digestion)
Increased Intestinal Permeability	<i>Srotas</i> integrity loss
Oxidative Stress & Inflammation	<i>Vata-Pitta Dushti, Srotorodha</i>
Epigenetic Changes	Chronic <i>Dhatu Dushti, Bija Dosha</i>
Therapeutic Interventions	<i>Ama Pachana, Agni Deepana, Srotoshodhana</i>

<u>Doppler Study Findings</u>	<u>Ayurvedic Parallel</u>	<u>Explanation</u>
Decreased blood flow, turbulence, blockages seen	<i>Srotorodha</i> (blockage of <i>srotas</i>)	Physical confirmation of obstruction in the circulatory pathways.
Vessel narrowing (stenosis)	<i>Srotas Sankocha</i> (narrowing of <i>srotas</i>)	Compression or contraction of channels described in Ayurveda.
Clots, sluggish flow	<i>Ama</i> accumulation, <i>Kapha dushti</i>	Sticky, obstructive materials (<i>Ama/Kapha</i>) causing stasis.

V. RESULTS AND DISCUSSION

Results

The review findings indicated a strong convergence between Ayurvedic concepts of *Srotorodha* and modern pathological mechanisms involving microvascular obstruction, metabolic derangements, and systemic inflammatory responses. Elevated markers of inflammation, such as C-reactive protein (CRP) and erythrocyte sedimentation rate (ESR), showed strong parallels with the Ayurvedic concept of *Ama Dushti and Srotorodha*, where accumulated toxins impair channel function⁸. Similarly, conditions like hyperlipidemia, characterized by elevated levels of LDL cholesterol and triglycerides, mirrored *Medovaha Srotodushti* in Ayurveda, in which abnormal lipid metabolism results in *srotas* obstruction⁹. Vascular stiffness and arterial sclerosis described in modern medicine found Ayurvedic equivalence in *Raktavaha Srotodushti* and *Srotorodha*, wherein *Kapha and Ama* accumulation leads to loss of vascular elasticity¹⁰⁻¹¹. Gastrointestinal disturbances such as gut dysbiosis were explained through the lens of *Agnimandya* and *Ama* formation, highlighting the disruption of *Srotas* integrity due to impaired digestion¹². Additionally, diagnostic techniques like *Nadi Pariksha* were observed to correspond with modern findings from Doppler studies, where decreased blood flow and turbulent circulation reflect the subtle blockage indicators assessed traditionally by pulse examination¹³.

Discussion

The present study reaffirms that the Ayurvedic notion of *Srotorodha* closely aligns with contemporary understandings of microchannel obstruction, systemic inflammation, and metabolic dysfunction. The heavy (*Guru*) and sticky (*Picchila*) qualities of *Abhishyandi Dravyas* significantly contribute to the formation of blockages within the body's internal transport systems, impeding the normal movement of *Dosha*, *Dhatu*, and *Mala*¹⁴. This process is pathophysiologically similar to the mechanism by which arterial plaques, composed of lipids and inflammatory cells, form within blood vessels and obstruct circulation. Ion channel blockade, an important concept in modern cellular physiology, may be seen as a microscopic equivalent of *Srotorodha*, where the natural passage of ions is obstructed¹⁵.

Chronic systemic inflammation, marked by elevated inflammatory mediators such as interleukin-6 (IL-6), corresponds to widespread *Ama Dushti* across multiple *srotas*, leading to multisystem dysfunction¹⁶. Plaque deposition in arteries can be directly compared to *Kapha-Ama* accumulation in *Rasvaha and Raktavaha Srotas*, while loss of gut epithelial integrity aligns with the Ayurvedic concept of *Srotodushti* due to dietary and metabolic errors¹⁷. Integration of traditional diagnostic methods such as *Nadi Pariksha* with modern technologies, including Doppler flow analysis and biomarker profiling, offers a promising hybrid model for early detection and management of *Srotorodha*¹⁸.

VI. Limitations and Future Scope

The primary limitation of the current review lies in the fact that most correlations between Ayurvedic and modern concepts are based on theoretical and conceptual analysis rather than empirical validation. There is a significant gap in large-scale clinical trials that directly compare traditional diagnostic findings, such as *Nadi Pariksha*, with biochemical markers or imaging modalities. Moreover, Ayurvedic diagnostic practices inherently involve subjective interpretation, which poses challenges for standardization and reproducibility. However, the future scope in this field remains vast. There is a critical need for multicentric clinical studies validating the principles of *Srotorodha* using objective diagnostic methods. Research into the identification of early biomarkers, such as specific gut-derived metabolites and inflammatory proteins, could pave the way for biochemical validation of *Srotodushti*. Development of integrated diagnostic tools, combining mobile-based *Nadi* scanners with laboratory investigations and Doppler imaging, would enhance real-time, comprehensive assessments of *Srotas* integrity. Nutritional studies focusing on the physiological impacts of *Abhishyandi Dravyas* on gut health and microcirculation would offer insights into preventive strategies. Therapeutic trials evaluating *Deepana*, *Pachana*, and *Rasayana* interventions specifically targeting early stages of *Srotorodha* could substantiate the therapeutic potential of Ayurveda in preventing chronic non-communicable diseases. Expanding research on the gut microbiome from an Ayurvedic dietetic perspective could illuminate the ancient wisdom of digestive fire (*Agni*) and its role in systemic health maintenance.

VII. Conclusion

In conclusion, *Srotorodha* is established as a central diagnostic and pathological framework within Ayurveda, with profound relevance to modern medical science. *Abhishyandi Dravyas* are clearly implicated in the development of microchannel blockages and subsequent systemic diseases. The strong parallels drawn between Ayurvedic concepts and modern pathological mechanisms underscore the timeless validity of Ayurvedic diagnostics.

Early detection and intervention through an integrative diagnostic model — combining traditional wisdom with contemporary scientific tools — hold immense promise for preventive and predictive healthcare. The urgent need for clinical validation studies, standardized diagnostic methodologies, and technology-driven innovations is apparent to operationalize this ancient knowledge within modern healthcare frameworks.

VIII. ACKNOWLEDGMENT

. I am deeply grateful to Dr. Sagarika for her expert guidance and insightful inputs that greatly enhanced the quality of this paper. I sincerely thank my dear friend Dr. Loveena for her constant encouragement and valuable suggestions during the writing process. Their support added both clarity and confidence to my work.

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