



Research Article

## Srotodushti – The Root Cause of Chronic Disease

Dr. Ruchika Jamre <sup>1</sup>, Dr. Jyoti Dhakad <sup>2</sup>, Dr. Nitin Urmalia <sup>3\*</sup>

<sup>1</sup> Assistant professor, Department of Roga nidan evum vikruti vigyan

Government Autonomous Ashtang Ayurveda College, Indore, Madhya Pradesh, India

<sup>2</sup> Assistant professor, Department of Rachna Sharir, Rajeev Gandhi Ayurved College and Hospital,  
Bhopal, Madhya Pradesh, India

<sup>3</sup> Associate Professor, Dept. Of Agadatantra, Govt. Auto. Ashtang Ayurvedic College,  
Indore, Madhya Pradesh, India

Corresponding Author: \*Dr. Nitin Urmalia

DOI: <https://doi.org/10.5281/zenodo.19109599>

### Abstract

Ayurveda describes the human body as an intricate network of channels known as Srotas, which are responsible for the transport, transformation, and nourishment of bodily tissues. The proper functioning of these channels is essential for maintaining physiological homeostasis. Classical Ayurvedic texts emphasize that disturbance of Srotas (Srotodushti) forms the fundamental basis of disease manifestation.

Srotodushti arises due to improper diet, faulty lifestyle, suppression of natural urges, and psychological stress. These factors lead to Agnimandya (impaired digestive fire), Ama formation, Dosha vitiation, and obstruction or misdirection within bodily channels. Chronic diseases—whether metabolic, inflammatory, degenerative, or autoimmune—share a common underlying factor: persistent dysfunction of Srotas.

Modern biomedical concepts such as microcirculatory impairment, chronic inflammation, endothelial dysfunction, and metabolic imbalance closely parallel the Ayurvedic concept of Srotodushti. Therefore, understanding this concept provides a comprehensive framework for explaining the origin and progression of chronic diseases.

This article highlights the classical understanding of Srotas and Srotodushti, correlates it with modern pathophysiology, and emphasizes its importance in the prevention and management of chronic disorders through Nidana Parivarjana, Agni Deepana, and Srotoshodhana.

### Manuscript Information

- ISSN No: 2583-7397
- Received: 13-01-2026
- Accepted: 23-02-2026
- Published: 19-03-2026
- IJCRM:5(2); 2026: 275-277
- ©2026, All Rights Reserved
- Plagiarism Checked: Yes
- Peer Review Process: Yes

### How to Cite this Article

Jamre R, Dhakad J, Urmalia N. Srotodushti – The Root Cause of Chronic Disease. Int J Contemp Res Multidiscip. 2026;5(2):275-277.

### Access this Article Online



[www.multiarticlesjournal.com](http://www.multiarticlesjournal.com)

**KEYWORDS:** Srotas, Srotodushti, Chronic Disease, Ama, Agnimandya, Pathogenesis

## INTRODUCTION

Chronic diseases represent a major global health challenge in the 21st century. Conditions such as diabetes, cardiovascular disorders, chronic respiratory diseases, autoimmune conditions, and neurodegenerative disorders contribute significantly to morbidity, mortality, and economic burden. These diseases are typically characterised by slow progression, prolonged duration, and multifactorial aetiology.

Despite advancements in diagnostics and pharmacotherapy, the prevalence of chronic diseases continues to rise. Modern medicine primarily focuses on symptom management and biochemical correction, often overlooking the underlying systemic disturbances. As a result, long-term drug dependency, adverse effects, and incomplete restoration of health remain common issues.

In contrast, Ayurveda adopts a holistic approach that emphasizes the balance of Dosha, Dhatu, and Mala, along with proper functioning of Agni and Srotas. Ayurvedic classics describe Srotas as vital channels governing physiological and pathological processes. Any disturbance in their structure or function leads to disease.

Thus, the concept of Srotas provides a foundational understanding of disease origin and progression, and Srotodushti emerges as a key pathological event in chronic diseases.

## CONCEPT OF SROTAS

Ayurveda conceptualises the body as a dynamic network of channels responsible for transportation, transformation, nourishment, and elimination. These channels are not merely anatomical structures but functional pathways essential for maintaining internal balance.

### Definition

The term Srotas is derived from the Sanskrit root “Sru,” meaning “to flow.” Hence, Srotas refers to channels through which substances continuously circulate within the body. Classical texts describe Srotas as innumerable and pervasive, governing both physiological and pathological processes.

## FUNCTIONS OF SROTAS

Srotas perform four primary functions:

Utpatti – Formation of substances

Parinamana – Transformation/metabolism

Vahana – Transportation

Utsarjana – Elimination

These functions ensure proper nourishment, metabolism, and waste removal.

## STRUCTURAL UNDERSTANDING

### Srotas exist at multiple levels:

Macro level – Organ systems (GI tract, respiratory system)

Micro level – Capillaries, cellular exchange pathways

Subtle level – Functional regulatory pathways

Thus, Srotas represent both anatomical and physiological networks.

## SROTO-VAIGUNYA VS SROTODUSHTI

Sroto-Vaigunya → Structural defect

Srotodushti → Functional disturbance

Chronic diseases are primarily associated with persistent Srotodushti.

SROTODUSHTI (Rewritten Core Section)

### Definition

Srotodushti refers to qualitative or quantitative disturbances in the normal function, structure, or flow of bodily channels.

Types (According to Charaka)

Atipravritti – Excessive flow

Sanga – Obstruction

Siragranthi – Structural changes/thickening

Vimargagamana – Abnormal direction of flow

## CAUSES OF SROTODUSHTI

### 1. Improper Diet (Mithya Ahara)

Heavy, incompatible, or contaminated food

Irregular eating habits

Overeating/undereating

→ Leads to Agnimandya and Ama formation

### 2. Improper Lifestyle (Mithya Vihara)

Sedentary habits

Excess exertion

Disturbed sleep

→ Causes Dosha imbalance

### 3. Suppression of Natural Urges (Vega Dharana)

→ Leads to pressure imbalance and Dosha vitiation

### 4. Psychological Factors

Stress, anger, fear, grief

→ Neuro-hormonal imbalance

## PATHOGENESIS

Nidana → Agnimandya → Ama → Dosha Dushti →

Srotorodha → Chronic Disease

CLINICAL SIGNIFICANCE (Rewritten)

### Srotodushti results in:

Impaired nutrient transport

Metabolic dysfunction

Ama accumulation

Channel obstruction

Chronic disease progression

## CONCLUSION

Srotodushti represents a fundamental pathological mechanism underlying chronic diseases in Ayurveda. It provides a unifying concept that explains disease initiation, progression, and chronicity. Correlating this with modern biomedical understanding highlights its relevance in contemporary healthcare.

Early identification and correction of Srotodushti through dietary regulation, lifestyle modification, and therapeutic interventions can play a crucial role in preventing and managing chronic diseases.

## REFERENCES

1. Charaka Samhita. In: Acharya JT, editor. *Charaka Samhita*. Varanasi: Chaukhambha Orientalia; reprint ed.
2. Sushruta Samhita. In: Acharya JT, editor. *Sushruta Samhita*. Varanasi: Chaukhambha Sanskrit Sansthan; reprint ed.
3. Vagbhata. *Ashtanga Hridaya*. Gupta KA, editor. Varanasi: Chaukhambha Prakashan; reprint ed.
4. Mohan H. *Textbook of Pathology*. New Delhi: Jaypee Brothers Medical Publishers; latest ed.
5. World Health Organization. *Global status report on noncommunicable diseases*. Geneva: WHO; latest ed.
6. Ralston SH, editor. *Davidson's Principles and Practice of Medicine*. Elsevier; latest ed.
7. Relevant research articles on chronic inflammation, metabolic disorders, and microcirculatory dysfunction indexed in PubMed and Scopus.

**Creative Commons (CC) License**

This article is an open-access article distributed under the terms and conditions of the Creative Commons Attribution–Non-Commercial–No Derivatives 4.0 International (CC BY-NC-ND 4.0) license. This license permits sharing and redistribution of the article in any medium or format for non-commercial purposes only, provided that appropriate credit is given to the original author(s) and source. No modifications, adaptations, or derivative works are permitted under this license.

**About the corresponding author**

**Dr. Nitin Urmalia** is an Associate Professor in the Department of Agadatantra at Government Autonomous Ashtang Ayurvedic College, Indore, Madhya Pradesh, India. He is actively involved in teaching, clinical practice, and research in Ayurveda, particularly in toxicology and traditional medicine, contributing to academic development and student training in Ayurvedic sciences.