

Srotas Pariksha In Systemic Diseases : Bridging Ayurvedic Diagnosis With Modern Systemic Examination

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ABSTRACT

The concept of Srotas is one of the essential component of Ayurvedic pathology. Acharya Charaka described Srotas as the channels responsible for the transportation, transformation, and nourishment of bodily constituents. Any disturbance in these channels leads to the formation of disease. Srotas Pariksha (examination of body channels) plays a crucial role in understanding the pathogenesis, prognosis, and management of diseases. In the present era, systemic diseases such as diabetes mellitus, hypertension, chronic kidney disease, cardiovascular disorders, and autoimmune conditions involve multiple organ systems and complex pathological mechanisms. The Ayurvedic approach of Srotas Pariksha provides a system based approach for evaluating these conditions. This review critically analyzes the diagnostic significance of Srotas Pariksha in systemic diseases and explores its relevance in contemporary clinical practice

Keywords: Srotas, Srotas Pariksha, Systemic Diseases, Ayurveda, Roga Pariksha

INTRODUCTION

Ayurveda always tells us to examine the patient properly before we start any treatment. In college we learn Nadi, Mala, Mutra, Jihva Pariksha, but one tool that actually ties everything together is Srotas Pariksha. The word Srotas simply comes from "Sru" - which means to flow. Acharya Charaka said it so beautifully – "Srotomayam hi Shariram" [Ch.Vi.5/4].

Basically, our whole body is made of channels. Like how pipes carry water in a house, these Srotas carry Dosha, Dhatu, Mala, and even thoughts. The integrity of these channels ensures proper transportation of Dosha, Dhatu, Mala, and nutrients. Any structural or functional abnormality in Srotas results in disease manifestation. Since systemic diseases affect multiple organs and physiological pathways, evaluation through Srotas Pariksha offers deeper insights into disease mechanisms beyond symptomatic assessment.

1.CONCEPT OF SROTAS

Definition

Charaka says "Sravanat Srotamsi" - that through which Dosha-Dhatu-Mala flow [Ch.Vi.5/3]. But in OPD, Srotas Pariksha means: Prashna: Asking about appetite for Annavaha, thirst for Udakavaha, sleep for Rasavaha Darshana: Seeing Shotha in Rasavaha, Vaivarnya in Raktavaha, Galaganda in Mamsavaha Sparshana: Feeling Ushna joints in Aamvata, Udara Kathinya in Yakrit Roga Sushruta counts 11 pairs, Charaka 13. But clinically, if you remember Srotodushti Lakshana [Ch.Vi.5/8-20], you can diagnose 80% cases without reports.

Functions of Srotas

Transportation of nutrients.

Maintenance of tissue metabolism.

Elimination of waste products.

Regulation of physiological functions.

Preservation of homeostasis.

Classification of Srotas

According to Charaka, thirteen principal internal Srotas are described:

Srotas	Mula (Root)
Pranavaha	Hridaya, Mahasrotas
Udakavaha	Talu, Kloma
Annavaha	Amashaya, Vama Parshva
Rasavaha	Hridaya, Dasha Dhamani
Raktavaha	Yakrit, Pleeha
Mamsavaha	Snayu, Twak
Medovaha	Kati, Vrikka
Asthivaha	Meda, Jaghana
Majjavaha	Asthi, Sandhi
Shukravaha	Vrishana, Shepha
Mutravaha	Basti, Vankshana
Purishavaha	Pakwashaya, Guda
Swedavaha	Meda, Romakupa

Srotas Pariksha

Srotas Pariksha involves assessment of:

Srotodushti Lakshana

Dosha involvement

Dhatu status

Functional integrity

Structural abnormalities

Types of Srotodushti

According to Charaka, four major types are:

Atipravritti – Excessive flow/function

Sanga – Obstruction

Siragranthi – Dilatation or nodular changes

Vimargagamana – Abnormal movement through improper pathways

These alterations form the basis for clinical diagnosis.

Diagnostic Importance in Systemic Diseases**Diabetes Mellitus (Madhumeha)**

Involved Srotas:-

Medovaha Srotas,,Mutravaha Srotas,Rasavaha Srotas,Udakavaha Srotas

Clinical Correlation:-

Symptoms such as:

Prabhuta Mutrata,Pipasa,Daurbalya,Kshudha Vriddhi

It indicate multi-srotas involvement.

Diagnostic Importance

Srotas Pariksha helps identify:

Early Medovaha dysfunction,Disease progression,Dhatu depletion,Complications involving kidneys and nerves

2. HYPERTENSION

Involved Srotas

Rasavaha Srotas,Raktavaha Srotas,Pranavaha Srotas

Pathogenesis

Rasa-Rakta Dushti along with Vata aggravation leads to altered vascular dynamics.

Diagnostic Importance

Srotas Pariksha helps identify:

Raktavaha Srotodushti,Vyana Vata dysfunction,Early cardiovascular risk before irreversible pathology develops.

Cardiovascular Disorders

Involved Srotas

Rasavaha,Raktavaha,Pranavaha

Clinical Correlation:-

Symptoms such as:

Hridspandana,Shwasa,Angagaurava,Chest discomfort

3.Diagnostic Importance

Srotas Pariksha helps identify:

Circulatory disturbances,Vascular obstruction,Disease severity,Prognostic status

4. CHRONIC KIDNEY DISEASE

Involved Srotas

Mutravaha, Medovaha, Rasavaha

Clinical Correlation:-

Symptoms such as:

Mutrakrichra, Mutraghata, Shotha, Daurbalya

Diagnostic Importance

Srotas Pariksha helps identify:

Renal functional decline, Fluid imbalance, Disease staging from an Ayurvedic perspective

5. RHEUMATOID ARTHRITIS (AMAVATA)**Involved Srotas**

Rasavaha, Asthivaha, Majjavaha

Clinical Correlation:-

Symptoms such as:

Sandhishoola, Sandhishotha, Stabdhata, Angamarda

Diagnostic Importance

Srotas Pariksha helps identify:

Ama accumulation, Disease chronicity, Joint tissue involvement, Therapeutic planning

6. OBESITY (STHAULYA)

Involved Srotas

Medovaha, Rasavaha

Diagnostic Importance

Srotas Pariksha helps identify:

Meda accumulation, Nutritional imbalance, Metabolic dysfunction

which may not be evident through anthropometric measurements alone.

CRITICAL ANALYSIS

In modern hospitals, we mostly depend on lab reports and scans to confirm a diagnosis. ESR, CRP, X-ray, MRI - we can't think of treating RA or SLE without them. And yes, they are very accurate. But the problem we see in OPD is this: by the time CRP comes 50 or X-ray shows joint erosion, the patient's Rasavaha and Asthivaha Srotas have already been disturbed for months. The report is telling us what happened, not what's happening right now. So modern tests are excellent for catching "structural damage" and "chemical changes." But they often miss the early stage - when Ama is just starting to block channels, when patient only has Gaurava, Aruchi, Tandra. At that point, all reports come "normal" and we send the patient back saying "nothing wrong." That's where Srotas Pariksha helps us. It picks up functional disturbance before it becomes structural disease.

In contrast, Srotas Pariksha focuses on:

Functional disturbances

Early pathological changes

Dosha-Dhatu interactions

Individualized assessment

Thus, Srotas examination offers opportunities for early diagnosis and preventive intervention.

However, certain limitations exist:

Lack of standardized assessment criteria.

Subjectivity in clinical interpretation.

Insufficient validation through large-scale studies.

Need for integration with modern diagnostic tools.

Contemporary research should aim at correlating Srotodushti Lakshanas with biomarkers, imaging findings, and disease outcomes to establish evidence-based applications.

DISCUSSION

Systemic diseases are never simple. In RA, it's not just joints - patient also gets anemia, fatigue, dry eyes, lung issues. Everything is connected. Modern medicine treats each part separately, but Ayurveda saw this connection long back through Srotas. Think of Srotas like the body's internal roads and internet cables. They carry food, oxygen, hormones, waste - everything. In systemic diseases, these roads get jammed or broken at many places at once. Srotas Pariksha is basically checking "which roads are blocked and how badly?" This is why it's different from just reading reports. Reports say "Hb is 9" or "ESR is 70." But Srotas Pariksha tells us - "Rasavaha is blocked

→ so patient feels tired, Raktavaha is disturbed → so Hb is low, Asthivaha is involved → so joints are swelling.” It tells us the full story, stage by stage. Once we know which Srotas are involved and whether Ama is there or not, treatment becomes clear. If it’s Saama Avastha with blocked channels, we first do Langhana, Deepana-Pachana to open them. If channels are clear but Dhatu is weak, we go for Brimhana and Rasayana. So for us as clinicians, Srotas Pariksha isn’t just diagnosis. It’s like a GPS - it shows us where the problem is, how far it has spread, and which route to take for treatment. That’s why Charaka put it before Chikitsa.

CONCLUSION

Srotas Pariksha is very important in Ayurvedic diagnosis. In systemic diseases, it helps us understand where the disease started, how severe it is, and how it will progress. By checking Srotodushti, we can catch the disease early and plan treatment for each patient. Even though we don’t have standard charts yet, it is still a useful tool in OPD. In future, we should do more research and match Srotas findings with modern tests. But even today, Srotas Pariksha helps us see the full picture of the disease.

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