



A Conceptual Study of Srotas

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ABSTRACT

Ayurveda describes the human body as a functional continuum maintained through a complex network of channels known as Srotas. These channels are responsible for the formation, transportation, nourishment and elimination of Dosha, Dhatu and Mala. Srotas are not limited to visible anatomical structures but represent the functional pathways governing metabolism and internal communication within the body. Any disturbance in their structure or function leads to disease manifestation. Classical Ayurvedic texts have elaborately explained Srotas with respect to their definition, classification, Mūlasthāna and Srotodushti. The present conceptual study aims to critically analyze the concept of Srotas and highlight its importance in understanding physiology, pathology and clinical practice in Ayurveda.

Key words: Srotas, Srotodushti, Mūlasthāna, Samprapti,

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