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## Review Article: Concept of *Srotrodha* (Blockage of Channels) in Relation to *Aam*

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### ABSTRACT:

One of the main reasons of disease is an aggravated *dosha*. These intensified *doshas* become lodged in channels, resulting in abnormalities or channel obstruction, which leads to a variety of illnesses. Blockage of channels is another key cause of disease, in addition to improper digestive fire and suppression of desire. The tissue elements or constituents undergoing change are transported to their destination via circulatory pathways. The term "channel" refers to the system of circulation. Contaminated diet and regimen are the cause of body and mind channel obstruction. The function and quality of the dependent tissues are disrupted or reduced when the channel is blocked. Increased flow of contents, obstruction, and the formation of nodules in the channels, as well as flow diversion, are all signs of abnormal channels. Blockage of channels might involve obstruction and the appearance of nodules in the channels. Metabolism is a continual process that occurs in our bodies. The natural activity of the body produces free radicals during such metabolic changes, which are damaging to our bodies in the long run. They are the ones who make us old and start the ageing process, in which the body's physical and mental functions deteriorate. It is related to *Aam* in *Ayurvedic* terminology, which is the result of incorrect digestion and this *aam* has the potential to block channels and disrupt their operation.

**Keywords:** - *Doshas & Srotasa, Srotrodha*, obstruction of system, blockage of channels, *Aam* (uncooked food)

### INTRODUCTION

The appropriate union of the body, sensory organs, mind, and soul is essential for a healthy life.<sup>1</sup> From birth until death, the human body is always subjected to wear and

strain. This form of deterioration needs the addition of strength. Small hollow paths, known as *Srotasa* i.e., channels of circulation or system, are used for its nutrition,



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supply of materials, and excretion of waste products. Various systems in the body have been given names based on their structure and function, such as *Pranavaha Srotasa* (respiratory system), *Rasavaha Srotasa* (body nourishing fluid system), and so on. Except for *sira* and *Dhamani*, which originate from the root site, the hollow channel spreads throughout the body and carries (specific entities) the *Dhatu* (body elements).<sup>2</sup>

According to *Ayurveda*, specific varieties of the system in the human body are the same in number as the structural entities in it. <sup>3</sup> *Srotasa* is the process of *Utpatti* (creation), *parinam* (conversion), and *Vahana* (circulation) of a body element, according to *Ayurveda*. If there is any disturbance in the then different kinds of disease can be seen. <sup>4</sup>

*Ayurvedic science* is an ancient science that deals with the fundamental principles of *dosha*, *dhatu*, and *mala*. *Ayurveda* includes several unique features, such as *srotas sankalpana*, *murt-amurt bhav*, *shadras*, and *guna*, to name a few. One of them is *Aam*, which means raw, unripe, and uncooked; the notion of *Aam* is an important, peculiar, and unique topic of *Ayurveda* because it is one of the causes of numerous ailments. It is a toxin in body. *Aam Utpatti* is at highest level whenever there is low digestive fire (*Agnimandya*).

### Conceptual Study

The *Dhatu*s (body elements or constituents) undergoing metamorphosis are carried to their destination by the channels of circulation or system. <sup>5</sup>

*Acharya Sushruta* says, system of circulation is called as *Srotasa*. The concept of *Srotasa* cannot be explained in a single word. The broad meaning can be taken as a system. A *Srotasa* is a hollow structure where body element is produced, nourished, transformed in to another body element, carried and its excretory end product is excreted. It originates from small opening and spread all over the body. *Sira* and *Dhamani* are the alternative names of it but *Srotasa*, *Sira* and *Dhamani* are different from each other because of their difference in function, difference in number and difference in signs according to *Agama Pramana*.<sup>6</sup>

According to *Sushruta Samhita*, aggravated *Doshas* when travel through the body get lodged in the site of *Srotovaigunya* (defective site in *srotasa*) where disease occurs.<sup>7</sup> Thus *Srotasa* (system) gives a base for the production of a lesion in a disease.

### Role Of Agni In Aam Utpatti:

In the digestive process, *Jatharagni* plays a significant part,

although other *Agni*, such as *Dhatwagni* and *Panchmahabhutagni*, also play a role, and the food is subsequently converted into absorbable material. When *Jatharagni* becomes vitiated, its power diminishes and the *Agnimandya* emerges. Because *Agni* and *Pitta* have a close relationship, anytime *Pitta's* *Drav Guna* rises, it lowers *Pittantargat Agni's* *Ushna* and *Tikshna Guna*, resulting in *Agnimandya* and *Aam Utpatti*. <sup>8</sup>

When the *Kapha Dosha* is vitiated by an increase in *Manda Guna*, the digestive fire is reduced, and *Agnimandya* emerges, which may be responsible for the creation of *Aam*. Whatever the cause, *Agnimandya* causes *Aam Utpatti* and numerous ailments wherever it is found. *Aam Utpati* is *Agnimandya's* natural propensity; whereas the *Samprapti* includes *Doshadushyasammurchana*, *Aam* is in charge of the *Doshasang*. Because *Khavaigunya Vikarnirmiti* does not exist without *Doshasang*. *Doshas* that are free of *Aam* and vitiation do not cause disease and carry out their karmas without hindrance.

### Signs and symptoms of Aam on body:

*Aam* is a generic term for food which is absorbed into the system without properly digestion. Such partially digested material cannot be used by the system, and acts to clog it, even affecting an immune reaction.

- i. Coated thick tongue with sticky appearance.
- ii. Excessive sleep.
- iii. Laziness and lethargy to a huge extent.
- iv. Problem in thinking and decision making.
- v. Foul smell, pain, ache.

Causes of *Srotodushti* (vitiating of systems) are two: 1) The diet and daily regimen which is having similar qualities to that of *Vata*, *Pitta* & *Kapha* will cause their aggravation. This led to disease, 2) The diet and daily regimen which is having qualities opposite to that of body elements will cause abnormal production of them. This abnormal body element forms the defective site in the system. The defective site forms the basis for the settlement of aggravated *Doshas*. Thus, it will lead the disease. From these two causes of vitiation of a system, structural or functional abnormality is developed in that system. *Srotodushti* (vitiating of system) can be seen by four signs i.e., *Atipravrutti* (increase of the contents of the system), *Sanga* (non-flow of the contents of the system), *Siragranthi* (Reduction of lumen of the system) and *Vimargagamana* (diverted movement of the contents of the channels)

### Causes Of *Srotorodha* (Obstruction Of System):

A) Consumable substance which are the causes of obstruction –

- *Snigdha* (lubricity) and *Picchila* (slimy) *guna* <sup>9</sup>
- Sweet and Pungent taste <sup>10</sup>
- *Guru* (heavy) <sup>11</sup>
- *Nava Madya* (newly prepared wine) <sup>12</sup>
- *Gokshira* (cow milk) <sup>13</sup>
- *Mahisha Dugdha* (Buffalo milk) <sup>14</sup>
- *Guda* (Jaggery) <sup>15</sup>
- *Navadhanya* (new cereals) <sup>16</sup>

B)Obstruction of system due to *adhyashan* (eating food before the digestion of prior food)<sup>17</sup> it produces *Aam*.

C)Obstruction of system due to *Viruddha Ashana* (incompatible food) <sup>18</sup>. It produces *Aam*.

D)Obstruction of system due to *Abhishyandi Bhojana* (intake of secretive food intake). <sup>19</sup> it also produces *Aam*, which leads to obstruction of system.

E)Obstruction of system due to *Vihara* (lifestyle):

- Sleep at inappropriate time. <sup>20</sup>
- At night due to aggravated *kapha*.<sup>21</sup>
- Due to inappropriate *Vamana* (Emesis) therapy.<sup>22</sup>
- Giving *Nasya* (nasal administration) after *Niruhabasti* (decoction enema)<sup>23</sup>
- Excessive *Snehapana* (excessive drinking ghee) <sup>24</sup>
- *Snehana* (oleation therapy) <sup>25</sup>

F)Obstruction of system due to aggravated *Rasadhatu* (tissue, blood devoid of erythropoietic elements. <sup>26</sup>

## MATERIALS AND METHODS

For this study *Ayurveda* text has been used to evaluate the concepts. The text from *Brihatrayee* i.e., *Charaka Samhita*, *Sushruta Samhita* and *Ashtanga Sangraha*, *Ashtanga Hridaya* and their respective commentaries in *Sanskrit* as well as Hindi which were easily available. Also, text from *Laghutrayee* i.e., *Madhava Nidana*, *BhavPrakasha*, *Vriksha Ayurveda* have been used. Various related websites have been searched.

## AIM

Concept of *srotorodha* (blockage of channels) in relation to *aam* (uncooked food)

## OBJECTIVES

1. To review *Aam* in different Ayurvedic classical texts.

2. To understand the role of *Agni* (digestive fire) in the production of *Aam* (uncooked food).
3. To study the fundamental concept of *srotorodha* (blockage of channels).

## DISCUSSION

There is no formation of diseases unless all of the *Srotasa* (systems) in the body are normal. *Srotasa's* defective site is just as important as the *provacated Doshas'*. Even if the aggravated *Doshas* are travelling through many systems, they will not be able to cause disease if there is no defective spot accessible for them to settle. When a faulty site develops, the *Doshas* settle in and create either structural or functional obstructions in the system. This causes aberrant *Dhatu* (body element) production in that system. The *Doshas* vitiate this *Dhatu*, causing it to become diseased. Cause of disease is mainly due to obstruction of channels of circulation or *Srotasa*. Most of the times *Srotorodha* occurs due to aggravated *Vata Dosh*, abnormal functioning of organs and foreign body. *Sharirika Srotorodha* can be perceived from *Khavaigunya* of *Srotasa* (defective site of system) and *Manasika Srotorodha* can be perceived from *Hina Satva* (lower quality of mind). By abnormal *AharaVihara*, *Sharirika Doshas* get aggravated which travel through body, lodged in the site of *khavaigunya of srotasa*(defective site of system)) which leads disease.

By abnormal *AharaVihara*, *Manasika Doshas – Raja* and *Tama* gets disturbed which cover the *satvaguna* of mind and leads to *Manasika vyadhi*. *Charakacharya* has explained the symptoms of vitiation of *Doshas* among which *Sanga* and *Siragranthi* leads obstruction of system. But *Sanga & Siragranthi* have not been focused to great extent in the texts

*Aam* is produced from improperly digested toxic particles that clog the channels (*Srotas*) in human body. Some of these channels are physical e.g., intestines, lymphatic system, arteries and veins, capillaries, and genitourinary tract etc and some are nonphysical channels called *nadis* through which your energy flows. *Aam* toxicity accumulates wherever there is a weakness in the body (*Khavaigunya*), and finally resulting in various disorders. During the process of metabolism, *Agni* transforms food products into energy, when *Agnimandya* is present, it leads to the production of certain toxic substances. They are known as the *Kleda*. The excess of *Kleda* must be excreted out of the body to maintain a healthy living. When the process of excretion cannot take place properly, accumulation of toxic waste materials takes place giving

rise to the production of *Aam*.

## CONCLUSION

Faulty dietary habits, sedentary lifestyle and vitiated *Agni* (digestive fire) are responsible for the production of *Aam*. *Aam* can block the channels, thus responsible for disease. *Srotasa* (System) is structure in body, in which transformation of *dhatu* (tissue) and its circulation takes place. *Doshas* by nature have the power of vitiating tissue elements. Tissue elements on the other hand, do not possess this power of vitiation. Whenever, anything is said to get vitiated by *Dhatu*s, this by implication means that the *Doshas* located in the vitiating *Dhatu*s play that role. Due to *srotorodha*, the function and quality of the dependent *Dhatu* get disturbed or decreased. Aggravated *Rasa Dhatu* causes *Srotorodha* where as normal *Vyana Vayu* removes *Srotorodha*. *Srotorodha* leads to abnormality in organs and to death also. The substances which have *Guru*(heavy), *Manda*(slow), *Hima*(cold), *Snigdha*(unctuous), *Sthira*(stable), *Picchila*(slimy), *Abhishyandi*(secretive) quality are responsible for *Srotorodha*. Usually *Madhura Rasa* (sweet taste) and *Kashaya Rasa* (astringent taste) are responsible for *Srotorodha* and *Katu* (pungent) and *Lavana*(salt)taste are used to remove the *Srotorodha*

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