

CONCEPT OF SROTAS AND MICRO CHANNELS OF CIRCULATION IN BODY**Dr. Gupta Mohini Sheetala Prasad^{*1}, Dr. Arvind Kumar²**¹MD Scholar 3rd yr, PG Deptt. of Rachana Sharir, RAC Lucknow.²MD PhD, Assistant Professor, PG Deptt. of Rachana Sharir, RAC Lucknow.***Corresponding Author: Dr. Gupta Mohini Sheetala Prasad**MD Scholar 3rd yr, PG Deptt. of Rachana Sharir, RAC Lucknow.DOI: <https://doi.org/10.5281/zenodo.19327105>**How to cite this Article:** Dr. Gupta Mohini Sheetala Prasad^{*1}, Dr Arvind Kumar² (2026). Concept of Srotas And Micro Channels Of Circulation In Body. World Journal of Pharmaceutical and Medical Research, 12(4), 07–09.

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ABSTRACT

The concept of Srotas in Ayurveda is foundation to understand human anatomy, physiology and pathology. Ayurveda describes the human body as a vast network of channels known as Srotas, which facilitate the movement of nutrients, wastes, energies, and vital essences. Srotas represent pathways for the transportation of substances essential for maintaining homeostasis and health. Classical Ayurvedic texts identify multiple Srotas responsible for specific bodily functions, emphasizing that health depends on their unobstructed flow. These channels exist at multiple structural and functional levels. To better understand their complexity, Srotas can be broadly categorized into macro channels (Sthūla Srotas) and micro channels (Suksma Srotas).

KEYWORDS: srotas, channels, sukshma srotas, diffusion.**INTRODUCTION**

Ayurveda, the traditional system of medicine originating in India, views the human body as a dynamic network of continuously flowing substances. Central to this understanding is the concept of Srotas, often translated as channels or pathways, through which nutrients, wastes, energies, and vital essences circulate. Far from being limited to gross anatomical structures, Srotas encompass a wide spectrum of pathways—from visible ducts and vessels to subtle functional and energetic channels that cannot be directly observed but are inferred through their physiological effects.

DEFINITION

Srotas are simply a hollow channel or space present in our body. Srotas is independent element in the body which makes or constitutes its own. It is independent of its location and materials which are transported through it. The Bhava Padartha which are transported through it cannot be independently referred to as Srotas, but are vital for the Srotas to perform its designated function.

Acharya Charak has described the exact nature of the functions performed by Srotas. He has defined srotas as “Srawanat Srotamsi” meaning the structure through which the sraanam takes place. Further Charak has defined srotas as transporting passage of dhatus

undergoing transformation. Srotas has the colour of the Dhatu (Tissue) that they are transporting. They are of different shapes and sizes it may be cylindrical, Sthula, (Macroscopic), Anu (Microscopic), Dirgha (Large), Pratanvarti (branched).

Achary Sushrut has excluded Sira (vein) and Dhamanis (arteries). He has described Srotas as channels which have their origin as “Khaadantaram” i.e. a hollow organ or cavity that spread through the body. He compared srotas as fine channels present in the Lotus stem through which fluid oozes or exude.

STROTODUSHTI

The srotas performs transportation Samanya pravrtti of ultimate product (parinam prapt dhātu). There are four types of srotodusti (vitiation of channels) due to obstruction, abnormal flow, abnormality in channels. These are.

1. Atipravritti
2. Sangha
3. Sira Granthi
4. Vimarg gaman

CLASSIFICATION

These channels exist at multiple structural and functional levels. To better understand their complexity, Srotas can

be broadly categorized into **macro channels (Sthūla Srotas)** and **micro channels (Sūkṣma Srotas)**. The Sthula Srotas are perceptible while Sukshma Srotas is imperceptible.

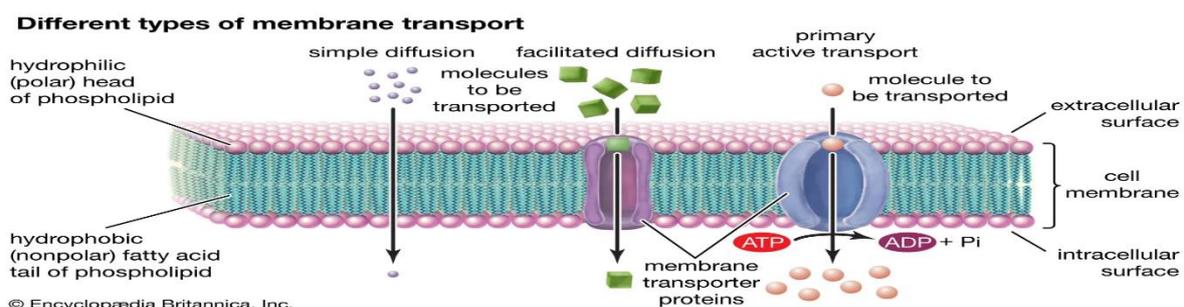
Macro channels (Sthula Srotas)

Macro channels refer to the gross, visible, and anatomical structures responsible for transporting essential substances throughout the body. These channels are identifiable through physical examination, imaging, and dissection.

Micro channels (Sukshma Srotas)

Both Ayurveda and modern science emphasize the importance of thin, permeable channels for effective exchange. In capillaries, diffusion is determined by concentration gradients and the permeability of the

endothelial wall. Ayurveda describes an analogous property through the **sara-guna** (fluidity) of rasa and the **pravāha** (smooth flow) of srotas, which allow nutrients to permeate easily into tissues. If rasa becomes thickened by ama (toxins) or if vitiated kapha causes sanga (obstruction), the diffusion process is hindered much like how increased blood viscosity or inflamed capillary walls impair nutrient exchange in modern physiology. Likewise, vitiated pitta increases heat and permeability in srotas, causing excessive diffusion or leakage, similar to capillary hyperpermeability. Vāta imbalance leads to irregular flow or spasms in the srotas, comparable to reduced perfusion or uneven capillary pressure.



DISCUSSION

Ayurveda states that the proper functioning of srotas depends on the balanced activity of vāta, pitta, and kapha, as well as on the strength of agni (metabolic fire) and ojas (immunity and vitality). A broader implication of this discussion is that Ayurveda adopts a **holistic, systemic approach**, integrating digestion, metabolism, emotional state, and immunity into the health of srotas. Modern microcirculation research also recognizes that stress, inflammation, metabolic imbalance, and poor nutrition impair endothelial function and capillary exchange.

CONCLUSION

In conclusion, the microcirculation of srotas, when viewed through the lens of capillary diffusion, reveals a strong functional harmony between Ayurvedic and modern physiological concepts. Ayurveda's sūkṣma srotas describe the same essential processes that occur in capillaries—nutrient delivery, oxygen exchange, waste removal, and tissue nourishment. While modern science explains these events through pressure gradients and membrane permeability, Ayurveda interprets them through the balance of doṣas, strength of agni, and purity of rasa and rakta. Both perspectives emphasize that uninterrupted, balanced flow is vital for cellular health.

Thus, the work of microcirculation within srotas can be understood as a continuous process of diffusion—nutrients moving from rasa into tissues, waste returning

from tissues into rakta, and fluid exchange maintaining balance in the interstitial space.

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