

PRINCIPLES OF TREATMENT AND CLINICAL MANAGEMENT OF *PRANAVAHA SROTAS* PATHOLOGIES

Dr. Satya Prakash Gauttam*

Associate Professor and HOD (*Kayachikitsa* Dept.), MSM institute of Ayurveda, BPS Women University, Khanapur Kalan (Sonipat) Haryana, India.

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*Corresponding Author: Dr. Satya Prakash Gauttam

Associate Professor and HOD (*Kayachikitsa* Dept.), MSM institute of Ayurveda, BPS Women University, Khanapur Kalan (Sonipat) Haryana, India.

ABSTRACT

The goal of Ayurveda is to preserve the health of healthy individuals and treat disease in unwell people. The importance of the *Srotasa* concept can be found in *Sharira Rachana*. *Srotasa*, are channels/passageways within the body that produce, transform and transport all the constituents of the body. One important *Srotasa* is the *Pranavaha Srotasa*, which is essential to *Prana Vayu* and regulates functioning of respiration and circulation within the body. When *Srotasa* are disturbed or vitiated, it can cause *Srotodusti*, which has four major forms *Atipravritti*, *Sanga*, *Siragranthi* and *Vimargagamana*. The *Dushti* of *Pranavaha Srotasa* is typically caused by *Vata Prakopa* causing the disturbance of *Vata* in the *Prana Srotasa* by obstruction or improper movement. The drugs possessing *Vata-Kapha Shamana*, *Katu & Tikta* tastes, with *Laghu & Teekshna Guna*, *Ushna* potency and *Ushna Veerya* may offers beneficial effects in treating disorders of *Pranavaha Srotas*. Drugs such as *Sati*, *Pushkaramula*, *Hingu*, *Tulsi* and *Agaru*, etc. can be used for this purpose. Present article highlights principles of treatment and clinical management of *Pranavaha srotas* pathologies.

KEYWORDS: *Ayurveda*, *Pranavaha srotas*, *Vata Prakopa*, *Srotodusti*, *Kayachikitsa*.

INTRODUCTION

Pranavaha Srotas are the body's channels that circulate *Prana*, which is the vital life force that travels throughout the body to provide energy to the physiology, and maintains all life functions. *Pranavaha Srotas* are present in the entire body and serve as channels of transportation of *Prana* throughout the tissues. *Pranavaha Srotas Moola Sthana* is in the *Hridaya* and *Mahasrotas*. *Hridaya* is the root of *Rasavaha Srotas* and plays a significant role in the distribution of *Rasa* and *Rakta Dhātu*, which are related to the direct transportation of *Prana*.^[1-3]

Pranavaha Srotasa Dushti

The *Pranavaha Srotas* is a functioning unit that includes the heart, lungs and other respiratory function that occur with the heart. In fact, disturbances of the heart and lungs usually have a predominant symptom of *Shwasa*. Improper eating habits and lifestyle choices which aggravate the *Doshas* and disturb the balance of *Dhatus* are major factors contributing to the vitiation of *Srotas*. Also, even when the *Doshas* only relatively increase, they also primarily lead to the vitiation of *Srotas*. When

the *Srotas* becomes defective, it provided distortions to *Dosha*, *Dhatu* and *Mala* functions and ultimately a diseased state. The some areas of possible *Srotas Dushti* are depicted in **Figure 1**.^[4-6]

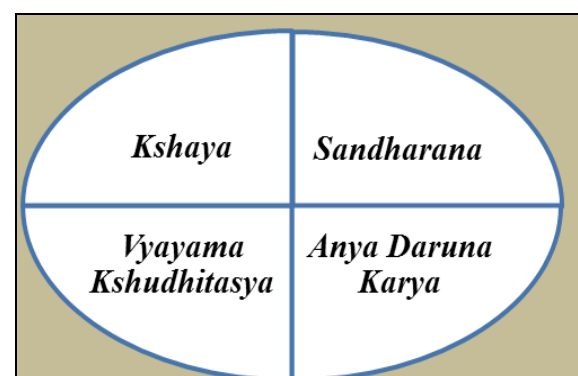


Figure 1: Major areas of possible *Srotas Dushti*.

As mentioned above the main reasons of *Srotas Dushti* includes depletion of body tissues (*Kshaya*), suppression of urges (*Sandharana*), excessive work during the state

of hunger (*Vyayama Kshudhitasya*) and work beyond one's physical capacity (*Anya Daruna Karya*).

Symptoms of *Pranavaha Srotas Dushti*

- *Ati Srushtha Shwasa*.
- *Ati Baddha Shwasa*.
- *Kupita Shwasa*.
- *Alpam Alpam Shwasa*.
- *Sashabda Shwasa*

Disorders of *Pranavaha Srota*

Tamaka Shwasa, *Maha Shwasa*, *Kasa Roga*, *Kaphaja Kasa*, *Rajayakshma*, *Swara Bheda*, *Peenasa* and *Parshva Shula* are main disorders of *Pranavaha Srota*. Other associated disorders are *Kshata Kshina*, *Urah Kshata* and *Pratishyaya*, etc. Causes of *Pranavaha Srotas* disorders includes consumption of heavy and dairy-rich foods, exposure to dust & cold, indulgence in stress, depression and anxiety. Environmental factors like pollution, infections and allergens can also produces disease of *Pranavaha Srota*.^[5-7]

Ayurvedic Approaches to Managing *Pranavaha Srotas* Disorders

In Ayurveda, the *Kapha* and *Vata doshas*, in combination with the *Hridaya* and *Amasaya* mainly

related to *Shwasa Roga*. Ayurveda aims to balance these *Doshas* and restore the function of related organs. There are several formulations in Ayurveda described for both curative and preventive purposes. **Table 1** summarizes properties of Ayurvedic drugs which helps to treat disorders of *Pranavaha Srotas*. The following drugs are known for their *Vata-Kapha Shamana* actions by virtue of which they relieve diseases of *Pranavaha Srotas*.^[7-9]

- ✚ *Sati* offers bitter and astringent tastes, it is light and penetrating, has a warmth and sharp property, so it eases excess *Vata* and *Kapha*.
- ✚ *Pushkaramula* shares the same bitter and hot flavors, it is also light and sharp, but with stronger potency it pacifies aggravates *Doshas*.
- ✚ *Hingu* possess bitter, sharp and light properties so it helps to soothes *Vata* and *Kapha*.
- ✚ *Tulsi* offers the same hot and bitter attributes, which helps to balance excess *Kapha* and *Vata*.
- ✚ *Agaru* mixes hot-bitter flavor with light & sharp properties, thus relieves aggravation of *Vata-Kapha* associated with *Pranavaha Srotas Dushti*.
- ✚ *Vasa* is a good expectorant for bronchial conditions
- ✚ *Yashtimadhu* calms inflammation in the throat and the lungs
- ✚ *Pippali* prevents excess mucus and increases lung volume

Table 1: Properties of Ayurvedic drugs requiring for treating disorder of *Pranavaha Srotas*.

Property		Role in <i>Pranavaha Srotas Dushti</i>
Rasa	Katu	Eliminates <i>Kapha</i> and clears <i>Srota</i>
	Tikta	Digests <i>Ama</i> , scrapes excess <i>Kapha</i> and purifies throat
Guna	Laghu	Reduces heaviness and counters the heaviness of <i>Kapha</i>
	Teekshna	Breaks down <i>Kapha</i> accumulation and supports channel clearance
	Ruksha	Absorbs moisture and reduces the unctuous nature of <i>Kapha</i>
Veerya	Ushna	Stimulates digestion and liquefies <i>Kapha</i> for easier elimination

Ayurvedic practices for respiratory health incorporate the dual treatment of acute symptoms and long-term rejuvenation. *Panchakarma* treatments is also important, especially *Vamana*, which will help with excess *Kapha*, *Nasya* get the nasal passages and rest of the respiratory tract open and *Dhumapana* intended to move the open airways. *Rasayana* therapy is considered good for immunity and ultimately for the health of the respiratory system. *Yogic* breathing practices, known as *Pranayama*, *Anulom-Vilom* and *Kapalabhati* can also support lung function and improve overall respiratory health.^[8-10]

Principles of *Pathya* and *Apathya* for Managing *Pranavaha Srotas Dushti*

For *Kasa*, *Pathya* foods include items such as *Shali* and *Shashatika* rice, *Godhuma* and *Madhu* which are light, unctuous, and sweet, while day sleep and exposure to smoke are listed as *Apathya*. In *Hikka*, agents such as apple, fruits, nourishing foods mixed with *Shastika*, *Tittira* and *Lavana* are emphasized. In *Raja-Yakshma* suggested *Pathya* included nourishing items; meat, milk and *ghee*. Night sleep, anger, smoking, and alcohol were listed as *Apathya*.^[9-11]

Ayurvedic Formulations for *Pranavaha Srotas Dushti*

Various Ayurvedic formulations have been effectively employed in the management of *Pranavaha Srotas Dushti*, particularly with *Kasa* and *Shwasa*. In the case of *Kasa*, *Sitopaladi Churna* acts as an expectorant and anti-inflammatory, while *Talisadi Churna* is useful for alleviating productive as well as dry cough. *Kantakari Avaleha* is also useful in managing chronic cough and throat irritation similarly, *Vasavaleha* is effective in clearing mucus and calming the respiratory tract, while *Yashtimadhu Churna* is demulcent and provides relief of sore throat. In case of *Shwasa*, *Shwasakuthar Rasa* is also effective in acute asthmatic episodes, and *Vyaghri Haritaki Avaleha* is advantageous, as it improves respiration.^[5,9-11]

CONCLUSION

The *Pranavaha Srotas* which is translated as respiratory secretions are the life sustaining pathways in Ayurveda that enable the movement of *Prana* via oxygen exchange. The basic anatomical units or *Mula sthana* of this channel includes *Nasa*, *Swasanalika* and *Hridaya*. Many factors can negatively impact the state of the *Pranavaha Srotas* such as pollution, poor diet, sedentary

life style and stress related lifestyle issues. The disorders of *Pranavaha Srotas* can be arises due to the increase in *Kapha*, fluctuations in *Vata*, blockage of the channels and involvement of infesting pathogens. These imbalances may lead diseases such as *Tamaka Swasa*, *Kṣaya Kasa* and *Rajayakṣma*, etc. Ayurveda provides a broad-spectrum treatment approach for disordered *Pranavaha Srotas* by targeting the *Vata* and *Kapha doshas*, and optimizing the function of the vital organs: *Hridaya* and *Amasaya*. Many herbs are potential *Vata-Kapha Shamana* and expectorants, including: *Sati*, *Pushkaramula*, *Hingu*, *Tulsi*, *Agaru*, *Vasa*, *Yashtimadhu*, and *Pippali*. Their therapeutic properties of bitter, hot, light and sharp attributes eliminate *Kapha* accumulation, digest *Ama*, and stimulate function in respiratory system. Ayurvedic treatments include therapies such as *Panchakarma* (*Vamana*, *Nasya*, *Dhumapana*) and *Rasayana*, as well as *Pranayama* under *Yoga*, as these treatments can create effect both acutely and on the long-term pathophysiology pulse in an individual with respiratory disorders. Additionally, employing Ayurvedic dietary and lifestyle guidelines for *Pranavaha Srota* disorder also can promote healing, immunity and re-establish *Dosha* balance.

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