

IMPACT OF MODERN LIFESTYLES ON ANNAVAHA SROTAS

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ABSTRACT

Dietary habits, sleep patterns, physical activity and mental health have all significantly changed as a result of the modern lifestyle. Annavaaha Srotas, the channels in charge of food transportation, digestion and assimilation are directly impacted by these unhealthy behaviors, according to Ayurveda. Numerous gastrointestinal conditions, including indigestion, acidity, bloating, anorexia, gastritis, constipation and irritable bowel syndrome, are brought on by disruptions in these channels. Annavaaha srotodushti is primarily caused by excessive junk food consumption, irregular eating patterns, stress, sedentary lifestyles, sleep disturbances and addictions. In modern society, individuals frequently adopt lifestyles that are incompatible with their natural constitution, making them increasingly vulnerable to various diseases. Under such circumstances, Ayurveda provides both preventive and curative approaches through its well-established principles. This article describes the pathological effects of contemporary lifestyle practices on Annavaaha Srotas from both modern and Ayurvedic viewpoints.

Keyword: *Annavaaha srotas, Unhealthy behaviours, Gastrointestinal conditional.*

1. INTRODUCTION

Ayurveda highlights the importance of good digestion in maintaining health. The body relies on Agni (digestive fire) for nutrition, energy production and tissue formation.. Annavaaha Srotas are channels that transport food from the mouth to the stomach, aiding digestion and absorption. The Aamashaya and the left flank (Vama Parshva) are considered the moolasthan (root) of the Annavaaha Srotas, according to Ayurvedic texts.^[1]

Rapid urbanization and modernization have altered daily routines and food habits in this day and age. People frequently eat processed foods, fast food, carbonated beverages and irregular meals. Lack of exercise, mental stress, insufficient sleep, excessive screen time, smoking and alcohol consumption all exacerbate digestive issues. These factors disrupt Agni and produce Ama (toxic metabolic waste) which eventually leads to Annavaaha Srotas disorders. Ayurveda provides a thorough understanding of diseases, including their etiology, pathogenesis, clinical manifestations, and consequences; it primarily emphasizes disease prevention by addressing the root cause while also providing effective therapeutic measures. In the current era of rapid globalization and changing lifestyles, health-related disorders are increasing daily.

As a result, Ayurveda has substantial scientific and practical significance in preserving health and treating illnesses, making it more than just a philosophical science. Acharya Sushruta defines Srotas as hollow structures distributed throughout the body that transport various substances. These channels are structurally and functionally distinct from Sira (veins) and Dhamani (arteries).^[2]

Essential bodily components like Prana (life force), Anna (food), Udaka (water), Rasa (nutritive fluid), Rakta (blood), Mamsa (muscle tissue), Meda (adipose tissue), Shukra (reproductive tissue), Mutra (urine), Purisha (feces) and Artava (menstrual fluid) are circulated and transported by srotas. ^[3]

Annavaaha Srotasa, the channels in charge of food transportation and digestion, are essential to preserving physiological balance because the human body depends on food for nourishment, energy production, growth, tissue repair, and regeneration. ^[4]

Eating habits are vital for preserving both mental and physical well-being. Food is considered as one of the three pillars of life (Trayopastamba) in Ayurveda because it sustains essential bodily functions, promotes growth and nourishes the body. Good eating habits support healthy Agni (digestive fire), balanced Doshas and regular

bodily system operation. However, traditional eating habits have been drastically changed by fast modernization and shifting lifestyles.

Fast food, processed foods, carbonated drinks, and overly greasy or spicy meals are all common in today's society. Overeating, eating late at night, eating under stress, irregular meal schedules and skipping breakfast have all become common habits. Digestion and metabolism are adversely affected by these unhealthy eating practices. The condition is made worse by inadequate nutrition, decreased physical activity and elevated mental stress.

According to Ayurveda, improper dietary practices disrupt Agni and cause the formation of Ama (toxic metabolic waste), which is the underlying cause of many diseases. Indigestion, acidity, bloating, constipation and loss of appetite are the most common symptoms of digestive disturbances affecting the Annava Srotas. Over time, these changes may contribute to chronic conditions such as obesity, diabetes, hypertension, gastritis, peptic ulcer disease and gastrointestinal problems.

Modern medical science acknowledges the impact of unhealthy eating habits on the body. Poor eating habits and sedentary lifestyles are increasingly linked to nutritional deficiencies, metabolic disorders, weakened immunity, cardiovascular disease and digestive disorders. As a result, maintaining healthy eating habits is critical for overall health and disease prevention.

This article will discuss changing eating habits in modern society and their negative effects on the body from both an Ayurvedic and modern scientific standpoint.

2. AIM AND OBJECTIVE

To study the effect of modern eating habits and lifestyle changes on annava srotas and digestive health according to Ayurveda.

3. MATERIALS AND METHODS

The present study was carried out through a detailed review of classical Ayurvedic literature, including Charaka Samhita and Sushruta Samhita, modern textbooks, journals and research articles were also referred for additional information. Relevant data related to annava srotas and modern lifestyle were collected, analyzed and

systematically reviewed to obtain a clear and comprehensive understanding of the subject.

4. REVIEW OF LITERATURE

Concept of Srotas ^[5]

The word "Srotas" comes from the Sanskrit root "Sru Gatau" (Sru + tasi = Srotas), which means to flow, exude, ooze, permeate or move. In Ayurveda, Srotas are the channels through which various bodily constituents are transported and circulated throughout the body. These channels transport Dhatus and other substances undergoing transformation to their intended destinations. A srotas is a tubular or channel-like system that transports substances from one part of the body to another.

Origin of Annava Srotas ^[6]

सर्वाण्यङ्गप्रत्यङ्गानि युगपत् सम्भवन्तीत्याह
धन्वन्तरिः ॥ (सु.शा.३/३०)

According to Dhanwantari, all parts of the body formed at same time due to Vayu. These are very small in size, so not seen through naked eye.

Srotodushti hetu - ^[7]

आहारच विहारश्च यः स्याद्दोषगुणैः समः ।

धातुभिर्विगुणश्वापि स्रोतसां स प्रदूषकः ॥ (च.वि.५/२३)

Improper diet and lifestyle practices that disturb Dasha and Dhatu lead to vitiation of Srotasa.

व्यायामादूषितादन्नात् विरुद्धादशनात् तथा ।

वेगसंधारणाद् भूरि स्रोतानां दुष्टिरिष्यते ॥

1. Ati-vyayama -Excessive exercise
2. Dusita Anna-Intake of contaminated or impure food
3. Viruddha Ahara -Incompatible diet
4. Vega Sandharana- Controlling of natural urges
5. Ati Bhojana -Overeating
6. Mithya Ahara-Vihara Improper diet and lifestyle.

Srotodushti Lakshanas- ^[8]

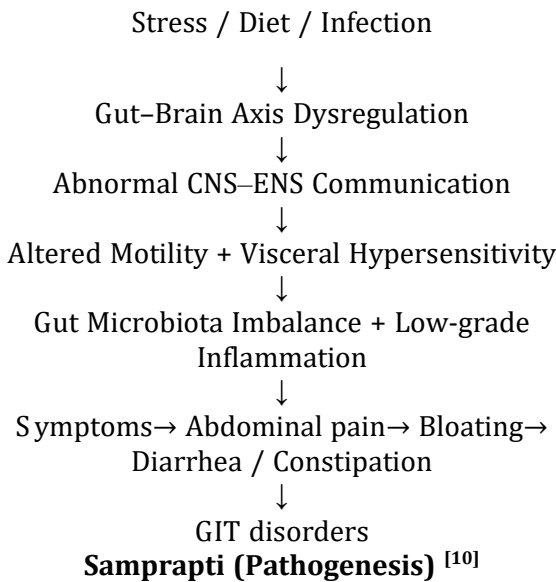
अतिप्रवृत्तिः सङ्गो वा सिराणां ग्रन्थयोऽपि वा ।

विमार्गगमनं चैव स्रोतोदुष्टिः प्रकीर्तिता ॥ (च.वि.५/३)

Srotodusti (vitiation of body channels) occurs in four main forms:

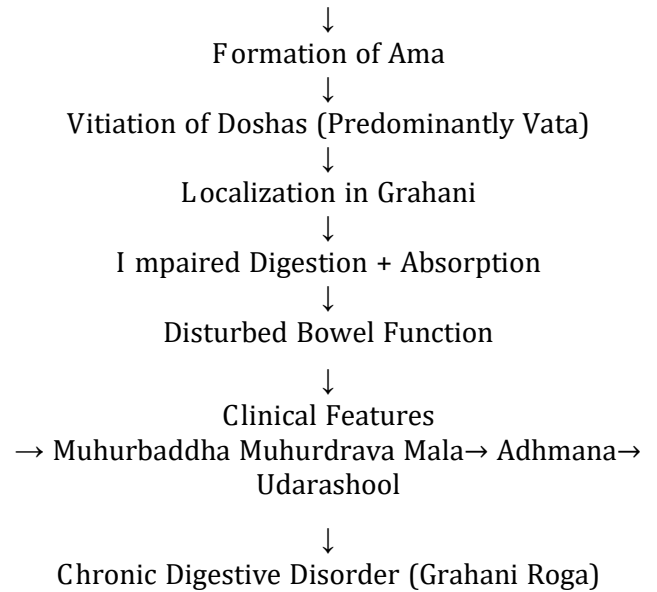
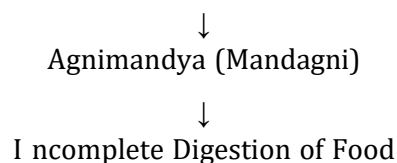
1. Atipravrtti – Excessive flow or overactivity in channels
2. Sanga – Obstruction/blockage in channels
3. Siragranthi – Dilatation, nodules, or structural deformity in channels
4. Vimargagamana – Movement of substances through abnormal pathways.

MODE OF ACTION ^[9]



The pathogenesis primarily begins with Agnimandya, which results in incomplete Ama is formed through food digestion. This ama acts as a toxic metabolic by product . Leads to vitiation of the doshas, particularly Vata. The vitiated doshas are concentrated in the region of grahani, which reduces its ability to retain and digest food properly. This results in irregularity. Bowel movements, malabsorption, and ongoing digestive issues. The classic feature Muhurbaddha Muhurdrava Mala shows this disturbed digestive process.

Nidana (Improper Ahara + Vihara)



5. DISCUSSION

This study shows how modern lifestyle practices have a significant impact on the Annavaha Srotas, which are responsible for digestion, transportation, and food assimilation in Ayurveda. Irregular eating habits, excessive junk and processed food consumption, sedentary behavior, stress, sleep disturbances and addictive habits all have a negative impact on Jatharagni and contribute to the formation of Ama. This causes obstruction and vitiation of the Annavaha Srotas, resulting in symptoms such as Agnimandya, Ajirna, Aruchi, bloating and acid-related conditions.

Psychological stress and unhealthy habits aggravate Vata and Pitta Dosha, impairing digestive function and overall health. Modern medical research supports the link between unhealthy lifestyle habits and disorders like gastritis, gastroesophageal reflux disease, obesity and irritable bowel syndrome. These conditions can be linked to Annavahasrotodushti, as described in Ayurveda.

Thus, maintaining a proper diet, regular exercise, adequate sleep, stress management and adhering to Ayurvedic principles such as Dinacharya and Pathya Ahara are critical for preserving the normal functioning of Annavaha Srotas and preventing digestive disorders.

6. CONCLUSION

The current review concludes that gastrointestinal disorders have a strong conceptual and clinical correlation. Characterized by abnormal digestion,

altered bowel habits and a chronic relapsing nature. The central role of Agnimandya and Ama in Ayurveda closely resembles the modern concepts of Alterations in gut motility, visceral hypersensitivity and gut-brain axis dysregulation. While Modern management primarily focuses on symptomatic relief, whereas Ayurveda offers a holistic approach is to correct Agni, eliminate Ama and restore normal physiological function. As a result, combining Ayurvedic principles with modern understanding can provide more comprehensive and effective strategy for managing GIT disorders.

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