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A Fundamental Study On The Concept Of Abhishyandi Karma & Its Effect On Srotas And Swasthya : A Protocol Review

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Abstract

Introduction:

*Abhishyandi Karma*, a pharmacological action mentioned in Ayurvedic classical texts, refers to substances that increase moisture in tissues, leading to obstruction in various channels (*srotas*), potentially causing long-term diseases. In modern times, this concept correlates with lifestyle-related diseases caused by improper dietary habits and sedentary lifestyles. The study aims to explore the effects of *Abhishyandi Ahara* and *Vihara* on *srotas* and *swasthya* (health) and to bridge the gap between Ayurvedic knowledge and contemporary health issues.

Methods:

This study will be a qualitative literature review, focusing on Ayurvedic texts like *Carakaa Samhita*, *Sushruta Samhita*, *Ashtanga Hridayam*, etc and relevant modern pharmacological research. The goal is to analyze references to *Abhishyandi Karma* and its effects on *srotas* (body channels) and overall health. Data will be extracted systematically to assess the impact of *Abhishyandi Ahara* (diet) and *Vihara* (lifestyle) on bodily channels and their correlation with modern diseases, such as metabolic and cardiovascular disorders.

Key Findings:

The review is expected to identify how *Abhishyandi* substances, such as curd (*dahi*) and sedentary habits, contribute to *srotorodha* (obstruction of channels), particularly those affecting *Rasa*

and *Medovaha srotas*. These obstructions may lead to conditions like metabolic and cardiovascular diseases, aligning with modern pharmacological mechanisms. The study will bridge Ayurvedic concepts with contemporary health practices, offering insights into preventive health strategies.

### Results:

The study will categorize and analyze the effects of various *Abhishyandi Ahara* (such as curd) on *srotas*, particularly those responsible for the transportation of bodily fluids like *Rasa*. The results are expected to highlight how these dietary and lifestyle factors obstruct channels in the body, leading to metabolic and cardiovascular diseases. Additionally, correlations with modern pharmacological mechanisms may provide insights into potential preventive or therapeutic measures.

### Discussion:

The findings of this study are anticipated to contribute significantly to the understanding of *Abhishyandi Karma*, both in traditional Ayurvedic practice and modern health contexts. By identifying the effects of *Abhishyandi* substances on *srotas*, the study will offer practical guidelines for Ayurvedic practitioners and modern health professionals. It is expected to provide valuable insights into how lifestyle factors can be managed to improve public health and prevent lifestyle-related diseases. Furthermore, the study will discuss the implications of the *Abhishyandi* concept in contemporary medicine, potentially bridging classical Ayurvedic wisdom with modern pharmacological understanding.

**Keywords:** *Abhishyandi, karma, srotas, swasthya.*

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