

VARIOUS CLINICAL CONSIDERATION OF SIRA: ANATOMICAL CONSIDERATIONS, SIRA VEDHAN AND SIRA GATA VATA

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ABSTRACT

The ayurveda describe body parts and their physiological role as *Sharira Rachna* mentioned in different *samhitas*. Ayurveda provide detailed description about *sira*, *dhamani* and *srotas*. *Sira* resembles blood vessels as per modern science and ayurveda literature encompasses all information related to *sira*. The each and every body parts require to be explored in all ways for clinical consideration. The anatomical perspective of *sira* is very important since its positioning play vital role towards the diagnosis and management of disease. Similarly concept of *sira vedhan* is very important to understand which vein to be punctured and which one is contradicted for same. The understanding about the diseases associated with *sira* such as; *sira gata vata* also described in various ayurveda text. This article summarizes clinical perspective of *sira* W.S.R. to anatomical view, *sira vedhan* and *sira gata vata*.

KEYWORDS: Ayurveda, Sira, Sira Vedhan, Sira Gata Vata.

INTRODUCTION

Ayurveda the traditional science of medical system encompasses various *samhitas* and *sushruta samhita* in one of them which describe *sharira* or anatomical perspective in best way and knowledge of anatomy is very essential before planning treatment of any diseases. Therefore anatomical consideration of any body part play great role towards the diagnosis and treatment of disease. The anatomical view of vessels is one of the area need to be explored widely since these vessels not only covers whole internal body but also perform many vital functioning. Ayurveda described these vessels as *sira* and mentioned their various clinical perspectives in different *samhita*.

Anatomical Considerations of Sira

Sira originates from *nabhi* and spread upward, downward and cover whole body internally. Structurally *siras* look like as fibers in the leaf, branched and thick. The larger arteries leave form heart and divided into smaller ones and reached to various organs of the body. The different vessels such as; arteries, veins and capillaries differ in size, shape and thickness of wall in their structure. *Sira* help in transportation of various fluids, nutrients and bloods through the channels. *Vata*vaha *siras* are *aruna varna* and filled with *vayu*, *Pitta*vaha *siras* are *neela varna* and carry deoxygenated blood. *Kapha*vaha *siras* are *gowra varna* and carrying clear lymph fluid while *Rakta*vaha *siras* are *rohini* in color and nourishes the *dhatu*s.

Vat-vaha sira observed at axilla as thick, long and cord like structure of brachial plexus *Kapha vaha sira* at medial side of axilla as hollow & white in color. *Rakta vaha sira* is thick, hollow and cord like may be observed as brachial artery. *Arun varna* may be observed in forearm as median nerve.

Pratana of *Sira* is branches of *mool sira*, *vata-vaha sira* means *pratana* of the nerve plexus in the limbs. *Vata-vaha sira* in head, neck, abdomen and thorax is nerves or branches of the nerves. *Pitta*vaha *sira* are veins in limbs, abdomen, thorax and head. The *pratana* of *Kapha-vaha sira* are lymphatic system in limbs, abdomen, thorax and neck. The *pratana* of *rakta-vaha sira* means Arteries in limbs, abdomen, head and neck.

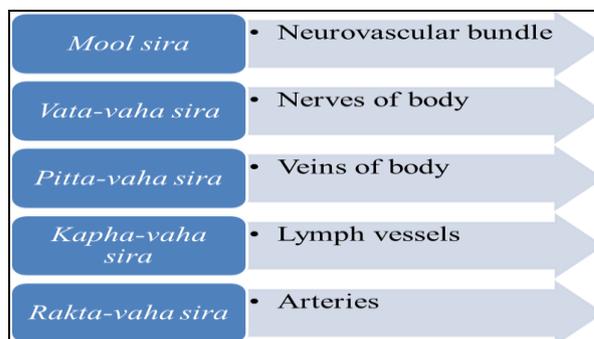


Figure 1: Sira as per ayurveda and their modern aspect.

Siravedhya

Sira vedha is a type of *raktmokshan-chikitsa* used for the management of various diseases mainly employed in the case of vitiation of *rakta*. *Sira vedha* involve various methods such as; venue puncture, application of leeches, horn application and scarification etc. *Sira vedhya* contradicted in the *balyavastha*, *sthavir*, *ruksha*, *kshata*, *kshina*, *bhiru*, *parisharnt* and *Madhya padhwa*. This process also should not be performed during course of *vaman* or *virechan*. *Sira vedhya* should be performed with proper instruments with appropriate methods.

Sira Vedhan (venue puncture) should be performed as follow in various body parts

Patient should be seated on a stool facing towards the sun. Legs should be flexed and hand in placed neck. The bandage should be tied neither too tightly nor too loosely and *sira vedha* should be performed while patient suggested breathing regularly. The *sira vedha* in leg should be performed while one leg should lift up to little higher level. The leg which is to be operated tied with cloth below the *janu sandhi* and then pressure applied towards the *gulf sandhi*. *Sira vedhya* should be

performed after using a ligature which tied above the operating site.

The *Sira vedhya* in arm region should be performed while patient on comfortable positions. Ligature should be tied in the arm thereafter *Sira vedhya* should be performed.

Sira vedhya in *udar* and *uras* should be performed while patient lying through the extended chest and raised head.

Sira vedhya in *medhra* should be performed in erectile bending situation.

Sira vedhya in *parshav* should be performed with hanging arm around the both sides of body.

Sira vedhya in *gridhrasi* and *viswachi* region should be performed while patient positioned as to keep *janu sandhi* and *koorpar sandhi* in flexed position.

Sira vedhya in *pristh* and *skandh* region needs patients to be seated in condition of raised back; flexed head and extended.

Table 1: Etiological factors and symptoms of *Sira gata vata* (*Sira akunchana*).

S. No.	Etiological factors	Symptoms
1	Excessive day sleep	Joints stiffness
2	Emaciation, grief and diseased condition	Contraction
3	Improper sleeping pattern & postures	Joint pain
4	Trauma & injuries to vital parts	Delirium
5	Excess vigilance	Atrophy
6	Disturbances of natural urges	Spasticity
7	Excessive sexual activities	Insomnia
8	Improper body movement	Twitching sensation
9	Inappropriate leaping, jumping and other physical activities.	Numbness
10	Blood related diseases.	Pricking sensation

Sira Gata Vata

Sira gata vata is a condition which associated with *adhayaman* and *rikta* of *siras*. It involves *sira sathilya*, lack of nutritional supply to *mansa* and *meda dhatu*. The condition may be described as looseness of valves of *sira* which resulted excessive filling of blood in one side and emptiness on another side of *sira*. *Sira gata vata* (*Sira akunchana*) is a *Vatavyadhi* in which vitiated *vata* affecting *sira*. Vitiated *vata* further leads *sira sathilya*, nutritional deficiency and it is very difficult to cure.

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