

## A Review on *Vedhya Sira* in *Ayurveda W.S.R. to Sushruta Samhita*

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### Abstract

Ayurveda is one of the ancient sciences of life. In Ayurvedic text there are brief description of body its anatomical structures. According Acharya has described the Sira in ancient era. In that order acharya sushruta has described the sira in sharir sthana chapter-7. Sushruta has classified the details such as disturbance among sira, dhamni & srotas. Sushruta has mentioned 4 types of sira-Aruna, Neela, Lohita, Sweta. These are relevant respectively with the dosha-Vatta, Pitta, Kapha, Rakta. We can regard these sira is the vein, which carry deoxygenated blood from all over the body towards the heart. The blood from these sira by flow velocity is called Saran Kriya. A total 700 sira are present in our body. These sira are basically of two types Vedhya and Avedhya. Vedhya sira are the sira which can be punctured for curing the disease & these are 602 in no. Avedhya sira are strictly prohibited for puncturing & these are 98 in no. Out of total 700 sira there are 40 moola sira, which are further classified to four regions. These are vatvaha, pittvaha, kaphvaha, raktavaha are 10,10,10,10 respectively.

**Keywords:** Sira, vein, dhamni, sushruta

### Introduction

The sushruta samhita is the three great treatises of ayurveda representing mainly the school of surgery. Sushruta samhita is the best one in sharir sthana. Sushruta was the first scholar scientist who described the method of dissection of human cadaver (dead body) & underscore on the importance of dissection in study of anatomy [1]. Sira are well mentioned in sharir sthana in sushruta samhita [2]. The term Sira is described the deoxygenated blood carrying channel toward the heart. According to sushruta sira is originating in the embryogenic life from nabhi (umbilical) & they spread upward, downward & in the oblique fashion from the nabhi [3].

### Importance of Sira

As a plantation or a seed field is made wet by water carrying large & small channels, similarly the sira by their contractility & dilatory property supply materials to the body.[4] The blood vessels of the body makes up a closed system of tubes, that carry blood from heart to the tissue all over the body & then back to heart.

### Types of Vedhya Sira [5]

**Table 1:** Types of vedhya sira

1. Vatvaha	175
2. Pittavaha	175
3. Kaphavaha	175
4. Raktavaha	175
Total	700

### Classification According to Pratyanga

**Table 2:** Classification according to pratyanga

Shakhagata	100
Kothakota	34
Urdhvajatrugata	41
Total	175

### Mula Sira According to Sushruta-40

**Table 3:** Mula Sira According to Sushruta-40

1. Vatvaha	10
2. Pittavaha	10
3. Kaphavaha	10
4. Raktavaha	10
Total	40

These 175 are further classified according to vatta, pitta, kapha, rakta are 700 in number.

The sira which are suitable for vedhya are 602 & the sira which should avedhya are 98 in number.

### Peculiarities of Sira

When aggravated vayu occupied its own sira, it causes various diseases of vata [6]. Pitta moving in its own sira and stimulation of digestive fire [7]. The same when aggravated moves in its own sira, produce various disorder of pitta. Kapha carrying in its own sira produces uncouthness in body parts, stability in joint, strength along with other qualities.

When aggravated kapha occupies its own sira various disorder caused by kapha appear. Provision dhatus, complexion & positive sensation of touch & produced along with other qualities by blood moving in its own sira. When aggravated blood circulates in its own sira various of blood occurs. No sira carrying vata or pitta or kapha alone & as such are known as carrying all. Even the aggravated doses run intermingled & diverted to wrong passage, so they are known as carrying all. The sira carrying vata are filled with vayu & are reddish, from pitta they are hot & blue, from kapha are cold white & firm rakta sira carrying blood are red & some hot & cold.<sup>[8]</sup>

### Importance of Vedhya Sira

These are 602 in number. Vedhya sira are considered to be puncturable vein, as they are the vein which used in vein puncture. Vein puncture is known, in surgery, as half of the therapeutic <sup>[9]</sup> management occupying applied anema in general medicine.<sup>[10]</sup> Now here are some disease which are cured by vein puncture like Padadaha, padaharsha, cippa, erysipelas vicharchika, kanjha, pangu and splenomegaly etc. Nobody is confidently trained in vein as they are unstable by nature & changed their position like fish. Hence these should be dealt with carefully <sup>[11]</sup>.

### Discussion

Sira are considered as the blood vessels which carry blood from all parts of body toward the heart. They are the channels which carry all the dosha among them. Their anatomical knowledge is the basic purpose for the vein section and treating diseases. A siravedhan is considered as ardha chikitsa by acharya sushruta.

### Conclusion

Position of sira are very importance to surgical prospective as the injury of vedhya sira are serious cause of illness and other harmful disorder. Sira are anatomical structure which are used for currying any disease like urdhv jatrugata roga, kosthagata roga, katiroga and sakhagata roga. According to Acharya charka the sarnat sira as saran kirya occurs among them. Sira carrying all the dosha with rakta as they are importance factors for staying healthy.

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