



**ANATOMICAL PERSPECTIVE OF MOST COMMON *AVEDHYA SIRAS*: AN
AYURVEDA REVIEW**

*Dr. Avinash Babanrao Chavan

HOD & Asso. Professor in Dept. of Anatomy, SGR Ayurved College, Solapur, Maharashtra, India.

*Corresponding Author: Dr. Avinash Babanrao Chavan

HOD & Asso. Professor in Dept. of Anatomy, SGR Ayurved College, Solapur, Maharashtra, India.

Article Received on 16/11/2016

Article Revised on 07/12/2016

Article Accepted on 28/12/2016

ABSTRACT

Ayurveda is science which deals with the health of human being. The anatomical description of body is mentioned as *Rachna Sharir* in Ayurveda. *Acharya Sushruta* mentioned *Sira* in *Sharir Sthana* as "*Sarnat sira*". *Sushruta* described four type of *Sira*; *Aruna*, *Neela*, *Sweta*, *Lohita*. Scientifically "*Neela Sira*" is veins which circulate impure blood from other parts to the heart, for the clinical purpose *Sira* can be divided into two types; *Vedhya* and *Avedhya Siras*. *Vedhya Siras* can be punctured for curing the disease while *Avedhya siras* are prohibited for puncturing since puncturing of such *Sira* may cause harmful effects. This article presented anatomical perspective of *Avedhya Siras* to explore clinical importance of anatomical positioning of such *siras*.

KEY-WORDS: *Rachna Sharir*, *Vedhya Sira*, *Avedhya Siras*, *Ayurveda*.

INTRODUCTION

The ancient text of traditional science described *Rachna Sharir* (Anatomy) as important aspect of Ayurveda which play significant role for understanding structural concept of human body, these concepts of *Rachna Sharir* possesses great clinical importance for knowing and treating diseases. *Sira* is one of the structural components of body which significantly described by *Acharya Shusrut* in *Sutrasthana*, *Nidansthan*, *Sharirsthana*, *Chikitsasthan* of *Sushrut Samhita*. It is originated from *Nabhi* (umbilicus) and then moved upward & downward. The ancient literature considered *Sira* as "*Sira hi Shariram*" and mentioned structural and clinical features of *Sira*, functionally *Sira* circulates impure blood from other body parts to the heart^[1-4].

Siravedhan is method of treatment and there are several disease which can be cured by venue-puncture or *Sira Vedhan* process such as; *Gradharasi*, *Vishvachi*, *Apasmar*, *Unmad* etc. However some *Sira* are contra-indicated for venesection and termed as *Avedhy Sira*, which are divided in three regions; *Shakhagat*, *Kosthagat* and *Urdhavjatrugat*. There are 602 *Vedhya sira* and 98 *Avedhya sira* in human body. This article emphasized positioning of *Avedhya sira* to elaborate anatomical knowledge in the field of surgical intervention^[2-5].

AVEDHYA SIRAS

These *Sira* should not be punctured since puncturing of such *Sira* causes harmful effects in body. Total 98 of *avedhya siras* is identified out of which 16 are in extremities, 32 in *Kostha* and 50 in *Urdhvja-trugata*^[4-8].

AVEDHYA SIRAS IN THE EXTREMITIES

➤ **Jaldhara Sira**

In the upper limb; cephalic vein and in lower limb; great saphenous vein.

➤ **Urvi Sira**

In upper limbs (brachial vessels) and in lower limb as femoral vessels.

➤ **Lohitaksh Sira**

In upper limbs as Axillary vessels in lower limbs as profunda femoris.

AVEDHYA SIRA IN KOSTHA

➤ **Shroni Pradesh Sira**

Vitapa as testicular or ovarian vessels and *Katiktaran*-Gluteal vessels.

➤ **Parshav Sira**

Vessels go upward from lateral side *Parshav sandhigata* (laterally situated at the joining point of abdomen and thorax).

➤ **Pristha Sira**

Vrihati -Subscapular vessels.

➤ **Abdomen Sira**

Epigastric vessels.

AVEDHYA SIRA IN THE THORAX

These are coronary vessels, internal mammary vessels, intercostal vessels and lateral thoracic vessels such as; *Apalap*, *Apsthamb*, *Stanmul*, *Stanrohit*.

➤ **Marma sangya Sira:**

Carotid arteries & Juglar veins.

➤ **Krikatika Sira:**

Post Auricular arteries and veins.

- **Hanu-Sandhidhama-nyau Sira:**
Maxillary vessels.
- **Jivyah Sira:**
Rasvahe and Vagvahe (lingual vessels).
- **Nasa Sira:**
Aupna-Sikaschya (Angular artery & veins).
- **Talugat avedhya Sira:**
Sira of Soft palate
- **Netra Sira:**
Zygomaticotemporal artery.
- **Karan Sira:**
Posterior auricular and tympanic vessels.
- **Sthapanyam Sira:**
Sira of temporal joint (Superficial temporal vessels).
- **Murdha Sira:**
Simant & Adhipati (Occipital & superficial temporal).

Summary

Jaldhara is vein of the upper extremities (cephalic vein); if punctured then severe blood loss may occur, similar

consequences may also observe with great saphenous vein in lower extremities. *Urvi* is brachial and femoral veins while *Lohitaksh* described as axillary vein. Veins for the gonads and the gluteal region are *Vitap* and *Katiktaran* and necrosis of gonads and the gluteus muscles may occur if they punctured. *Vrihiti* which is sub scapular vessel, venesection of this may leads nerve injury. *Aplap*, *Apsthamb*, *Stanmul*, *Stanrohit* is coronary vessels which are nearer to heart. *Krikatika* is occipetal vessels and *Vidhur* is post-auricular veins. Profunda lingual vessels are *Rasvahe & Vagvahe*. *Aupnasikaschya* is angular veins. *Apanga* is zygomaticotemporal artery; venesection of this may cause vision loss. *Shabdavahini* is posterior auricular vessels which is associated with delicate organ. *Kesanugataschya* is supra orbital vessel located superficially. *Sthapani* is frontal nasal veins and *Utkshap* is partial superficial temporal vessel, these all vessels are contraindicated for *Siravedhan* and puncturing of these vessels may cause severe harmful effects.

Table 1. Some common Avedhya Sira and their anatomical positioning.

S. No.	Avedhya Sira	Anatomical positioning
1.	<i>Jaaladhara & Lohitaksha</i>	Upper And Lower Limbs
2.	<i>Vitapa & Katikataruna</i>	Inguinal And Gluteal Region
3.	<i>Hridaya & Apalapa</i>	Thorax/ Chest
4.	<i>Ashta-Matrika & Vidhur</i>	Neck
5.	<i>Rasavaha</i>	Tongue
6.	<i>Aupnasika</i>	Nose
7.	<i>Talu Sira</i>	Palate
8.	<i>Apanga Sira</i>	Eyes
9.	<i>Shabdavahi Sira</i>	Ears
10.	<i>Keshantanugata Sira</i>	Forehead
11.	<i>Sankhasandhigata Sira</i>	Temporal
12.	<i>Seemanta & Adhipati</i>	Head

REFERENCES

1. Kaviraj Dr Ambika Dutta Shastri. Sushrut Samhita with Ayurved tatva sandipika hindi Commentary, Part-1, Reprint 2012, Chaukhamba Sanskrit sansthan, Varanasi, Sutra-sthan chapter 5, verse 61, page. 66.
2. Kaviraj Dr Ambika Dutta Shastri. Sushrut Samhita with Ayurved tatva sandipika hindi Commentary, Part-1, Reprint 2012, Chaukhamba Sanskrit sansthan, Varanasi, Sutra-sthan chapter 3, verse 31, page. 34.
3. Srikantha Murthy K.R., Sushruta Samhita with English translation, Third edition, Varanasi, Chaukhambha Orientalia Publishers, 2007; 1: 9.
4. Gananath Sen Saraswathi, Sanjna Pancake Vimarsha, Reprinted edition, Varanasi, Krishnadas Academy Publishers, 1993; 53.
5. Thatte D.G., Sushruta Samhita with English translation, 2nd edition, Varanasi, Chaukhambha Orientalia Publisher, 2007; 3: 166.
6. Srikantha Murthy K.R., Sushruta Samhita text with English translation, 3rd edition, Varanasi, Chaukhambha Orientalia Publishers, 2007; 1: 122.
7. R K Sharma, Charaka Samhita of Charaka, Sutra Sthan, Vidhyotini Comt. Chapter 30, verse no.12, 8th edition, chouxhamba Sanskrit sansthan; 2003; 223.
8. Ambika Datt Shastri, Sushruta Samhita of Sushruta, Sharir Sthan, Sira Varna vib-hakti, chapter 7, verse no.3, 13th edition, Chouxhamba Sanskrit sansthan, 2004; 336.