



CONCEPT OF SIRAGATA VATA WITH SPECIAL REFERENCE TO SIRAKAUTILYA (VERICOSE VEIN)

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ABSTRACT

Ayurveda is an ancient science of life having two main purposes to describe *ayurveda* as maintaining of health and to treat the diseases. *Vata*, *pitta* and *kapha* are present in living body and these are basic physiological units of our every system. And the equilibrium state of these three *doshas* is foundation of these two purposes. Out of three *doshas* *vata doshas* is independent and is also responsible for the equilibrium state of other *doshas*. *Sira akunchana* (*sira kautilya*) is a

vatavyadhi caused by *sira gata vata* (vitiated *vata* affecting *sira*). *Vatavyadhi* is an uncommon disease but it is very critical, severe in nature and difficult to manage. Vitiated *vata* can affect any part of body and causes *vatavyadhi*. *Sira akunchana* can be understood as pathology of veins known as varicose vein. Veins are blood vessels that return deoxygenated blood from the outer parts of the body back to the heart and lungs. When veins become abnormally thick, full of twists and turns, or enlarged, they are called varicose vein.

KEYWORDS: *Vatavyadhi*, Varicose vein, *Sira kautilya* etc.

INTRODUCTION

Sira ankunchana is a disease caused by *sira gata vata*. When vitiated *vata* affects *sira* (veins) causes two main pathology *akunchana* (*kautilya*) and *purana* (engorgement) of veins.^[1] *Sira ankunchana* is described by many *ayurvedic acharyas* under the *vatavyadhi*

adhaya. *Vata* being independent manifests *jvaradi* diseases by its own or in combination with doshas, dhatu and mala.^[2] *Sira* is also the synonym of *srotas*.^[3] *Srotas* or channels are the path or empty spaces which allow to free flow or transportation of various types of materials through them.^[4] Term *srotas* is derived from the root “*su sravano*” means which exude, ooze, filter or permeate. *Srotas* are considered as micro or macro channels on the basis of morphology. All the spaces in body as lymph vessels, blood vessels, and all types of canal or ducts, tubes can be understood as *srotas* or channels and *srotodusthi* is the abnormality in structure or in function of that *srotas*, as a result *srotas* do not function properly. *Sira akunchana* is sang (obstruction in free flow through these channels) or *shiranam granthi* (origin of abnormal growth) type of *srotodusthi*. *Sransa* (looseness), *vyasa* (expansion), *sanga* (obstruction), *toda* (piercing pain), *vyatha* (pain or discomfort) etc. are the symptoms of vitiated *vata* which may appear any or every part of body.^[5] As *sira ankunchana* (*sira kautilya*) is a type of *vatavyadhi* so its etiological factors and symptoms will be like *vatavyadhi*.

Etiological factors of *vatavyadhi*^[6]

- Excessive consumption of unctuous, cold and scanty food.
- Excessive sexual intercourse
- Excess vigilance
- Excessive movements such as leaping, jumping and physical exercise.
- Excessive emaciation due to worry, grief and affliction of disease.
- Sleeping on uneven beds and sitting in bad postures
- Excessive day sleep
- Suppression of natural urges.
- Trauma, injuries to vital parts

Falling down from elephants, horse and other fast moving vehicles etc. which are very similar to causes as described in modern medicine as prolonged standing straining: chronic constipation, urinary retention from an enlarged prostate, chronic cough, or any other conditions that cause a person to strain for prolonged periods of time causes an increase in the forces transmitted to the leg veins and may result in varicose veins. These mechanisms also contribute to the formation of hemorrhoids, which are varicosities located in the rectal and anal area.^[7]

Symptoms of vatavyadhi^[8]

- Contraction
- Stiffness of joints
- Pain in bones and joints
- Delirium
- Spasticity of hands, back and head
- Atrophy of limbs
- Insomnia
- Twitching sensation and numbness in the body
- Splitting pain
- Pricking pain
- Distress
- Convulsion, unconsciousness and other features as per involvement of lesions.

MATERIAL METHODS

Various *Ayurvedics samhitas*, text books and literature are concerned.

DISCUSSION

In modern aspect *sira ankunchana* is correlated with varicose vein. Although in *ayurveda* *siras* are of four parts *vataavaha siras*, *pittavaha siras*, *kaphavaha sira* and *suddh rakta vaha sira*.^[9] In this aspect only *vataavaha siras* should be understood because *ankunchana* and dilatation are the qualities of blood vessels (arteries and veins). Thickened, twisted or dilated veins are called varicose vein. *Acharya Vagbhatta* has described *sira gata vata* having symptom *adhayaman* (distension) and *rikt-ta* (emptiness) of *siras*.^[10] It may be understood as excessive filling and emptiness of *siras* as result of *sira sathilya* (musculature looseness) which is a result of lack of nutrition to *mansa* and *meda dhatu* due to *ama* formation. *Sira sathilya* may be understood as looseness of valves present in veins, as a result excessive filling of blood in vein in one side and emptiness of vein in other side. Most of the etiological factors described are responsible for the formation of *ama* in body, due to which proper nutrition of *dhatu*s gets hampered and *sira sathilya* takes place.

CONCLUSION

On the basis of above description it can be conclude that *sira ankunchana* (*sira kaultilya*) or varicose vein occurs due to *sira sathilya* which is a result of improper nutrition of *mansa* and

meda dhatu due to *ama* formation. Signs and symptoms of varicose vein are very similar as described in *ayurveda* as *adhmana* (distention due to excessive blood filling) and *rikt-ta* (emptiness of deep veins), twisting type pain and dilatation of veins.

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