

REVIEW STUDY OF SIRAVEDH AT KSHIPRA MARMA WITH SPECIAL REFERENCE
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ABSTRACT

Ayurveda is the science of wellbeing as well as the diseases curable. *vicharchika* is disease classified under *kshudra kushtha*. It gives a person ugly look and thus affects the person's psychological and social status. *Vicharchika* (eczema) is one of the *rakt pradoshaj vikara* commonly observed in society having the symptoms of *rukshata*, *twakvaivarnya*, *pidka*, and *ruja*. It is *tridoshaj vyadhi* but mainly *kapha* and *vata dosha* are vitiated. Ayurveda mentioned *siravedha* in the management of *vicharchika* and Acharya sushruta mentioned *siravedha* as superior therapeutic procedure among others as it gives instant relief. *Siravedha* is one of the main or one of the choice of treatment in all the *raktapradoshaj vikaras* including *kushta*, *visarpa*, and *vicharchika*. *Siravedha* is type of *raktamokshan chikitsa* (bloodletting) used for healing many disease. After *siravedha* vitiated *dosha* and *rakta* were removed from body. *Vicharchika* is correlated to certain extent with eczema which is among the common chronic skin disease. From this observational study it can be concluded that *siravedha* was quite effective and shows remarkable improvement in the sign and symptoms of *vicharchika*.

KEYWORDS: Kshudra, kushta, raktadushti, Siravedha, vicharchika.**INTRODUCTION**

Ayurveda is a traditional system of medicine providing guidance to maintain homeostasis. Homeostasis is dependent on *dosha* (fundamental principles of body) *dhatu* (entities of body) and *mala* (excretory product). And ultimate aim of Ayurveda to maintain of health and also cure the disease by *ayurvedic* treatment.

In Ayurveda, almost all skin disease can be taken under generalised term *kushta*. *Kushta* is divided in to *maha* and *kshudra kushta*.^[1] *Vicharchika* being the *kshudra kushta* is having *pradhana* Tridosha involvement.^[2]

Vicharchika is considered as *kapha pradhana* and *pitta pradhana* by *acharya charaka*^[3] and *acharya sushruta* respectively. According to *acharya charaka* and *vagbhata*^[4] *kandu*, *pidika* and *bahu strava* are the symptoms present in *vicharchika*. Means the skin ailment where eruption over the skin appears with dark pigmentation, itching with profuse discharge from the lesion.

Vedya sira means that vein which can be punctured at proper site as mentioned in our *samhita* to release the impure blood without any complications or side effects. *sira* is a path through which something flows.^[5] The *siras* are network of venules^[6] and minute terminals^[7] which spreads all over the body and supplies nourishing

materials (*poshak dravyas*) to whole body. They contains and conduct *rasa-rakta* (blood and lymph)^[8] They are of four types and conduct life saving materials. The names of these *siras* are given on the basis of specific doshas. *Acharya sushruta* advised to perform *siravedh* of *sira* located at the site of two fingers (anguli) above *kshipra marma*.

Prevalence

Vicharchika is correlated to certain extent with eczema which is one among the common chronic skin disease and its epidemiological studies by WHO reveals that it affects 10-20% of the total world's populations. about 30% of all the skin diseases are eczematous.

Panchakrama, the five procedures namely *Vaman*, *Virechana*, *Basti*, *nasya*, and *Raktamokshna* restore balance of body through *shodhana* effects. *Raktamokshana* (*siravedh*) is useful for the disease caused due to *Rakta dushti*. As *vicharchika* is one of the *Raktapradoshaj vikara*.^[9] *Raktamokshna* (*Siravedh*) will find to be effective to reduce the symptoms of *vicharchika*.

Types and Symptoms of Vicharchika (Eczema)

There are several types of eczema. In Ayurveda all the three *doshas* leads to eczema. The symptoms of the different eczemas are.

Vata dosha- When the vitiations of the *vata doshas* produces the eczema, it is felt in the dryness of skin and itching of the affected area.

Pitta dosha- *Pitta doshas* vitiations can cause oozing from the affected part. There are other symptoms shown such as burning at site and mild fever.

Kapha dosha- When there is imbalance of the *kapha*, it is more observable on the skin. The skin becomes thick and accompanied by oozing and severe itching.

AIM AND OBJECTIVES

- 1) To study *Vicharchika vyadhi* and its various *lakshna* as mentioned in our *samhitas*.
- 2) To study about the holistic effects of *Raktamokshana karma (siravedh)* in *Vicharchika vyadhi*.

MATERIALS

Review of *vicharchika* and *siravedh* therapy was studied from *charak samhita*, *Sushrut samhita*, *Ashtang hriday* and various textbooks.

METHODS

- 1) *Nidan*, *Purvarupa*, *Rupa* of *Vicharchika vyadhi* was studied.
- 2) Method of *Siravedha vyadhi* was studied.
- 3) Properties and *karmukata* of *siravedh* in *Vicharchika* was studied.
- 4) Collection of all the references was done, i.e., *siravedha*.

Siravedha

Siravedh is a para surgical procedure done in the treatment of *vicharchika* to remove impure blood and to some extent relieve the sign and symptoms.^[10] *Acharya sushruta* has mentioned *siravedh* as an emergency management in certain critical condition to achieve the better results.^[11] *Siravedh* is one of the fascinating subject and satisfactory answer for *vicharchika*. The cardinal symptoms of *vicharchika* like itching and pain are spontaneously relieved by *siravedh* procedure. Disease wise *vedhya sira* are explained by *sushruta*.^[12]

Kshipra marma

The space between thumb and index finger of both the extremities is known as *kshipra marma* which are four in number, two in each extremities belonging one on each.^[13] The space is found in first inter metatarsal and dorsal first metatarsal region of upper and lower limb respectively.

Method of *Siravedh*

Siravedha karma was done after local *abhyanga* and *swedana* on the whole body. Patient was kept in supine position, cuff of sphygmomanometer was squeezed in upper and lower limb above the lesion until veins in that region will be prominent and visualize easily. After visualisation, skin was disinfected with spirit swab. *Siravedh* was done with the help of large bore scalp vein set. Blood was collected in the measuring bottle. Average

40-60 ml of blood was collected till the sign of proper (*samyak*) *siravedh* i.e. pain relief is obtained. *Siravedh* was done from cephalic vein in upper limb and great saphenous vein in lower limb. During the whole procedure patient was carefully observed for any untoward complications.

DISCUSSION

Acharya sushruta in *sharir sthana* has given full description about *siravedh* in *Siravedh vyadhi adhyaya*. In this chapter *sushruta* explained disease wise distribution of sites of *siravedh*. In *vicharchika siravedh* need to be done at 2 *angula* above *kshipra marma*. Great saphenous vein in this region was the most prominent vein. It is the medical upward continuation of dorsal venous arch. It was found almost 2 *angula* above *Kshipra marma*. Morphologically also it is large, easily seen and puncturable. *Siravedh* was performed from both of these veins which shows significant improvement in the patient. This shows that anatomical consideration may play the chief role in the treatment of diseases. *Vicharchika* is included under *siravedh arha vyadhi* in each and every disease, *shodhana* is mentioned which includes *siravedha*. In *vicharchika*, vitiation of *Rasa*, *Rakta*, and *Mamsa* are found and *siraveda* is indicated in all these vitiated *dushyas*.

CONCLUSION

Cephalic vein and great saphenous veins are *vedya sira* in *vicharchika* as described in *sushrut samhita*. *Vicharchika* as *kshudra kushta* has *kapha* dominance and even involvement of *tridosha* can be evident from its sign and symptoms. *Siravedha karma* will be found effective in the symptoms of *Vicharchika* and also in holistic health effect. *Siravedha* even produces *Indriya prasadana* and *dhatu sthirata*, hence *rakta dhatu dushti* and *rasa dushti* in *vicharchika* is reduced and *Twakindriya* is nourished.

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