A Conceptual Study of Sira in the Context of Siravedhana - A Review Article

Shrimali Dipakkumar Jayantkumar¹, Vikash Bhatnagar²

¹P.G. Scholar, Dept. of Sharir Rachana, N.I.A. Jaipur.
²Assistant Professor, Dept. of Sharir Rachana, N.I.A. Jaipur.

ABSTRACT

Siravedhana is a very important Ayurvedic therapeutic procedure for various diseases involving Rakta and Pitta Dushti but in present era it is not commonly practiced because the anatomical structure of the Sira for Vedhana is conspicuous. Siravedhana procedure is very elaborately defined in Sushruta Samhita. In this article scholar has define the structure of the Sira in the perspective of Siravedhana with the help of the classical explanation. As the description is indicating that Sira is a hollow tubular structure conveying blood it means that Nerves cannot be the Sira, the structure of Sira is either an artery or a vein. Further in the Samyakvedhana lakshana Acharya Sushruta has said that the blood flow due to the puncturing of a Sira should stop automatically by minimal efforts this criteria cannot be fulfilled by the arteries as the blood pressure is higher in them, means the Sira should be the veins. Lastly Acharya has described the Sirayantrana vidhi before performing the procedure to engorge the Sira. This Sirayantrana procedure is not logically for the deep veins means the Sira is being used in the Siravedhana procedure must be a superficial vein. Thus finally the anatomical structure of the Sira in the context of Siravedhana is indicative of superficial veins.

Key words: Siravedhana, Sira, Sirayantrana vidhi, superficial veins.

INTRODUCTION

Siravedhana is a very important Ayurvedic therapeutic procedure for various diseases involving Rakta and Pitta Dushti, but in present era it is not commonly practiced. One most common cause for the above situation is the anatomy of Sira itself. As a manual of anatomy and surgery Sushruta Samhita gives the surgical principals and methodology of surgery. In Sushruta Samhita the word Sira is used for various structures like vein, artery, and nerve.

In this article anatomy of Sira will be defined as superficial vein in the context of Siravedhana.

Objectives of the study

➢ To define and establish the anatomical structure of the Sira in the context of Siravedhana.

MATERIALS AND METHODS

➢ Review of Samhitas regarding the structure of Sira.
➢ Review of modern Anatomy.

SYNONYMS OF SIRA

According to Acharya Charaka channels, veins, arteries, ducts, capillaries, tubes, passages, tracts, lacunae, glands (open or closed), bladder, repertories and resorts all these words are use for the visible and invisible spaces which recur in the body elements. [¹] According to Acharya Sushruta...
in the body the organs having "Avakas" are called Sira, Srotas, Marga, Dhamani. [2]

DEFINITION OF SIRA

According to Acharya Charaka Sira are the channels in which the fluid (the blood etc) is conducted (Sarana) from one place to another. [3] Acharya Chakrapani has also commented that the channels are called Sira because of “Sarana” or “Sthananantara Gamana” (moving from one place to another). [3] By explaining the characteristics of the Sira Acharya Sushruta has said that they are unsteady by nature and change their position like fish. [4]

DISCUSSION

The description of Sira as an anatomical entity can be found in the hymns of Vedas. In Atharva Veda there is explanation related to hundreds of Siras which are coppery red in colour conveying Ashuddha Rakta this indicates about venous system which conveys deoxygenated blood.

In the classics Acharyas have described different synonyms and definitions of the Sira. Synonyms are given on the basis of similarity of structure and characters it doesn’t mean that all structures are totally same. It is a method by which Acharya used to describe the characters of some structure.

There are various synonyms of Sira according to different Acharyas, which denotes the characteristics of Sira as under.

- Nadi-Sira is a tubular structure as Nadi.
- Srotas-Some Sira have fenestration in it as Strotasa.
- Dhamni-Sira also contains blood as Dhamni.
- Snayu-The origin of Snayu and Sira’s is same.
- Vasa-Snayu is derived from Meda and Vasa are a one type of Meda.
- Tantuki-Some Sira are very minute.

Acharya stated that the meaning of any word or sentence should be studied in the context of that idea. [5] The description of Acharya Charaka about Sira indicates the classification of the hollow tubular structure of body. All the structures which convey body fluids from one body part to other are called Sira. Then he further describes that out of them in which tubular structure blood is flowing with Dhaman (pumping) are called Dhamni and the structures in which Stravana (oozing) process occurs are called Srotasa. According to the definition of Acharya Sushruta Sira change their location as like the fish and is slippery in its nature. Means Sira is anatomically most variable structure in the body. In circulatory system systemic veins are more variable than arteries, [6] which denote that Acharya Susruta has given description of the superficial veins.

As in the different meaning the same word has different meaning so we discussed the structure of the Sira in the context of the Siravedhana.

Raktamokshana is a procedure through which vitiated blood is withdrawn from the body; Siravedhana is a method of Raktamokshana. This indicates that the structure which is to be punctured in this procedure must convey blood and bleeding should be stopped by minimal efforts after the procedure. [7] Acharya has also described the Sira-Yantrana Vidhi [8] before procedure which indicates the process of applying proper tourniquet.

As in the body only arteries and veins can bleed after puncturing so the structure of Sira should be either a vein or an artery. But if artery is to be punctured the blood flow will not stop automatically [9] and there is no such logic in tying tourniquet while puncturing arteries as they are deeply seated.

The structure must be the superficial veins as their blood flow can stop automatically after puncturing and for their assessment tourniquet application is logical. As they get engorged and are easy to asses for puncturing perfectly without complications. So here in the context of Siravedhana the structure which should be use for the procedure is a superficial vein.
CONCLUSION

From above discussion following conclusion can be drawn.

- The Sira is a tubular structure means Sira may be a vein, artery or nerve.
- In Siravedhana procedure Rakta is drawn from the Sira means the structure of Sira is different from nerve.
- The blood flow of the artery can’t stop automatically so it can’t be a Sira.
- The Sirayantrana Vidhi is not logically for the deep seated veins.
- All the above mentioned criteria are fulfilled by the superficial veins so in the context of Siravedhana the Sira is a superficial vein.

REFERENCES