INTRODUCTION

Ayurveda the traditional science of medical system encompasses various samhitas and sushruta samhita in one of them which describe sharira or anatomical perspective in best way and knowledge of anatomy is very essential before planning treatment of any diseases. Therefore anatomical consideration of any body part play great role towards the diagnosis and treatment of disease. The anatomical view of vessels is one of the need to be explored widely since these vessels not only covers whole internal body but also perform many vital functioning. Ayurveda described these vessels as sira and mentioned their various clinical perspectives in different samhita.

Anatomical Considerations of Sira

Sira originates from nabhi and spread upward, downward and cover whole body internally. Structurally siras look like as fibers in the leaf, branched and thick. The larger arteries leave form heart and divided into smaller ones and reached to various organs of the body. The different vessels such as; arteries, veins, and capillaries differ in size, shape and thickness of wall in their structure. Sira help in transportation of various fluids, nutrients and bloods through the channels. Vatavaha sira are aruna varna and filled with vata, Pittavaha sira are neela varna and carry deoxygenated blood. Kaphavaha sira are gowra varna and carrying clear lymph fluid while Rakthavaha sira are rohini in color and nourishes the dhatus.

Vat-vaha sira observed at axilla as thick, long and cord like structure of brachial plexus Kapha vaha sira at medial side of axilla as hollow & white in color. Rakta vaha sira is thick, hollow and cord like may be observed as brachial artery. Arun varna may be observed in forearm as median nerve.

Pratana of Sira is branches of mool sira, vata-vaha sira means pratana of the nerve plexus in the limbs. Vata-vaha sira in head, neck, abdomen and thorax is nerves or branches of the nerves. Pratana of Pitta-vaha sira are veins in limbs, abdomen, thorax and head. The pratana of Kapha-vaha sira are lymphatic system in limbs, abdomen, thorax and neck. The pratana of rakta-vaha sira means Arteries in limbs, abdomen, head and neck.

KEYWORDS: Ayurveda, Sira, Sira Vedhan, Sira Gata Vata.
Sira vedha is a type of raktmokshan-chikta used for the management of various diseases mainly employed in the case of vitiation of rakta. Sira vedha involve various methods such as; venue puncture, application of leeches, horn application and scarification etc. Sira vedha contradicted in the balyavastha, sthavir, ruksha, kshata, kshina, bhira, parisharnt and Madhya padhwa. This process also should not be performed during course of vaman or virechan. Sira vedha should be performed with proper instruments with appropriate methods.

Sira Vedhan (venue puncture) should be performed as follow in various body parts

Patient should be seated on a stool facing towards the sun. Legs should be flexed and hand in placed neck. The bandage should be tied neither too tightly nor too loosely and sira vedha should be performed while patient suggested breathing regularly. The sira vedha in leg should be performed while one leg should lift up to little higher level. The leg which is to be operated tied with cloth below the janu sandhi and then pressure applied towards the gulf sandhi. Sira vedha should be performed after using a ligature which tied above the operating site.

The Sira vedha in arm region should be performed while patient on comfortable positions. Ligature should be tied in the arm thereafter Sira vedha should be performed.

Sira vedha in utar and uras should be performed while patient lying through the extended chest and raised head.

Sira vedha in medhra should be performed in erectile bending situation.

Sira vedha in parshav should be performed with hanging arm around the both sides of body.

Sira vedha in gridhrasi and viswachi region should be performed while patient positioned as to keep janu sandhi and koorpar sandhi in flexed position.

Sira vedha in prishth and skandh region needs patients to be seated in condition of raised back; flexed head and extended.

Table 1: Etiological factors and symptoms of Sira gata vata (Sira akunchana).

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Etiological factors</th>
<th>Symptoms</th>
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<tbody>
<tr>
<td>1</td>
<td>Excessive day sleep</td>
<td>Joints stiffness</td>
</tr>
<tr>
<td>2</td>
<td>Emaciation, grief and diseased condition</td>
<td>Contraction</td>
</tr>
<tr>
<td>3</td>
<td>Improper sleeping pattern &amp; postures</td>
<td>Joint pain</td>
</tr>
<tr>
<td>4</td>
<td>Trauma &amp; injuries to vital parts</td>
<td>Delirium</td>
</tr>
<tr>
<td>5</td>
<td>Excess vigilance</td>
<td>Atrophy</td>
</tr>
<tr>
<td>6</td>
<td>Disturbances of natural urges</td>
<td>Spasticity</td>
</tr>
<tr>
<td>7</td>
<td>Excessive sexual activities</td>
<td>Insomnia</td>
</tr>
<tr>
<td>8</td>
<td>Improper body movement</td>
<td>Twitching sensation</td>
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<tr>
<td>9</td>
<td>Inappropriate leaping, jumping and other physical activities.</td>
<td>Numbness</td>
</tr>
<tr>
<td>10</td>
<td>Blood related diseases.</td>
<td>Pricking sensation</td>
</tr>
</tbody>
</table>

Sira Gata Vata

Sira gata vata is a condition which associated with adhayaman and rikta of siras. It involves sira sathilya, lack of nutritional supply to mansa and meda dhatu. The condition may be described as looseness of valves of sira which resulted excessive filling of blood in one side and emptiness on another side of sira. Sira gata vata (Sira akunchana) is a Vatavyadhi in which vitiated vata affecting sira. Vitiated vata further leads sira sathilya, nutritional deficiency and it is very difficult to cure.

REFERENCES
