

**A COMPREHENSIVE STUDY OF SIRA SHARIR W.S.R. to URDA ADHO SHAKHAGAT
AVEDHYA SIRA BASED ON CADAVERIC DISSECTION****Mahesh Kumawat^{1*}, Himanshu Chaturvedi², Jannu Manohar³ and Sakshi⁴**M.D. Scholar¹, M.D. Scholar², Professor³, Assistant Professor⁴P.G. Dept. of Rachana Shareer, Sri Ganganagar College of Ayurvedic Science and Hospital Sri Ganganagar Rajasthan
(335001).***Corresponding Author: Dr. Mahesh Kumawat**

M.D. Scholar P.G. Dept. of Rachana shareer, Sri Ganganagar College of Ayurvedic Science and Hospital Sri Ganganagar Rajasthan (335001).

Article Received on 10/11/2022

Article Revised on 30/11/2022

Article Accepted on 20/12/2022

ABSTRACT

The science of healthy living known as *Ayurveda* contains concise descriptions of the human body's anatomical structures. One of *ayurveda*'s three great treatises, the *Sushruta Samhita* primarily represents the school of surgery in the order given our *Acharya* described the Sira in classical literature. For example *Acharya Sushruta* described the sira in *Sharir Sthana* Chapter 7, where *Sushruta* classified the details such as conflict between the *Sira dhamani* and *Srotas*. Aruna, Neela, Lohita and Sweta are the four forms of Sira that *Sushruta* mentions these are pertinent to the doshas *Vatta, Pitta, Kapha* and *Rakta* respectively. In all our bodies contain 700 Sira. These Sira are mostly of the *vedhya* and *avedhya* varieties. There are 602 *vedhya Sira* or Sira that can be punctured to treat ailments. *Avedhya Sira* are 98 in number and are categorically forbidden to be punctured. Out of a total of 700 Sira there are 40 moola Sira which are further divided into four regions these are *Vatvaha, pittavaha, kaphavaha* and *Raktavaha* which are each 10, 10, 10, and 10 correspondingly.

KEYWORDS: Sira, Vedhya sira, Avedhya sira, Siravedhan.**INTRODUCTION****"ग्रंथादौग्रन्थमध्येग्रन्थान्तेचमंगलाचरणीयमितिशिष्टचारः"****हिताहितसुखदुःखमायुस्तस्यहिताहितम्।****मानंचतचयत्रोक्तमायुर्वेदः सउच्यते॥ (च.सू.1/41)"**

The word *Ayurveda* in Sanskrit is made up of two words *AYUH+VEDA* which means the science of life or mother of healing.

Ayurveda is holistic and one of the oldest branches of medicine that imparts complete knowledge about one's health. In this science various methods are described to treat diseases.

Sushruta Samhita is of great historical importance because it includes historically unique chapters describing surgical instruments, training and procedures which are still followed by modern science of surgery.

"त्रसिराशतमेकस्मिन्सक्थिनः भवतितासांजालधरात्वेका,;**तिस्त्रश्चाभ्यंतराः-****तत्रोर्विसंज्ञेद्वेलोहिताक्षसंज्ञाचैकाएतास्त्वव्याध्याः,****एतेनेतरसक्थिबाहुचव्याख्यातौ;****एवमशस्त्रकृत्याः षोडशशाखासु॥ (सु.शा. 7/23)"**

It was the first time in human history to suggest that a student of surgery should learn about human body and its organs by dissecting dead body. In *Sushruta Samhita* total of 700 Siras are described. Out of these 40 Siras are marked out as Moolsira, which are- *Vatavaha, Pittavaha, Kaphavaha and Raktavaha*.

Total 98 Siras are mentioned as *AVEDHYA SIRA* by *Acharya Sushrut* in *Sira Varna Vibhakti Sharir Adhyaya*. These *AVEDHYA SIRAS* are categorized. Each Shakha has 4 *Avedhya Siras*. So that total 8 Siras will be counted in *URDA Adhoshakha*. These are *Jaldhara Sira* (1) and on the medial side, *Urvi* two in number and *Lohitaksha* one in number.

The Anatomical structure considered with particular *Avedhyasira* Number of four in the extremities 5-4 in each total 16.

1- *Jaldhara*- one in number in each extremities in The upper limb we can consider cephalic vein in lower limb it can be considered as great Saphenus vein these both veins drained blood from dorsal venous arch.

- 2- "Two Urvi"- in The upper limbs it can be considered as brachial vessels in lower limb it can be considered as femoral vessels.
- 3- "One Lohitaksh"- in upper limbs Axillary vessels in lower limbs profundafenoris and other deep branches of femoral artery.

According to "ShadangSharir." In which Acharya marked out 16 Siras in Shakha(Limbs).

In the literature written by father of surgery "AcharyaSushrut" has described the treatment of diseases as "SHASTRA PRADHAN" (weapon oriented) where the description of "SIRAVEDHAN" is mainly mentioned. According to "Siravedhan Karma" one should not pierce these "AvedhyaSira" in any condition because penetration of these veins can lead to harmful effect to that person. There are 16 "AvedhyaSira" in limbs.

In the same context of "AvedhyaSira, AcharyaVagbhat" also described: -

स्थूलमूलाः सुसूक्ष्मानाः पत्ररेखाप्रतानवत् ॥
भिद्यन्तेतारततः सप्त शतान्यासांभवंतितु ॥ (अ.इ.३/१९)
तत्रैकैकं च शाखायां शतं तस्मिन्नेधयेत् ॥
सिरांजालन्धरानामः तिस्त्रश्राभ्यन्तराश्रितः ॥ (अ.इ.३/२०)

Need of study

In present times there are many diseases which are treated surgically mainly. For any surgery, it is necessary to know the anatomical structures present at that particular region. Regarding this, our "Acharya" has mentioned "Avedhyasira" which should not be punctured during any procedure or surgery.

So, it is very important to study these veins described by "Acharya" in the modern context so that they can be protected at the time of surgical work in modern era. That's why this topic is selected for study.

AIMS AND OBJECTIVES

- 1- To study SiraSharir in Ayurvedic classics as well as in modern literature.
- 2- To study location and importance of AvedhyaSira.
- 3- Cadaveric study of URDA Adho shakhagat AvedhyaSira.
- 4- To study the surgical aspect of AvedhyaSiras,

MATERIALS AND METHODS

- Literature study will be done by collection and compilation of information regarding "SiraSharir" and "URDAAdhoshakhagat AvedhyaSiras" from Ayurvedic classics as well as from relevant modern literature.
- Journals, magazines, internet materials, published articles and available books will also be reviewed for relevant literature.
- Exploration of literary review in context to the "AvedhyaSira" will be done

- The Literary material related to sira has been collected from different sthans (parts) of Sushruta Samhita and modern anatomy books like chaurasia genral Anatomy Grays Anatomy etc. critically reviewed and correlated with modern terms.

Cadaveric study

- Study of "Sirasharir" and "URDAAdhoshakhagatSira" will be done by doing dissection of cadaver.
- Photographs will be taken of relevant structures found in cadaveric dissection of "URDAAdhoshakhagatAvedhyaSira."
- Findings will be explained in scientific way of facts based on limbs study and observation.
- If these "AvedhyaSira" are punctured in any case or accidentally the resultant complication or Updrava will be explained in "Ayurvedic" and modern aspect.
- Cadaveric Study on "SiraSharir" "URDAAdhoshakhagatSira" Will Be Done In P.G. Department Of Rachana Sharir Sri Ganganagar College Of Ayurveda Science & Hospital Sri Ganganagar.
- Cadaveric Will Be Dissected during This Work In P.G. Department Of RachanaSharir For Studying The Specific reason Of "URDAAdhoshakhagatSira".

CONCLUSION

Siravedhan is a method of treatment which is frequently used in Ayurveda. the diseases which are cured by siravedhan con not recur that's why it is a useful by methods of treatment .Avedhya sira are the anatomical structures which are either deep vessels or the vessels which can lead to harmful effects by puncturing them. so there are the perfect guidelines for physician to avoid vedhan of these avedhya sira.

REFERENCES

1. Dr. Bramhanand Tripathi, Charaka Samhita, Sutrasthana, Reprint edition Chaukhamba Surbharti Prakashan, 2007.
2. Ambika datta Shastri, Sushruta Samhita of Sushruta Sharir Sthan, Chaukhamba Sanskrit Sansthan, 2004; 7: 13.
3. K.R. Srikantha murthy ,Sushruta Samhita , sharir Sthana, reprint edition Chaukhamba Orientalia, 2008.
4. Ghanekar teeka, Sushruta Samhita of Sushruta, sharir Sthan chapter Meharchand Lachamandas publications, 2010; 7.
5. B.D. Chauriyas Humen Anatomy, CBS Publisher s and distributors, 2013; 6.
6. Henery Gray, Grays Anatomy, Elsevier churchil living stone, 2002; 40.
7. Keith L. Moore Arthur F. Dalley (clinical anatomy) Lippincott. williams and Wilkins, 2006; 5.