IMPORTANCE OF VEDHYA AND AVEDHYA SIRA IN AYURVEDA WITH SPECIAL REFERENCE TO SUSRUTA SAMHITA

Dr. Vikash Verma¹, Dr. Sakshi², Dr. Subhash Upadhyay³
¹P.G. Scholar Dept. of Rachana Sharir, SGACS & H Tantia University Sri Ganganagar, Rajasthan India.
²Assistant Professor of Rachana Sharir, SGACS & H Tantia University Sri Ganganagar, Rajasthan India.
³Professor and H.O.D. or Rachana Sharir, SGACS & H Tantia University Sri Ganganagar, Rajasthan India.

ABSTRACT
Ayurveda is the science of healthy life. In ayurvedic text there are brief description of body its anatomical strucuters. Our acharya has described the sira in ancient literature. In that order acharya sushruta has described the sira in sharir sthana chapter-7. Sushruta has classified the details such as disturbance among sira, dhamni & srotas. Sushruta has mentioned 4 types of sira – Aruna, Neela, Lohita, Sweta. These are relevant respectively with the doshas- Vatta, Pitta, Kapha, Rakta. We can regard these sira is the vein, which carry deoxygenated blood from all over the body towards the heart. The blood from these sira by flow velocity is called Saran Kriya. A total 700 sira are present in our body. These sira are bascilly of two types Vedhya and Avedhya. Vedhya sira are the sira which can be punctured for curing the disease & these are 602 in no. Avedhya sira are strictly prohibited for puncturing & these are 98 in no. Out of total 700 sira there are 40 moola sira, which are further classified to four region. These are vatvaha, pittvaha, kaphvaha, raktavaha are 10,10,10,10 respectively.

KEYWORDS: Sira, Vein, Sushruta.

INTRODUCTION
The sushruta samhita is the three great treatises (Brahattrayi) of ayurveda representing mainily the school of surgery. Sushruta smhita is the best one in sharer sthana.[⁷] Sushruta has classified the details such as disturbance among sira, dhamni & srotas. Sushruta has mentioned 4 types of sira – Aruna, Neela, Lohita, Sweta. These are relevant respectively with the doshas- Vatta, Pitta, Kapha, Rakta. We can regard these sira is the vein, which carry deoxygenated blood from all over the body towards the heart. The blood from these sira by flow velocity is called Saran Kriya. A total 700 sira are present in our body. These sira are bascilly of two types Vedhya and Avedhya. Vedhya sira are the sira which can be punctured for curing the disease & these are 602 in no. Avedhya sira are strictly prohibited for puncturing & these are 98 in no. Out of total 700 sira there are 40 moola sira, which are further classified to four region. These are vatvaha, pittvaha, kaphvaha, raktavaha are 10,10,10,10 respectively.

The blood vessels of the body makes up a clodes system of tubes, that carry blood from heart to the tissue all over the body & then back to heart.

Some sira are puncturable these are⁸

<table>
<thead>
<tr>
<th>Type</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vatta sthanagata</td>
<td>175</td>
</tr>
<tr>
<td>Pitta sthanagata</td>
<td>175</td>
</tr>
<tr>
<td>Kapha sthanagata</td>
<td>175</td>
</tr>
<tr>
<td>Rakta sthanagata</td>
<td>175</td>
</tr>
<tr>
<td>Total</td>
<td>700</td>
</tr>
</tbody>
</table>

In which their classification according to organs

<table>
<thead>
<tr>
<th>Type</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extrimitis</td>
<td>100</td>
</tr>
<tr>
<td>Kosthagata</td>
<td>34</td>
</tr>
<tr>
<td>Urdhava jatrugata</td>
<td>41</td>
</tr>
<tr>
<td>Total</td>
<td>175</td>
</tr>
</tbody>
</table>

These 175 are further classified according to vatta, pitta, kapha, rakta are 700 in number.

The sira which are suitable for puncturable are 602 & the sira which should not be puncturable are 98 in number.

Pecularites of sira- when aggregated vayu occupied its own sira, it causes various disorders of vata.⁶
Pitta moving in its own sira produces brilliance, relish in food, stimulation of digestive fire & freedom from diseases along with other merits.\(^7\)

The same when aggravated moves in its own siras, produce various disorder of pitta.

Kapha carrying in its own sira produces uncotuness in body parts, firmness in joint, strength along with other qualities.

When aggravated kapha occupies its own sira various disorder caused by kapha appear.

Replenishing dhatus, completion & positive sensation of touch & produced along with other qualities by blood moving inits own sira.

When aggravated blood circulates inits own sira various of blood occurs.

No sira carrying vata or pitta or kapha alone & as such are known as carrying all.

Even the aggravated doses run intermingled & diverted to faulty passage, so they are known as carrying all.

The sira carrying vata are filled with vayu & are reddish, from pitta they are hot & blue , from kapha are cold white & firm while sira carrying blood are red & moderately hot & cold.\(^8\)

Importance of vedhya sira – These are 602 in number.

Vedhya sira are considered to be puncturable vein, as they are the vein which used in venepuncture.

Venepuncture is known, in surgery, as half of the therapeutic\(^9\) management occupying applied anema in general medicine.\(^10\)

Now here are some disease which are cured by venepuncture.

Padadaha, padaharsha, cippa, erysipelas vichachrika, kanjha pangu, spleenomegaly.

Nobody is confidently trained in vein as they are unsteady by nature & changed their position like fish.Hence these shuld be dealt with carefully.

Importance of avedhya sira

These are 98 in number and are located in\(^11\)

<table>
<thead>
<tr>
<th>Sira</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Four extermitis</td>
<td>16</td>
</tr>
<tr>
<td>Kostha</td>
<td>32</td>
</tr>
<tr>
<td>Urdhavajatrugat</td>
<td>50</td>
</tr>
<tr>
<td>Total</td>
<td>98</td>
</tr>
</tbody>
</table>

The importance of avedhya sira are that they are non puncturable vein or vessels, which should not be cut during venepuncture.

If they are accidently cut by chance they produces serious illness by flow out blood & falling down blood pressure.

Their injuriy cause paralysis/necrosis of that organ or may cause death.\(^12\)

Here are some discussion of avedhya sira

In upper extermitis jaldhara is considred as cephalic vein it is contraindicated because cephalic vein is principle vein of upper extermitis & due to severe blood loss there can be severity as like in lower extermitis by saphenus vein.

Vitap and katiktarun are the vein for gonads & the gluteal region by venesection of these there may benecrosis of gonads and the gluteal muscles.

Vrihitis is regarded as the sub scapular vessels by vnesection of this there may be complication ofnerve injury and lead to paralysis and blood loss also.

DISCUSSION

Sira are considered as the blood vessels which carry blood from all parts of body toward the heart.

They are the channels which carry all the dosha among them. Their anatomical knowledge is the basic purpose for the venesectionand treating diseases.

A siravedhan is considered as ardh chikitsa by acharya sushruta.

CONCLUSION

Sira are defined by acharya sushruta in chapter 7 and 8\(^th\).

Sira are anatomical structure which are used for currying amny disese like urdhjatrugata roga, kosthgata roga, katiroga and sakthagata roga.

Position of sira are very importance to surgical prospective as the injury of avedhya sira are serious cause of illness and other harmful disese.

Acharya charka called them the sarnat sira as saran kirya occurs among them.Sira carrying all the dosha with rakta as they are importance factors for staying healthy.

REFERENCES