

## A CONCEPT OF SIRAVEDHA IN SHIROROGA

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## ABSTRACT

Shira is considered as the Uttamanga of the body because it is the seat of Prana and Indriyas. It is one among the three major Marmas. All the three doshas are located in the head with the predominance of kapha dosha. Acharya Sushruta has mentioned 11 types of Shiro roga which can be correlated with Headache. According to WHO, headache is one among the five most common clinical disorders worldwide. It affects more than 46% of the global population and the lifetime prevalence of headache is more than 90%. Higher prevalence of headache is mainly associated with greater social, economic and family burden. The main classes of drugs to treat headache disorders include: analgesic, anti emetic, specific anti migraine medications. According to Ayurveda Shodhankarma is necessary for a permanent cure as well as prevent head disorders. Acharya Sushruta advocate that if all the fivefold purificatory procedure cannot be performed due to lack of time then, even 'Raktamokshan' can serve the purpose. Raktamokshana is the best procedure of Shodhana Karma which is indicated in Dushita Rakta. Acharya Chakrapani has considered Rakta as a responsible factor of all shirorogas. Siravedha is the most important method in all conditions where raktamokshan is indicated and considered as a 'Ardha Chikitsa' in all therapeutic procedures mentioned in Shalya Tantra (Surgery). In all Bhrihatrayi, detailed description about Siravedha Chikitsa is well explained and considered it as effective treatment in shiroroga also.

**KEYWORDS:** Shira, Shiroroga, Rakta, Raktamokshana, Siravyadha.

## INTRODUCTION

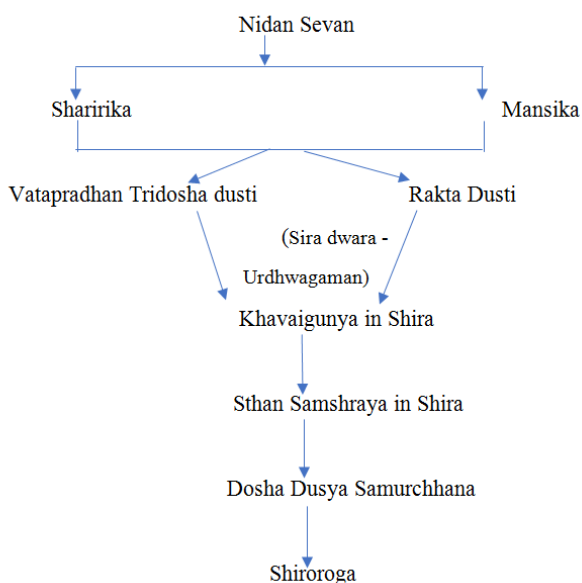
In present era, irregular dietary habits, excessive use of tobacco, alcohol, sleep disturbances, stress, use of pain killers, antibiotics and steroids lead to different types of headaches. Their mode of treatment includes analgesics, which gives a temporary relief but its regular usage can sometimes induce headache. Acharya Vagbhata mentioned the Nidana of Shiro Roga as exposure to smoke, sunlight and snow, day sleep night awaking, exposure to eastern breeze, suppression of tears, excessive weeping, excessive intake of water and alcoholic drinks, worm infestation, suppression of natural urges, avoiding pillow, lack of cleanliness, looking down continuously for long period, inhaling bad smell, nasal and paranasal chronic infections, undigested food, too much of speaking; by these causes the Doshas get localized in the head and produce diseases of the head.<sup>[1]</sup>

According to Susrutha, Shiro Rogas are 11 in number, which includes Vataja, Pittaja, Kaphaja, Sannipataja, Raktaja and Krimija Shiroroga, the remaining four being known as Suryavarta, Anantavata, Ardhavabhedaka and Shankhaka.<sup>[2]</sup>

Shodhankarma present a unique approach of Ayurveda with specially designed five procedures for internal purification of the body through the nearest possible route.<sup>[3]</sup> These Shodhana therapies act on the root sites of Dosha, remove them from the body and allows the biological system to return to homeostasis and to rejuvenate rapidly and also facilitates the desired pharmacotherapeutic effects of medicines administered thereafter.

Raktamokshana is a unique Para-surgical measure which is considered as best for pitta and rakta pradoshaj vyadhi. Siravedha is one of the raktamokshan especially used for Sarvangagat rakta dustijanya vikara. As in Charaka Samhita the Basti Karma is regarded as partial or even the complete treatment method,<sup>[4]</sup> similarly in Susrutha Samhita the Raktamokshana is considered as the partial or complete treatment in itself.<sup>[5]</sup> Raktamokshana is one of the important procedures of Shodhana Karma which is very useful for the treatment of head disease.

## Samprapti of Shiroroga



Shira is sthana of many siras and in samprapti doshas are accumulated in shira through siras, so there is mainly rakta involvement seen. And Acharya Chakrapani mentioned that Rakta is responsible for all Shirorogas.

**Samprapti Ghatak**

Dosha: Tridosha

Dushya: Rakta

Srotodusti: Sanga, Vimargaman

Adhisthan: Shira Pradesh

Agni: Jathragnimandya

Rogamarga: madhyam

**Concept of Siravedha**

Raktamokshana means to let out blood.<sup>[6]</sup>

1. Raktamokshana by Anushastra are: Jalaukavacharana, Shruna, Alabu
2. Raktamokshana by Shastra are: Pracchana, Siravyadha

Siravedha can be done in two ways: a) Cut (Viddha) b) Needle (Suchi)

Amongst various methods of Raktamokshana described in Sushruta samhita, Siravyadha has been one of the most commonly used therapeutic procedure to remove the vitiated blood with the help of sharp instruments and specially used to treat sarvangagata rakta dushti janya diseases,<sup>[7]</sup> and also relieves pain and redness immediately and considered as an ardh chikitsa in shalya tantra.

Some siras are not suitable for Siravyadha. These siras are called Avedhya sira. A surgeon should not perform venesection on this siras would definitely cause disability or death.<sup>[8]</sup>

**Indications in Shiroroga**

- Pittaja Shiroroga<sup>[9,10]</sup>
- Raktaj Shiroroga<sup>[11]</sup>

- Suryavarta<sup>[12]</sup>
- Ardhabhedak<sup>[13]</sup>
- Anantvata<sup>[14]</sup>

**Contraindications in Shiroroga<sup>[15,16]</sup>**

In Kshayaj and Krimija Shirorogas Raktamokshan is contraindicated.

Siravyadha should not be done on days which are very cold, very hot, with heavy breeze and very cloudy and never in the healthy persons (except Sharad Ritu). Also, those who have swelling all over the body, who are emaciated due to intake of sour food (for a long time), who are suffering from disease such as anaemia, haemorrhoids, abdominal enlargement, tiredness, oedema and pregnant women.

**Method****Materials<sup>[17]</sup>**

Siravyadha is one of the Shastra Karma out of eight and same as one of the Upakrama out of shashti Upakram. So, for the better performance of Siravyadha and for the management of the complications, the following material should be arranged prior to the procedure.

- Proper place, Kutharika Shastra, Vrihimukha Shastra (or scalp vein no. 20)
- Oil (for Snehana), Swedana Yantra
- Bandhana materials (tourniquet etc.), Cotton, Gauze piece, Bandages, Kidney tray,
- Kashaya for wound washing, Hot and cold water,
- Raktaskandana Upakarana etc.

**Vedhya Sira:** At Lalat or Apanga Shira or Nearest possible Shira.

**Vyadhana Pramana:** size of ½ of Yava

**Siravyadha Vidhi:**<sup>[18]</sup>

In Proper Asana, after Abhanga, Swedan and Yantrana vidhi classical method of Siravedha should be done. It should be adopted after the patient has been satisfied with a drink of Yavagu mixed with ghee or oil.

**Samyak Siravyadha Lakshana:** Blood flows out in a stream for a period of one Muhurta and then stops on its own accordingly; Just as yellow liquid flows out first from flowers of Kusumbha (when crushed) similarly vitiated blood flows out first when veins are punctured.

**Srava Pramana:**<sup>[19]</sup> one Prastha ~768 ml  
Tight dressing should be applied on the wound.

**Pathya – Apathya:** The patient should be treated with food which are light, unctuous, which promote blood formation and either slightly sour or devoid of sour. After bloodletting, the patient should avoid the exercise, copulation, cold breeze, one meal a day, day sleep, use of alkalis, pungent substances in food, grief, much conversation and indigestion till he attains good strength.

**Mode of Action of Siravedh**

- While enumerating the six Kriyakala types, Susrutha emphasizes on the role of Rakta in the third and the most important stage called Prasara. Prasara step is crucial for the Doshas to get disseminate across various planes of the body and rakta become vehicle in this phase. Henceforth Uttarothara dhathu penetration of morbid doshas is restricted.<sup>[20]</sup>
- Rakta is considered one among the dasha pranayatan of body by Acharya charak and it provides jivana, when dushita rakta is removed, there is enhancement of shudha rakta.
- Raktamokshana improves venous circulation thus raktāvṛ tavāta is relieved, and relief in pain is observed instantly.

**DISCUSSION**

According to Acharya Susruta, Raktaja Roga will Apurnabhava (not recurrence) which treated by Raktamokshana. Siravyadha should good beneficial in Shiroroga which are Pittaja Shiroroga, Raktaj Shiroroga, Suryavarta, Ardhavbhedak, Anantvata.

Avarana chikitsa - Raktamokshana is predominantly indicated in pitta, rakta and kaphaj vyadhi or when pitta or kapha is in anubandha to vata dosha. In such conditions of vata prakopa due to kapha and pitta avarana, raktamokshana can help to remove the avarana of pitta and kapha dosha giving way for anuloma gati of vitiated vata that indirectly cures the vatika symptoms.<sup>[21]</sup>

Samsrita dosha - in conditions of samsrita dosha, pitta dosha should be treated first, due to asayaasrayitva bhava of rakta and pitta raktamokshana helps to pacify vitiated pitta.<sup>[22]</sup>

In general, various probable mechanisms are going to change in body by bloodletting, such as local blood supply local metabolism which is going to be improved, local fresh RBCs are produced which are active.<sup>[23]</sup> And thus, by this virtue, it is very much useful in many health ailments (especially Raktaja vikara).

**CONCLUSION**

Raktamokshana is one of the best treatment for Shiroroga. Siravedha is one of the purification therapies where the disease-causing factor i.e., vitiated Doshas are expelled from the body in addition to relief from disease symptomatology as well as without recurrence of the disease. Hence it is said to be a complete treatment.

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