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## AYURVEDA REVIEW ON ANATOMICAL AND CLINICAL PERSPECTIVES OF *AVEDHYA SIRAS*

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### ABSTRACT

The Ayurveda term '*Sira*' collectively used for blood vessels including arteries, veins, lymphatic and capillaries. This term mainly related to the vessels of circulatory system which helps in the transportation of blood and other substances. As per Ayurveda there are some conditions which require venesection (puncturing of vein) including surgical interventions. However there are some *Siras* which should not be punctured and these are called *Avedhya sira*. Venesection on this *Siras* can cause disability or even death, thus surgeon or physician must remain aware about the anatomical positioning of such *Siras*. Therefore it is essential to explore location and anatomical descriptions of such *Avedhya sira*. Considering this fact present article summarizing anatomical and clinical perspective on *Avedhya sira*.

### KEYWORDS

Ayurveda, *Siras*, *Avedhya sira* and *Rachana Sharir*.

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### INTRODUCTION

Ayurveda described *Rachana Sharir* as branch of anatomical perspective that deals with anatomy of human body and clinical importance of vital organs. This stream helps to understand structural concept of body and diseases related to the anatomical abnormalities. The knowledge about human body helps to prevent and cure diseases. *Sira* is one of the important components of human body which provides nutrition to the tissues and maintains circulation of fluid inside the body<sup>1-4</sup>. Ayurveda described four types of *Sira* as depicted in Figure No.1.

*Sushruta* has described concept of *Siravedhan* as *Chikitsardh* in which puncturing of vein done for treating diseases like *Vishwachi*, *Grudhrasi*, *Apsmar* and *Unmad*, etc. This procedure also recommended for purification purpose as *Shodhna* purpose to cure diseases related to the vitiation of blood. However, there are some *Siras* which are contraindicated for *Siravedhan* (venesection) and should not be punctured and these *Sira* known as *Avedhya sira*, puncturing of these *Avedhya sira* may cause harmful effects including death<sup>4-6,2</sup>.

Scattered references are available in classical and modern medical text regarding *Avedhya Sira*. The knowledge of *Avedhya siras* is very important for surgeon and physicians to avoid any consequences related to the accidental puncturing of *Avedhya siras*. *Avedhya siras* should be avoided for *Vedhya Karma* to avoid severe blood loss, falling of blood pressure and death. *Acharya Sushrut* has described view on *Avedhya Siras* and *Brihati sira* is one of them which is present in back region (*Prishtha pradesha*) on either side of vertebral column. This *Sira* should not be punctured to avoid serious consequences, *Brihati sira* on the basis of its sensitivity can also be called as *Marmashrit sira*<sup>5-7,2</sup>.

*Sira vedhan* is a type of *Raktmokshan* in which deep rooted morbid *Doshas* and impure blood removed from body through the punctured *Sira*. The approximate numbers of *Avedhya sira* are ninety eight, these founds in body as follows:

Sixteen *Avedhya sira* are in extremities

Thirty two *Avedhya sira* in *Kostha*

Fifty *Avedhya sira* in *Urdhvjatrugata*

#### **Distribution of *Avedhya siras* in extremities**

One *Jaldhara* in each extremity as cephalic vein in upper extremity and lower extremity.

Two *Urvisira* in upper limb (brachial vessels) in lower limb as femoral vessels.

One *Lohitaksh sira* in upper limb (axillary vessels) and profunda femoris found in lower limb.

#### **Distribution of *Avedhya Siras* in *Koshtha***

Two *Vitap* and two *Katiktaru* in *Shroni Pradesha* *Vitap sira* is considered testicular or ovarian vessels while *Katiktaru* is considered as gluteal vessels.

*Urdhwagata* vessels present in *Parshwa* as *Avedhya Siras* which goes upward from the lateral side.

*Parshwasandhigata* is the vessels situated at the meeting point of abdomen and thorax.

Two *Vrihati* present in *Prishtha* as *Avedhya Siras* which is considered as subscapular vessels.

*Medhropari romrajimubhayato* also found in *Koshtha* that can be regarded as epigastric vessel.

#### **Distribution of *Avedhya Siras* in *Vaks* (Chest)**

*Aplap*, *Apsthamb*, *Stanmul* and *Stanrohit* present as *Avedhya Siras* in *Vaks*.

These vessels as per modern science can be considered as coronary vessels, internal mammary vessels, intercostal vessels and lateral thoracic vessels.

#### **Distribution of *Avedhya Siras* in *Urdhwajatrugata***

*Marma sangya* (carotid arteries and jugular veins)

*Krikatika* that is considered as occipital vessels

*Vidhur* (post auricular arteries and veins)

#### **Distribution of *Avedhya Siras* in *Hanu* (Temporomandibular Joint)**

*Sandhidhamanyayu* as internal mammary vessels.

#### **Distribution of *Avedhya Siras* in *Jivha***

*Rasvahe* and *vagvahe* can be considered as Profunda linguae vessels.

#### **Distribution of *Avedhya Siras* in *Talu***

*Mriddavuddeshe* (soft palate) as artery that supply to the soft palate.

#### **Distribution of *Avedhya Siras* in *Netra***

*Apangyorekek* present in *Netra* as *Avedhya Siras* that is also considered as zygomaticotemporal artery.

#### **Distribution of *Avedhya Siras* in *Karna***

*Shabdavahini* present in *Karna* as *Avedhya Siras* that is also considered as posterior auricular and tympanic vessels.

#### **Distribution of *Avedhya Siras* of *Netra* and *Nasa***

*Keshanugatachya* (supraorbital and termination of frontal branch of superficial vessels)

*Avarta* (frontal branch of superficial vessels)

*Sthapnyam* (nasal branch of frontal veins)

#### **Distribution of *Avedhya Siras* of *Murdha***

*Utkshap* (branch of superficial temporal vessels)

*Simant* and *Adhipati* which are also considered as occipital and superficial temporal vessels.

## **DISCUSSION**

*Jaldhara* is cephalic vein which is considered as principle vein of upper extremities, the puncturing of

this vein may leads blood loss. Great saphenous vein present in lower extremities and similar consequences may observe if get punctured. *Urvi* is considered as brachial and femoral vein while *Lohitaksh* is considered axillary and profunda femoris vessel, the venesection of these vessels may lead severe blood loss and falling of blood of pressure. *Vitap* and *Katiktarun* are veins of gonads and gluteal region and puncturing of these vessels may leads necrosis of gonads and gluteus muscle. The venesection of *Vrihiti* (subscapular vessel) may cause nerve injury and paralytic consequences. The *Avedhya Siras* near to heart are *Aplap*, *Apsthamb*, *Stanmul* and *Stanrohit*, which are also considered coronary vessels and venesection of these may affects functioning of heart. *Krikatika* and *Vidhur* are occipital and post auricular vessel and their venesection is contraindicated since they are also situated near to the heart and associated with vital component of body.

*Sandhidhamanyayu* is internal maxillary vessels if this get punctured then consequence of *Manyastambh* may occur. Venesection of profunda lingual vessels can cause necrosis of tongue. Angular vein *Aupnasikachya* causes blood loss after being punctured. Venesection of *Apang* may cause vision loss, similarly posterior vessel *Shabdavahini* associated with delicate organ therefore should not be punctured. *Keshanugatachya* (orbital vessel), *Aavart* (frontal superficial vessel) and *Sthapani* (nasal frontal vein) are contraindicated for venesection since they are located on sensitive part of facial region<sup>2,7-10</sup>.

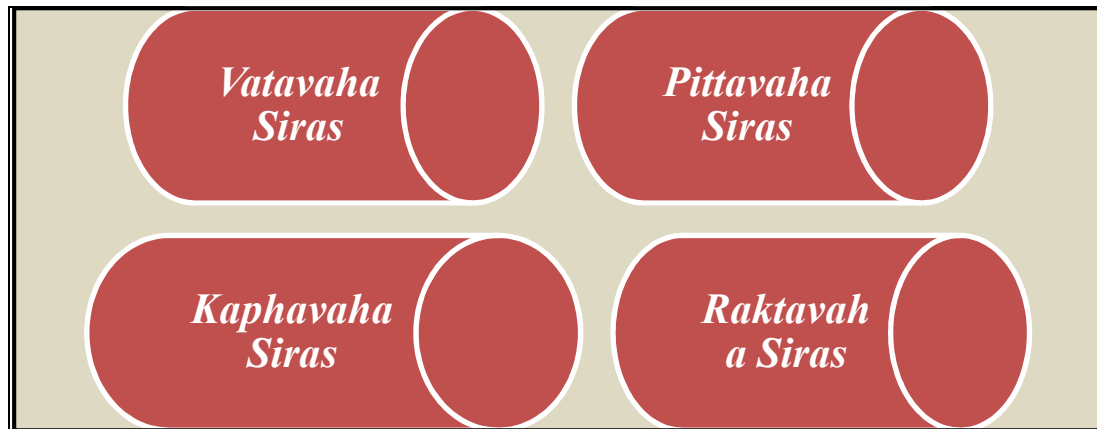


Figure No.1: General Types of Sira as per Ayurveda

## CONCLUSION

*Siravedhan* is method of treatment used in ayurveda in which veins (*Sira*) are punctured for draining out impure blood and morbid *Dosha*. However ancient Ayurveda mentioned many *Siras* as *Avedhya sira* which are contradicted for puncturing. The anatomical structures and location of these vessels (*Avedhya sira*) can lead harmful effects on their puncturing therefore Ayurveda surgeon must consider guidelines of *Siravedhan* to avoid consequences that may arises after *Vedhan* of *Avedhya sira*. Venesection on these *Siras* can cause

disability, severe blood loss, fall in blood pressure, loss of activity of sense organs, paralysis or even death. The approximate numbers of *Avedhya sira* are ninety eight; out of them sixteen *Avedhya sira* found in extremities of body, thirty two *Avedhya sira* found in *Kostha* region and fifty *Avedhya sira* found in *Urdhvjatrugata*. The consideration of anatomical positioning of these *Avedhya sira* is very important aspect as per Ayurveda point of view to perform successful venesection and surgical interventions during treatment of diseases.

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## CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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