



ISSN 2456-3110

Vol 7 · Issue 8

September 2022

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

**Indexed**

## Anatomical exploration of *Sushrutokta* sites of *Siravyadha* in Upper Extremities

Ankita Chitragupt<sup>1</sup>, Kavita Bhutali<sup>2</sup>, M. R. Patil<sup>3</sup>

<sup>1</sup>Post Graduate Scholar, Dept of PG Studies in Rachana Shareera, Shri Shivayogeeshwara Rural Ayurvedic Medical College and Hospital, Inchal, Karnataka, India.

<sup>2</sup>Reader, Dept of PG Studies in Rachana Shareera, Shri Shivayogeeshwara Rural Ayurvedic Medical College and Hospital, Inchal, Karnataka, India.

<sup>3</sup>HOD, Dept of PG Studies in Rachana Shareera, Shri Shivayogeeshwara Rural Ayurvedic Medical College and Hospital, Inchal, Karnataka, India.

### ABSTRACT

Ayurveda is a holistic healthcare system of medicine which is more than 5000 year old. *Sushruta* known as Father of Surgery has described various surgical procedure along with some parasurgical measure. *Raktamokshana* is the one of the principal *Shodhana* therapy in Ayurveda. *Acharya Sushruta* advocate that if all the fivefold purificatory process cannot be performed due to lack of time then ever *Raktamokshana* can serve the purpose. *Acharya Sushruta* has mentioned *Siravyadhana* most important method where *Raktamokshana* is indicate and considered as *Ardhachikitsa*<sup>[1]</sup> *Siravyadha* is found very rarely used in Ayurvedic practise, may be because of lack of experience about the basic concept of *Sharia* like *Vedhya - Avedhya Sira*, the exact sites where *Shashtra Patana* can be done and also the other vital structures to be avoid from injury during the procedures. *Siravyadha* at a specific site according to different diseases is important part of this therapy. As *Acharya Sushruta* has mentioned specific sites of *Siravyadha* for various disease in *Sharira Sthana*,<sup>[2]</sup> it appear surprising why *Sushruta* has mentioned particular sites for *Siravyadha* in different diseases, why can't common sites is selected in all diseases. So, considering its importance a comprehensive study is done to identify and locate *Sira* of *Vyadhana Sthana* on basis of available literature. The study is limited to upper extremities.

**Key words:** *Sushruta Samhita*, *Siravyadha*, *Raktamokshana*.

### INTRODUCTION

To show the importance of the study of *Sharira Rachana*, *Acharya Sushruta* has rightly quoted that no one can become a good physician without having the proper theoretical & practical knowledge of anatomy of human body (*Sharira Rachana*).

When, '*Sira Sharira*',<sup>[3]</sup> '*Siravyadha Vidhi Sharira*'<sup>[4]</sup> of

*Sushruta Sharira Sthana* are reviewed. *Siravyadha* is chief line of treatment in management of many diseases. But here the study is limited to only '*Urdhwa*' *Shakhas*. Because *Acharya Sushruta* has quoted different *Siravyadhana Sthanas* in different diseases.<sup>[5]</sup>

Bloodletting at a specific locations and veins is an essential part of surgery in Ayurveda and *Marma* therapy. As being a strong therapy, it should only be performed by therapists who are well trained and who have a good degree of knowledge regarding the sites of superficial veins and also other vital structures to be avoided from injury.<sup>[6]</sup>

### AIMS AND OBJECTIVES

1. To study the Regional Anatomy of sites of *Siravyadha* in the upper limb by cadaver dissection.
2. To compare various sites of *Siravyadha* mentioned in *Samhitas* to the superficial venous pattern to determine the exact superficial vein on which *Siravyadha* is to be done in various diseases.

#### Address for correspondence:

Dr. Ankita Chitragupt

Post Graduate Scholar, Dept of PG Studies in Rachana Shareera, Shri Shivayogeeshwara Rural Ayurvedic Medical College and Hospital, Inchal, Karnataka, India.

E-mail: chitraguptankita@gmail.com

Submission Date: 15/07/2022 Accepted Date: 22/08/2022

#### Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

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- To correlate upper limb *Vedhya Sira* with underlined structure according to modern anatomy.
- To determine the relation between various diseases and their sites of *Siravyadha* (of upper limb) to the possible extent.

## MATERIALS AND METHODS

Method of collection of data - This research work is based on literary work.

### Methodology

- Various classical Ayurvedic literature have been studies and related references of *Sira Sharir* and *Siravyadha Vidhi Sharir* are collected from the following ancient Ayurvedic literature:
  - Brihatrayi* (*Sushruta Samhita*, *Charak Samhita*, *Astanga Hridaya*).
  - Laghutrayi* (*Sharangadhara*, *Bhavaprakash*, *Madava Nidana*)
  - Upanishad*
  - Other *Ayurvedic* texts
- Various modern text books were also studies for the anatomy of superficial venous pattern.
- Comparative study of various structure which can better understanding of *Urdha Shakha Siravyadha Sthana* and all other structure that can be included in *Urdha Shakha Siravyadha Sthana*.
- With reference the various Ayurved Journals and Modern Science applied aspect of surgico-anatomical view have been discussed.

## REVIEW OF LITERATURE

According to *Acharya Sushruta* *Siras* are 700 in number<sup>[7]</sup> divided in 4 *Group* out of them 400 are present in extremities Thus these *Siras* in the extremities should be avoided for surgical operation.

### *Avedhya Siras*

*Acharya Sushruta* mentioned specific and detailed description of *Siravyadhas* well as *Vedhya* and *Avedhya Siras* for the first time in the history of Indian medicine

and surgery. He mentioned 98 *Avedhya Siras*<sup>[8]</sup> which should be taken care by the physician or surgeon at the time of *Siravyadha* or any other surgical condition. Any trauma of these structures may lead to morbidity or death.

### *Siravyadha Sthana*

In each extremity, the number of *Siras* are one hundred; out of them, the four viz, one by name '*Jaladhara*' and three situated deep inside, should not be cut (i.e., *Avedhya Siras*)

#### 1. *Pleehodara*<sup>[9]</sup>

In diseases of *Pleeha*, puncturing should be done especially in the left arm either at the inner side of elbow joint in the centre of arm or in the area between the little and ring fingers. As per above information in *Pleehodara Siravyadha* is done in left sided *Kurpara Sandhi Sthita Sira* i.e., median cubital vein which is situated above "*Kurpara Marma*." It is a type of *Sandhi Marma* controlling *Raktavaha Srotas*, so that *Marma* on right controls liver, *Marma* on left controls spleen.

#### 2. *Yakridalyodar*<sup>[10]</sup>

In *Yakrudalyudara*, puncturing should be done especially done in the right arm at the same space. As per above said quotation in *Yakrudotodara* and *Kaphodara*, *Kasa Shwasa Siravyadha* is done is right sided '*Kurpara Sandhi Sthita*,' it is right median cubital vein, which is situated above *Kurpara Marma*. It is a type of *Sandhi Marma* controlling *Raktavaha Srotas*, so that it controls functions of liver and spleen.

#### 3. *Kaphodara*<sup>[11]</sup>

*Kaphodara* is a type of *Udara*, where predisposing factors are *Avyayam*, *Divasvapna*, *Adhika Madhura*, *Picchila*, *Dadhi*, *Dugdha Sevana*. *Avrutavata* involving *Kapha* resulting into enlargement of abdomen outside the intestines.

#### 4. *Vishwachi*

When *Prakupitavata* involves *Bahu*, *Prushta*, *Hasta*, *Tala* and *Anguli-Kandaras*, then there is *Karma Kshaya* of *Bahu*. In *Vishwachi* (pain in the arms) will be similar to that of *Grudhrasi*, so four *Angula* above or below the *Kurpara Sandhi Siravyadha* is done.

## 5. Apachi<sup>[12]</sup>

In *Apachi Raktamokshana* is done 2 *Angula* below *Indrabasti Marma*.

## DISCUSSION

Science is always subjected for change. On other hand Ayurveda is generally emphasized on its classical texts, *Apta Vachana* by ancient *Acharyas*. The concepts are evolved many years ago, because of generation gap and lack of interpretation; concepts are not passed onto future generations properly. So, now we are lacking the opportunity to understand and to clarify the doubts. So, the present study was carried out to 'anatomically locate *Shakhagata Vedhya Sira Sthanas* in particular diseases (literary research). So that the concepts of *Sira Sharira* and *Sira Vyadha Vidhi Sharira* can be better understood and to pass on knowledge to the future generation for its practical utility.

So, the present study was concerned out to anatomical exploration of *Sushrutokta Vedhya Sira Sthana* in particular disease

## CONCLUSION

In Ancient time *Acharya Shushrut* describe the procedure of *Raktamokshana* to cure various disease for which *Siravyadha* is used. During study of *Siravyadha* in *Urduhashkhagata Vedhya Sira Sthana*. This *Sira* present in left Upper limb in between left *Kanishthika* and *Anamika Angul* or *Vama Kurpara Sandhi Sthita Sira* can be compare with the left median cubital vein in left Upper limb and *Dkshina Kurpara Sandhi Sthita Sira*. *Sira* is present in between right *Kanishthika* and *Anamika Angulis*. It can also be compared with right Median cubital vein. In present time the theory of *Siravyadha* given by *Acharya Shushrut* described in *Raktamokshana* which is used in medical science as intravenous infusion, i.v. injectable. It can be used in dialysis for fistula, venesection etc. Thus, the *Siravyadha* procedure given by *Acharya Shushruta* is seen implemented in modern practice also with a clear perspective that upper limb *Siras* are hereby the *Siras* given in ancient studies and vein in modern science.

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**How to cite this article:** Ankita Chitragupt, Kavita Bhutali, M. R. Patil. Anatomical exploration of Sushrutokta sites of Siravyadha in Upper Extremities. J Ayurveda Integr Med Sci 2022;8:93-96.

**Source of Support:** Nil, **Conflict of Interest:** None declared.

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