

## STUDY OF AVEDHYA SIRAS WITH SPECIAL REFERENCE TO VIDHUR

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### ABSTRACT

Sushrutacharya is the break new ground of Ayurved Rachana Sharir (Anatomy) and Ayurved Shalya Tantra (Surgery). He has mentioned different concept in Rachana Sharir in the Sushrut Sharirsthan. In seventh adhyaya of the Sharirsthan, he has given the detailed information on the topic of the Siras of the human body. In the same adhyaya the Acharya has named some Avedhya Siras which should not be punctured during the treatment phase. The Vidhur sira is one of them. So, it is vital to know the particulars of this vidhur sira which is present in greevapradesh (upper part of neck). So, for this purpose, this study is to simplify the insight of Vidhur sira with the help of contemporary anatomy. Vidhur is also a marma which is fundamental spot in the human body. So, vidhur sira can be called as marmashrit sira.

**KEYWORDS:** Avedhya Sira, Vidhur sira, Marmashrit sira.

### INTRODUCTION

In Ayurved, Sushrutaacharya has explained the contemplation of Avedhyasiras in the seventh aadhyaya i.e. Siravarnavibhaktishariropakrama. Also in eighth adhyaya of the Sharirsthan i.e.

Siravyadhavidhishariropakrama aadhya, explained Siravyadha means puncturing the siras for treatment intention. Explaining this point, Sushrutaacharya told to evade some siras from puncturing. In that, the Acharya has mentioned vidhur sira in greevapradesh. So, it is imperative to be familiar with the concept of this sira because it should not be punctured during the treatment according to Sushrutacharya. So, it is obligatory to know the structures which can be correlated with this vidhur sira according to modern anatomy.<sup>[1]</sup>

### CONCEPT OF VIDHUR MARMA

Marmas are the crucial spots in human body, any grievance to them will cause the variety of symptoms like pain, blood loss, deformity etc. They are one hundred and seven in quantity and classified according to their structure (Rachana), region (Shadanga), measurement (Pariman) and injury outcome (Parinam).

Name of Marma	Sankhya	A/c to Shadanga	A/c to Rachana	A/c to Parinam	A/c to Pariman
Vidhur	2	Shira- Greeva pradesh	Sira/ Snayu	Vaikalyakara	1/2 angula

<sup>[2&3]</sup>Vidhur marma is present behind and below the ear, just below the mastoid bone. It controls functions of sense organ of hearing. Its injury mainly produces hearing impairment or deafness.

### CONCEPT OF VIDHUR SIRA

Saranaat sira means running and moving means movement. Any part or structure in human body which does the sravan karya is nothing but sira. The siras which should not be punctured are called as Avedhya siras. Sushrutacharya mentioned ninety eight avedhya siras in Sushruta sharirstha seventh aadhya. The vidhur sira is one of them. Its allocation is as follows<sup>[1&4]</sup>

Location of Sira	Number
Shakha	16
Koshta	32
Jatruurdhwa	50

According to Sushrut Sharirsthan seventh Adhyay Shlok no.27,

In the shloka, Sushrutacharya have mentioned 2 vidhur siras and which are present behind and below the ear, just below the mastoid bone. Taking into consideration the vidhur sira, the structures (vein), can be correlated with posterior auricular vein.

**Posterior Auricular Vein**

Beginning in a parieto-occipital network, it also drains into tributaries of the occipital and superficial temporal veins. It descends behind the auricle to join the posterior division of the retromandibular vein in or just below the parotid gland, to form the external jugular. It receives a stylomastoid vein and tributaries from the cranial surface of the auricle.

**Posterior Auricular Artery**

This small vessel branches posteriorly from the external carotid just above the digastric and stylohyoid. It ascends between the parotid gland and the styloid process to the groove between the auricular cartilage and mastoid process, dividing into auricular and occipital branches. As well as supplying the digastric, stylohyoid, sternocleidomastoid, and parotid gland, the posterior auricular artery has three named branches.

**Stylomastoid Artery**

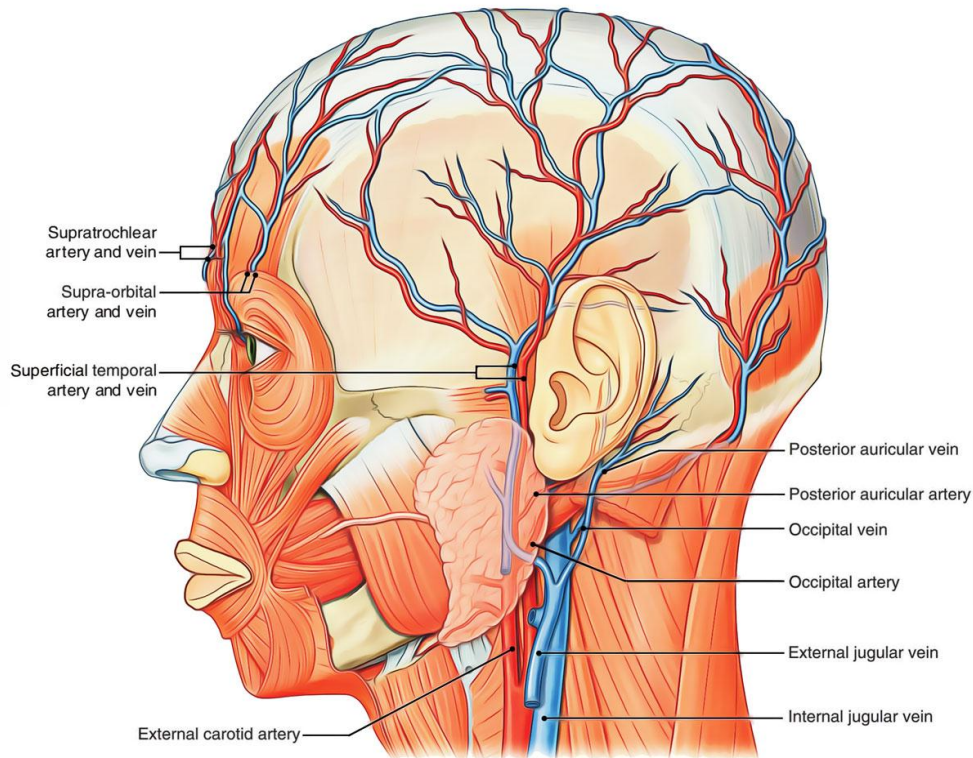
An indirect branch of the posterior auricular in about a third of subjects (Blunt 1954), it enters the stylomastoid foramen to supply the facial nerve, tympanic cavity, mastoid antrum and air cells, and semicircular canals. In the young its posterior tympanic ramus forms a circular anastomosis with the anterior tympanic artery (see below).

**Auricular Branch**

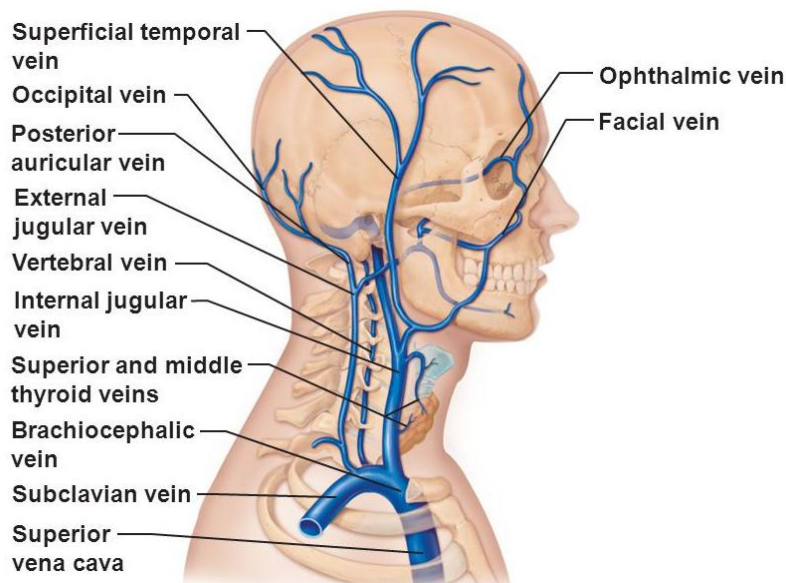
Ascending deep to auricularis posterior, it ramifies on the cranial aspect of the auricle; some branches pierce this, others curve round it to supply its lateral aspect.

**Occipital Branch**

It passes laterally across the mastoid process, turning back over the sternocleidomastoid to supply the occipital belly of the occipitofrontalis and scalp above and behind the ear; it anastomosis with the occipital artery<sup>[5]</sup>.



**Photo 1: Posterior Auricular Vessels<sup>[6]</sup>**



**Photo 2: Posterior auricular vein<sup>[6]</sup>**

## OBSERVATIONS

The concept of sira as per modern anatomy we can take as Vein. As, according to Charaksamhita sutrasthana Adhyaya thirty Shloka no. twelve, Charakacharya have told the divergence between Sira and Dhamani.

Spandanyukta i.e. having pulsation is dhamani and spandanrahit is sira i.e. devoid of pulsation. The other factors which differentiate the sira and dhamani are Laxanbhinnata (materialization), Moolsankhyabhinnata (statistics), Karmabhinnata (function) etc.<sup>[4]</sup>

Blood vessels comprises artery and vein are the significant aspects of circulatory system which convey the blood in the body. These are most important in every remedial crisis i.e. in any disease or in its treatment aspect. The traumatic, haemorrhagic, road traffic accident etc deaths are common. The majority of the medical crisis begins with rigorous blood loss.

## DISCUSSION

Vidhur is described by Sushrutacharya in Siravarnavibhaktishariropakrama aadhyaya of Sushrutasharirsthan and not in Dhamanivyakaranasharir adhyaya of samhita. Vidhur is the sira and it is aavedhya sira.

According to Ayurved, Saranaat sira and Dhmaanaat dhamanyaha, i.e.

Going and running, these words are associated with sira as Saranaat sira. Also, puffing or gasping and blowing words are related with dhamani as Dhmaanaat Dhamanya.

Also, veins do not comprise pulse and arteries are having pulse. So, sira means the vein and Siravyadha means puncturing the siras i.e. venesection.

So, vidhur sira is the vein which is present behind and below the ear, just below the mastoid bone i.e. Posterior auricular vein. This vein should not be punctured because of its structural and functional importance.

## CONCLUSION

By considering the above assumed specifics and reason it can said that, marmashrita sira i.e. vidhur sira should not be punctured and it is stated in the seventh adhyaya of Sushrutasharirsthan and it is not mentioned in dhamanivyakaranasharir adhyaya. Here, it can be taken as posterior auricular vein as aavedhya sira compared to posterior auricular artery even though location wise they are closer to each other but vein injury effect is not easy to deal, it can be concluded that it is aavedhya sira.

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