

A Literally Review Study on Sira Sharir

Dr. Rahul Shamrao Banarsae¹ Dr. Chandrakant Sopan Shinde²

¹Dept. of Rachna Sharir, Asso. Professor

Ashvin Ayurved College, Manchi Hill, Sangamner, Dist. Ahamadnagar

²Dept. of Rachna Sharir, Assi. Professor

Ashvin Ayurved College, Manchi Hill, Sangamner, Dist. Ahamadnagar

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Abstract

The sira stands for channels through which substances or physical forces flow. In general this term stands for blood vessels. Even acharya Sushruta has used it in sense of Nerves that is Vatavaha Sira. It is very difficult to know doubtlessly about it like modern anatomy. Charaka start from root of meaning of sira. Sira word derived from root 'Sru' go or move slowly. सरनातसिरा॥ means channel in which slow movement of some fluid. Chakrapani has also explained Charaka views clearly. Chakrapani said - Sarana means passing from 1 organ to other other. Principal sira are 40 . And this siras are divided into 700 branches.

Keywords - Sira, Chakrapani, Acharya Sushruta, 700 branches, Vatavaha Sira. Etc

Introduction -

Acharya Charaka has explained ' since there is movement of blood in these structures they are called sira'. Sarana means to go or to move from one place to other.

Acharya Gangadhara tells sarana means movement of Rasa and Other tissue. The structure in which such movement takes place is called as Sira. Sira and strotas have be used as synonymous to each other by many Acharya. Acharya Charaka has explained there are total number of 700 Siras in

human body. Sira is structure seen by eyes. It means by pratyaksh pramana in dissection dead body. Sira is countable & visible.

Number of Sira -

according to acharya Sushruta - Moola Sira as 40 in number and total of means moola sira branches is 700 and it is originated from Nabhi (umbilicus). 700 sira by considering Artery, veins, lymph, vessels and Nadi (nerves).

Moola Sira 40 has Desributed -

- 1). Vatavaha sira - 10
- 2). Pittavaha sira - 10
- 3). Raktavaha sira - 10
- 4). Kaphavaha Sira - 10.

Author Correspondence

Dr. Rahul Shamrao Banarsae

Ashvin Ayurved College, Manchi Hill, Sangamner.

Email : rajbanarase@gmail.com

700 Sira Branches Has Classification -

- 1). Vatavaha sira - 175.
- 2). Pittavaha sira - 175.
- 3). Raktavaha sira - 175.
- 4). Kaphavaha sira - 175.

Total siras – 700

700 Siras has Distributed -

- a). In extremities - $100 \times 4 = 400$ siras.
- b). In Head - $41 \times 4 = 164$ siras.
- c). In trunk - $34 \times 4 = 136$ siras.

Modern Correlation -

- 1) Vatavaha sira - motor and sensory nerves, spinal helps in sensation.
- 2) Kaphavaha sira - bile duct, pancreatic duct - transfer of digestive juice.
- 3) Raktavaha sira - artery, vein, and capillaries - blood circulation.
- 4) Kaphavaha sira - Lymphatic circulation.

Avedhya Sira -

According to acharya Sushruta 98 Number of Avedhya Sira. This 98 siras are classified -

- 1). Koshta pradeshi (trunk) - 32
- 2). Shakha pradeshi -(extremities) - 16.
- 3). Jatururdha Pradeshi head and neck - 50. {1, 2,3}

Types of Sira -

Vatavaha, pittavaha, Raktava, Kaphavaha 4 types of Siras, . This all types of Siras having specific color, character, and functions.

Types	Colour	Function	Character
Raktavaha sira	Rohini , red	Provide nourishment to Dhatus and refines complexion.	Not hot nor so cold
Vatavaha sira	Crimson red, Aruna	Do physical work not hampering the specific work of Buddhi and sense organs.	Fill up by Vata.
Kaphavaha sira	Gora (whitish)	Provides lubricants in the different body parts. It's raise strength.	Cool to touch and stable.
Pittavaha Sira	Neela (bluish)	Generate lusture and succed fine appetite.	Hot touch.

Conclusion -

In our vedas there mentioned anatomical organization of sira. Acharya vedas has describe hundreds of siras. Word sira uses for passage or channels by which matter flow. Sira is used for blood vessels. Sushrutacharya has used this term in the means of nerves (Vatavaha). The pittavaha sira can be correlated with veins and kaphavaha sira has compared as lymphatic pathway and raktavaha siras are considered as capillaries of body.

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