Comparative study of avedhya sira and sira marma with special reference to Bahavi dhamani

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ABSTRACT:
Aacharya Sushruta who is regarded as the father of surgery described various surgeries meticulously. He during those ancient days performed various major and minor surgeries with surprisingly great accuracy and thus was able to treat dreadful diseases. To meet this high standard of accuracy thorough and proper knowledge of sharer was essential. Especially while performing any surgery or Raktamokshana one must be aware of the vital points, Marma and the Avedhya Siras present in the body. Even a slightest trauma to these may lead to severe complications such as severe agonizing pain, deformity or even death. All together there are 107 Marmas and 98 Avedhya siras. Where in, these are some anatomical structures of dual nature ie. They are Marmas as well as Avedhya siras viz. Bahavi Dhamani is one of them. Here an effort has been made to study the Marmas to Avedhya siras with special reference to Bahavi Dhamani.

KEY WORDS: Avedhay Sira, Marma, Bahavi Dhamani, Venipuncture, Raktamokshana

INTRODUCTION:
Ayurved is an ancient system of Indian Medicine whose main objective is to maintain the optimum level of health of a healthy individual and treat the disease one. It is a science of life which deals with the study right from the basic fundamentals up to the greatest achievements in the field of medicine and surgery. Aacharya Sushruta is regarded as the 'Father of surgery'. He described various surgeries meticulously such as Asthibhang (Fracture of bones), Lingnash (Cataract), Nasasandhan (Rhinoplasty) and many more. For performing keen surgeries he knows the importance of a thorough anatomical knowledge therefore he dissected many cadavers i.e. Shavavicchedanam and observed the details in them and described the micro and macro structures of various organs of body in his Sharirsthana. Aacharya Sushruta states that a surgeon must be well versed with the anatomy of body. Especially while performing any surgical procedure he must be well aware of all the Marmas and Avedhya siras. A slightest injury to such structures may cause severe arousing pain, deformity or even death.

Marmas- These are the vital points of the body. A trauma to Marma may causes death. These are the points containing life (Jeevanasthana) where Marma, sira,snayu, asthi and sandhi come together. A detailed description composing of the number of Marmas, their constitution, situations in the body, their angulipramana as well as signs and symptoms when injured is well elaborated in the 'Marmashariram'

Avedhya Sira - The Siras which on vedhana or on puncture causes vaikalya (deformity) or death. These Siras are of great importance with respect to their location, function, relation and nerve supply.

Aacharya Sushruta Keenly observed them, studied in detail and very systematically explained the importance and contraindications of a venipuncture. Some of the Marmas of the body are the Avedhya Siras. These structures should be carefully protected while performing any surgical procedure to avoid any complications. Therefore a study was carried out to...
evaluate the importance of Avedhya sira and Marma in the present days and to create a relationship between the two.

‘BahaviDhamani’ in the upper extremity which acts as both the Avedhya Sira and Sira Marma was chosen for the study.

Dr. Ghanekarjico correlates it with the 'Brachial artery' and 'basilica vein'.

Aim and Objective:
1. To study the Avedhya Sira and Sira Marma and their relationship.
2. To examine the similarity of traumaand effect of venipuncture in them.
3. To evaluate the importance of Avedhya Sira and Sira Marma in present days.

MATERIALS AND METHODS:

Method - All the references regarding Avedhya Sira and Sira Marma were collected from the relevant text books of Ayurveda as well as modern medicine. Dissection was carried out as per the guidelines given in Cunningham’s manual of dissection and Sushrut Samhita. Accordingly discussion was done and conclusions were drawn.

OBSERVATION AND RESULTS:
According to Aacharya Sushruta altogether 700 Siras are present that are scattered all over throughout the body.

Shakha–400; Madhya Sharir - 136; Urdhavjatrugat-164

Of the above total 98 Siras are described as Avedhya Siras. A slight trauma or puncture of these Siras may lead to server complications therefore they must be wrapped, well secured while performing any surgery or Rakta-mokshana. Their distribution in the body is as Shakha - 16; Madhya Sharir - 32; Urdhavjatrugat - 50.

Bahavi Dhamani is one of the Avedhya Sira.
In the similar way as per Sushruta there are total 107 Marmas or the vital points distributed all over the body. Trauma to these Marmas may lead to severe pain and or even death.

MamsaMarma– 11; SiraMarma– 41; SnayuMarma– 27; AsthiMarma– 08; Sandhi Marma - 20

Bahavi Dhamani is one of the SiraMarma.
Ghanekarjico-relates Bahavi Dhamani with the Brachial artery and 'Basilic Vein'.

Brachial Artery is the continuation of Axillary artery in the arm and is the main blood vessel of the upper extremity. Basilic vein lies medial to the brachial artery and ascends to continue as the Axillary vein. Trauma to Bahavi Dhamani results in profuse hemorrhage leading to severe complications. Results of trauma to Marma or puncture of Avedhya sira are same hence; we can purely and deeply establish a relationship between them in accordance with the effects of trauma or venipuncture in them.

DISCUSSION:
Out of the total number of Siras some of the Siras are said to be of great importance hence they should be secured from the trauma or puncture, those are named as Avedhya siras. Total 98 Siras are identified as the Avedhya and Bahavi Dhamani is one of them. Similarly of the total 107 Marmas, 41 Marmas are considered as Sira Marma and again Bahavi Dhamani is one of them. This Bahavi Dhamani is co-related with the brachial artery and basilica vein by Ghanekarji. After discussion of the relevant material related to Avedhya Sira and Sira Marma, we come to know that most Sira Marmas are also identified as Avedhyasira. Both are almost similar in position. Effect of Trauma in SiraMarma is very similar to the effect of Venipuncture of the Avedhya Sira. Trauma to Brachial artery or basilica vein may also lead to severe complications.

CONCLUSION:
1. Avedhya Sira and Sira Marma have definite relationship.
2. Both have same structural involvements.
3. The sign and symptoms occurring after injury to both the Avedhya sira and Sira Marma are similar.
4. Trauma or Puncture of veins or arteries results in severe hemorrhage leading to deformity and hence can be correlated with the Avedhya Sira and Sira Marma as they also result in hemorrhage leading to deformity on trauma or puncture.
5. In the upper extremity Bahavi is the Sira Marma and Avedhya Sira. It is correlated with the brachial artery and Basilic vein since the effect of Trauma to both are same as that of the Avedhya Sira and Sira Marma.
Importance:

Even today while performing any surgery or Raktamokshna the knowledge of Avedhya Sira and Sira Marma is of great importance to Minimize or avoid the complications such as severe pain, deformity and or even death.

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Cite this article as: