



## SIRA KAUTILYA: A REVIEW ARTICLE

B.N. GADVE<sup>1</sup> KULDIP SANAP<sup>2\*</sup>

<sup>1</sup>Prof. & HOD Dept. of Shalya Tantra, CSMSS Ayurveda college Sambhajinagar, MS, INDIA

<sup>2\*</sup> PG Scholar, Dept. of Shalya Tantra, CSMSS Ayurveda college Sambhajinagar, MS, INDIA

Corresponding Author Email: [sanapkuldip3@gmail.com](mailto:sanapkuldip3@gmail.com) Access this article online: [www.jahm.co.in](http://www.jahm.co.in)

Published by Atreya Ayurveda Publications under the license CC-by-NC-SA 4.0

Submitted on- 14-10-23

Revised on- 17-10-23

Accepted on- 19-10-23

### ABSTRACT:

Ayurveda, the ultimate goal of Indian wisdom, explained the causes, symptoms, and treatments of several pathological illnesses. It also provided guidelines for healthy living and wellbeing. Varicose veins are one such health issue that is primarily seen in people who are involved in a specific occupation of continuous sedentary life style like seating job, multiple pregnancies, prolonged riding and standing postures for long periods, etc. Ayurveda also placed emphasis on anatomical health issues. A vatavyadhi known as sira akunchana (sira kautilya) is brought on by sira gata vata, or vitiated vata that affects sira. Although vatavyadhi is a rare condition, it is extremely serious, severe, and challenging to treat. Vata that is vitiated can lead to vatavyadhi and impact any region of the body. Path and lungs are what sira akunchana means. Veins are blood vessels that return deoxygenated blood from the outer parts of the body back to the heart and lungs. When veins become abnormally thick, full of twists and turns, or enlarged, they are called varicose vein.

**Keywords-** Vatavyadhi, Varicose vein, Sira kautilya , Siraj granthi etc.

## INTRODUCTION

*Sira gata vata* is the condition known as *sira ankunchana*. There are two basic pathologies of veins caused by vitiated *vata*: *akunchana* (*kautilya*) and *purana* (engorgement)<sup>[1]</sup>. The *vatavyadhi adhaya* has several ayurvedic *acharyas'* descriptions of *sira ankunchana*. Due to its independence, the *vata* element can show *jvaradi* illnesses on its own or in conjunction with the *doshas*, *dhatu*, and *mala*.<sup>[2]</sup> *Srotas* may also be referred to as *sira*<sup>[3]</sup>. *Srotas*, sometimes known as channels, are open passageways that provide the free movement of a variety of materials<sup>[4]</sup>. The hectic daily routine may be a contributing element in the dysfunctional anatomical and physiological operation of many organs. One such ailment, varicose veins, is mostly brought on by the extreme physical strain in which dilated, elongated, tortuous veins with or without discomfort exist. According to popular belief, deep and superficial perforating veins mostly develop into varicose veins. Due to the increased pressure brought on by tense posture, varicose veins typically have a dark colour, a deep agonising discomfort, are bloated, and have lost their suppleness. Varicose veins can be exacerbated by ageing, pregnancy, obesity, injuries, constipation, increased abdominal pressure, long-term job, genetic factors, and more. If the lower limb's

veins become less elastic from prolonged weight bearing, especially in the calf and ankle region, varicose veins develop, which causes swelling, pain, and dilated veins. Menopause, exhaustion, damaged valves, bad sitting habits, and illness, Similarly deficiencies in diet or malnutrition, wearing tight clothing and lack movement or flexibility can also leads varicose veins. *srotodusthi* is the abnormality in structure or in function of that *srotas*, as a result *srotas* do not function properly. The *sung* or *shiranam granthi* type of *srotodusthi* is *sira akunchana*, which is the obstruction of free flow through these channels or the source of odd growth. The signs of vitiated *vata* can manifest in any or all parts of the body and include *sransa* (looseness), *vyasa* (expansion), *sanga* (obstruction), *toda* (piercing agony), *vyatha* (pain or discomfort)<sup>[5]</sup> etc. *Sira ankunchana* (also known as *Sira Kautilya*) is a form of *vatavyadhi*, hence its etiological causes and signs will be similar to *vatavyadhi*. Ayurveda outlines a number of methods for treating this disease as follows:

- 1) *Veshtana*
- 2) *Basti*
- 3) *Sira Vyadha*
- 4) *Abhyanga* or Massage
- 5) Yoga/Exercises

Causes of varicose vein

Ageing

The veins lose elasticity with ageing & get stretched; valves also lost their strength and cause blood to flow in opposite direction. Evans CJ et al.(1999) done cross sectional survey on 1566 participants concluded that approximately one third of men and women aged 18-64 years had trunk varices [6].

#### Pregnancy

Pregnancy affects flow of blood and pressure effect due to which veins get enlarged and stretched in leg leading to the swelling and inflammation.

#### Genetics

Genetic predisposition and hereditary factors affect risk of developing such condition if patient.

#### Gender

Women have a higher incidence of varicose vein disease due to female hormones and their effect on the vein walls. Brand FN et al. (1988) examined 3,822 adults, concluded that incidence of varicose veins is higher among women than men, and who had lower levels of physical activity and higher systolic blood pressure and higher smoking rates [7].

#### Heredity

If parents and grandparents had the problem, it will increase risk of varicose veins. Kohno K et al (2016) reviewed the data and concluded that genetic factors make a strong contribution to the familial

transmission of varicose vein from parents to offspring [8]

#### Prolonged Standing

Occupations that involve prolonged standing cause increased volume and pressure of blood in the lower limbs due to the effects of gravity. Kohno K et al. (2014) concluded that exposure to both prolonged standing at work and overweight exacerbate varicose vein development [9].

#### Obesity

Obesity is one of the important causes of varicose veins due to the enhanced pressure on lower limb.

#### Occupation

Certain occupations which involve standing posture for longer period and posture wearing continuous pressure can increase risk of varicose veins.

#### Constipation / *Vibandha*

Constipation / *Vibandha* is one of the important cause of varicose veins due to the enhanced pressure on sigmoid colon which further reflects abnormal vascular signs on left lower limb. Increased abdominal pressure while straining on defecation may be responsible for occurrence of varicose veins.

Ayurveda also mentioned various causes of varicose veins including *Shramatiyogat*(excess work), *Bharavahana* (weight lifting) & *Adwagamana* (long walk)

which causes pressure on legs leading to the swollen and painful veins. Similarly consumption of *Guru, Manda* and *Snigdha Ahara* can blocks *Srotas* thus initiate pathogenesis of varicose vein.

#### *Samprapti*

The stress and pressure wearing condition weakened valves of vein leading to the lost of elasticity this occurs due to the *Ruksha Guna* of *Vayu*. The vitiation of *Doshas* mainly *Pitta* and *Vata* or *Vata* along with *Kapha* takes places at specific sites; calf and ankle due to the weight bearing stress. This imbalanced *Doshas* disturb flow of blood due to the obstruction in blood vessels. Ultimately veins become dilated and stasis of blood (*Grathana*) occurs especially at their weak points (lower limbs) and *Siraja Granthi* resulted which commonly popular as *Sirakutilata*. Symptoms Ayurveda described symptoms such as; *Toda, Sada, Gowrava, Ayasa, Grathitha sira* and *Krishnarakta sira, Pindikoudveshtana, Siraakunchana, Sirakutilata* and Sushruta also described clinical features of *SiragataVrana* as a complication of *Sirakutilata*.

Etiological factors of *vatavyadhi*<sup>[10]</sup>

Excessive consumption of unctuous, cold and scanty food.

Excessive sexual intercourse

Excess vigilance

Excessive movements such as leaping, jumping and physical exercise.

Excessive emaciation due to worry, grief and affliction of disease.

Sleeping on uneven beds and sitting in bad postures

Excessive day sleep

Suppression of natural urges.

Trauma, injuries to vital parts

Modern science described as below:

Veins look becomes dark in color

Venous flare

Dilated and tortuous veins

Dull aching & tiredness

Pain in legs and heaviness

Muscle cramps

Lipodermatosclerosis

Edema

Ulcer formation in advanced condition.

Diagnosis

In the Ayurvedic literature, the diagnosis of *Siraj Granthi*/varicose vein is divided into four categories: *Nidanpanchaka* screening, *Vatadosha* function assessment, *Aavaruttavata Lakshana*, and confirmation based on the presence of *Updravas* like *Siraja Vrana*. In contemporary literature, the confirmation of varicose veins is carried out with the aid of a history, physical examination, clinical examination, and special clinical tests

like the cough impulse test, Trendlenburg test, Tourniquete test, Prats test, and occasionally radiological investigation. These tests can help determine the proper and prompt course of treatment as well as the outcome. Ayurveda How to Treat Varicose Veins Pacifying Vata is the primary method of treatment for varicose veins since they require vitiation of *Vyana vayu*, particularly in *Rasa Dhatus. Veshtana*, or the wrapping of a cloth or elastic bandage, releases Vata, which improves symptoms like discomfort, heaviness, and numbness, among others. Since *Siravyadha* purifies *Rasa Dhatus*, it is said to be an excellent method for treating this ailment. *Jalouka Vacharana* is beneficial in treating varicosity in all stages, from venous flare to venous ulcer. According to contemporary science, hesperidin and diosmin help to lessen the pathophysiology and symptoms of varicose veins. In the beginning stage, elevating the leg and applying an Eleastrocrape bandage are also beneficial. Varicose veins can be surgically treated with sclerotherapy, venous stripping, Ligation, or Trendlenburg's procedure.

Herbs for Varicose veins

*Manjishta* helps to pacify *Pitta* and blood vitiation

*Eranda* helps to relieve pain and inflammation due to its anti-inflammatory activity

*Punarnava* suppress stiffness and swelling  
Local application of *Snuhi* oil helps to maximize venous return supply and dissolution of *Grathana* formation occurs due to *Ushana*, *Tikshana*, *Sukshma*, *Vyavayi*, *Vikashi* and *Shonit Sanghata Bhinnati* properties.

*Sariva* can be used to suppress down *Pitta* predominant symptoms such as pain and inflammation.

Herbal paste of *Vacha*, Turmeric and *Tulasi* along with Aloe vera juice can impart relief in varicose vein. This paste can help in aching pain associated with varicose vein.

*Abhyanga* with *Sahachara taila* improve venous return blood supply and minimize *Sirakutilata*.

Leaf juice of *Karanja* and castor along with honey helps to correct blood circulation partially especially in affected area.

Ayurveda Medicines

*Sarivadyasava* is used as natural blood detoxifier thus helps to purify blood circulation

*Chirabilvadi kashaya* is used to reduce burning sensation and to pacify *Pitta Doshas*

*Kaishora guggulu* prevent symptoms of early ageing, cure joint pain and acts as blood cleanser thus provide pathological as well as symptomatic relief in varicose vein

*Rasnerandai kashaya* helps to manage aches and pains of lumbar and limb region

*Punarnavashtakakwatha* suggested for inflammatory condition to relive pain and swelling.

Yoga Poses for Varicose Veins:

1. *Uttanasana*
2. *Tadasana*
3. *Viparita Karani*
4. *Navasana*
5. *Pawanmuktasana*
6. *Matsyasana*
7. *Shirshasana*

Complications of Varicose Veins

Rather than cosmetic problem, most cases of venous varicosity are accompanied by varying levels of discomfort, which may be described as heaviness, pigmentation, eczema, bleeding, edema and thrombophlebitis, deep vein thrombosis and healing or non healing venous ulcers.

## DISCUSSION

Sira ankunchana is associated with varicose veins in contemporary culture. Although there are four types of *siras* in ayurveda: *suddh rakta vaha sira*, *kaphavaha sira*, *vata vaha sira*, and *pittavaha sira*<sup>[11]</sup>. Given that *akunchana* and dilatation are characteristics of blood vessels (arteries and veins), only *vata vaha sira* should be understood in this regard. Varicose veins are veins that have dilated, twisted, or thickened walls. According to Acharya Vagbhatta, *sira gata vata* exhibits the

*adhayaman* (distension) and *rikt-ta* (emptiness) of *siras* symptoms<sup>[12]</sup>. It can be interpreted as excessive *sira* fullness and emptiness brought on by *sira sathilya* (muscle looseness), which is a result of the *mansa* and *meda dhatu* receiving insufficient nutrition as a result of *ama* production. The term "*sira sathilya*" refers to the looseness of vein valves, which causes excessive blood filling on one side and empty veins on the other<sup>[13]</sup>. The majority of the etiological reasons mentioned cause the body to produce *ama*, which hinders the *dhatu*'s ability to properly eat, leading to *sira sathilya*<sup>[14]</sup>.

## CONCLUSION

A health issue known as varicose veins, which affects a person's quality of life severely, impairs blood flow, inhibits movement in the legs, and produces cramping<sup>[15]</sup>. Ayurveda termed it as *Siraja Granthi* in which swollen blood vessels gets uncomfortable. The problem involves the veins losing their flexibility or becoming ineffective owing to prolonged weight-bearing posture, which causes the veins to swell and widen. Varicose veins can be brought on by ageing, menopause, obesity, occupational stress, *Shramatiyogat*, *Bharavahana*, and *Adwagamana*, among other things. Varicose veins can cause *Toda*, *Sada*, *Gowrava*, *Ayasa*, *Grathitha Sira*, and *Krishnarakta Sira*.

Veshtana, bloodletting, therapeutic enema, oil massage or *Abhyanga* Ayurveda medicines, and *Yoga*, etc. are some approaches suggested in Ayurveda for the management of varicose vein. The today's scenario of life style imparting great physical and mental burden on society due to which incidences of such cases arises. Therefore, it is important that we concentrate on altering our lifestyles through an Ayurvedic regimen in order to live a life free of sickness. Early diagnosis and treatment of the disease will undoubtedly enhance the patient's quality of life, improve the prognosis for the condition, and stop additional complications.

#### REFERENCES

1. Sushruta Samhita, Commentary Ayurveda Tatwa Sandipika Shastri Ambikadutt, Nidana sthana, Chapter 1, Verse no.27, Chaukhambha Sanskrit Santhan; Varanasi; 2011: 271
2. Ayurvediya Vikriti Vigyan & Roga Vigyan, Byadgi P S. Parameswarappa, Volume 2. Chapter 53(1st edition) , Chaukhambha Sanskrit Sansthan, Varanasi.
3. Charaka Samhita, Kashinath shastri, Gorakhnath chaturvedi , Vimana sthana(Srotovimaniyadhaya, 5/9), Chaukhambha Bharat academy, Varanasi; 2004
4. Ayurvediya Vikriti Vigyan & Roga Vigyan, Byadgi P S. Parameswarappa Volume 1. (1st edition) (Chapter 6), Chaukhambha Sanskrit Sansthan, Varanasi; 2009
5. Charaka samhita Kashinath shastri, Gorakhnath chaturvedi , Sutra sthana (Maharogadhaya, 20/12) , Chaukhambha Bharat academy Varanasi; 2004
6. Evans CJ, Fowkes FG, Ruckley CV, Lee AJA. Prevalence of varicose veins and chronic venous insufficiency in men and women in the general population: Edinburgh Vein Study. J. Epidemiol Community Health 1999;53(3):149–153.
7. Brand FN, Dannenberg AL, Abbott RD, Kannel WB. The epidemiology of varicose veins: the Framingham Study. Am. J. Prev. Med 1988;4(2):96–101
8. Kohno K et al. Familial Transmission of Hospital-Treated Varicose Veins in Adoptees: A Swedish Family Study. J Am coll Surg Dermatol 2016;223(3):452-60
9. Kohno K et al. Standing posture at work and overweight exacerbate varicose veins: Shimane COHRE Study. J Dermatol 2014;41(11):964-8
10. Charaka samhita Kashinath shastri, Gorakhnath chaturvedi , Chikitsa sthana Vata vyadhichikitsadhaya, 28/15-18, Chaukhambha Bharat academy Varanasi; 2004
11. Sushruta samhita, Ayurveda Tatwa Sandipika, Shastri Ambikadutt Sharira sthana (Vira varnan vibhakti, 7/5) , Chaukhambha Sanskrit Santhan, Varanasi ; Varanasi, 2008.
12. Astanga Hridayam, Atridev gupt, Nidana sthana, Chapter 15, Verse 13, Chaukhambha prakasha, Varanasi; 2009.
13. Sushruta samhita, Ayurveda Tatwa Sandipika Shastri Ambikadutt, Sharira sthana, Shareera

B.N. Gadve, Kuldip Sanap. Sira kautilya: A Review article. Jour. of Ayurveda & Holistic Medicine, Vol.-XI, Issue-IX (Sept. 2023).

Sthana, chapter 8, Chaukhambha Sanskrit Santhan ,Varanasi; 2008.

14 Murthy, K.R.S, Astanga Sangraha of Vagbhata II, A.S.Ni Chapter 15, Verse no. 11 Chaukhamba Orientalia, Varanasi.

15 M.J. Callam, Epidemiology of varicose veins, Br J Surgery, 1994; 81: 167-173.)

#### CITE THIS ARTICLE AS

B.N. Gadve, Kuldip Sanap. Sira kautilya: A Review article. *J of Ayurveda and Hol Med (JAHM)*. 2023;11(9): 112-119

**Conflict of interest:** None

**Source of support:** None