

ANATOMICAL ASPECT OF SIRA SHARIR WITH SPECIAL REFERENCE TO VARICOSE VEIN: A REVIEW ARTICLE

*Dr. Puja Darunte, Dr. Shrikant Darokar, Dr. Shivtej Darunte

Newasa Fata, Maharashtra, India.

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*Corresponding Author

Dr. Puja Darunte

Newasa Fata, Maharashtra, India.



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ABSTRACT

Sira Sharir is an important branch of Ayurvedic anatomy that describes the structure, distribution, and functions of *Sira* (vessels). Classical Ayurvedic texts emphasize the significance of *Sira* in maintaining the transportation of *Rasa*, *Rakta*, and other body constituents. Among vascular disorders, varicose veins are a common chronic venous disease characterized by dilated, elongated, and tortuous superficial veins of the lower limbs due to venous valve incompetence. The anatomical description of *Sira* in Ayurveda closely resembles the venous system described in modern anatomy. This review aims to correlate the anatomical concepts of *Sira Sharir* with modern venous anatomy and explore their relevance in understanding

the pathogenesis, clinical features, and management of varicose veins.

INTRODUCTION

Ayurveda considers *Sharir Rachana* (anatomy) as the foundation for understanding disease and treatment. Among the anatomical structures, *Sira* occupies a vital position because it carries nutrients, blood, and vital substances throughout the body. Ancient scholars such as Acharya Sushruta described *Sira* in detail, including their number, classification, distribution, and clinical importance.

Varicose veins represent one of the most prevalent chronic venous disorders worldwide, affecting approximately 20–30% of adults. They result from venous hypertension due to valve incompetence, leading to venous dilatation, edema, pain, and skin changes. Although

the exact term "varicose vein" is not mentioned in Ayurvedic classics, its clinical features closely resemble *Siragranthi* and conditions caused by *Vata* and *Rakta Dushti*.

Review of Literature

Concept of Sira in Ayurveda

According to Acharya Sushruta:

- There are **700 Siras** distributed throughout the body.
- They originate from the **Nabhi (umbilical region)**.
- Siras are responsible for transportation of Dosha, Dhātu, and Mala.
- They nourish all body tissues.
- Certain Siras are considered *Avedhya* (not suitable for venesection).

Classification of Sira

Sushruta classifies Siras according to Dosha predominance:

- Vata Sira
- Pitta Sira
- Kapha Sira
- Rakta Sira

Modern Anatomy of Veins

Veins are blood vessels that return deoxygenated blood from tissues to the heart.

The venous system consists of:

- Superficial veins
- Deep veins
- Perforator veins

Histological Structure

The wall of a vein consists of three layers:

- Tunica intima
- Tunica media
- Tunica adventitia

Venous valves maintain unidirectional blood flow toward the heart.

Anatomy of Lower Limb Veins

The lower limb venous system includes

Superficial Veins

- Great Saphenous Vein
- Small Saphenous Vein

Deep Veins

- Femoral vein
- Popliteal vein
- Tibial veins

Perforator Veins

They connect superficial and deep venous systems and contain one-way valves.

Varicose Vein**Definition**

Varicose veins are permanently dilated, elongated, tortuous superficial veins caused by valvular incompetence and venous hypertension.

Etiology

- Hereditary factors
- Prolonged standing
- Pregnancy
- Obesity
- Aging
- Deep vein thrombosis
- Valve dysfunction

Pathophysiology

Failure of venous valves causes reflux of blood.

This leads to:

- Venous hypertension
- Venous dilatation
- Valve separation
- Chronic inflammation
- Edema
- Skin pigmentation

- Venous ulceration

Clinical Features

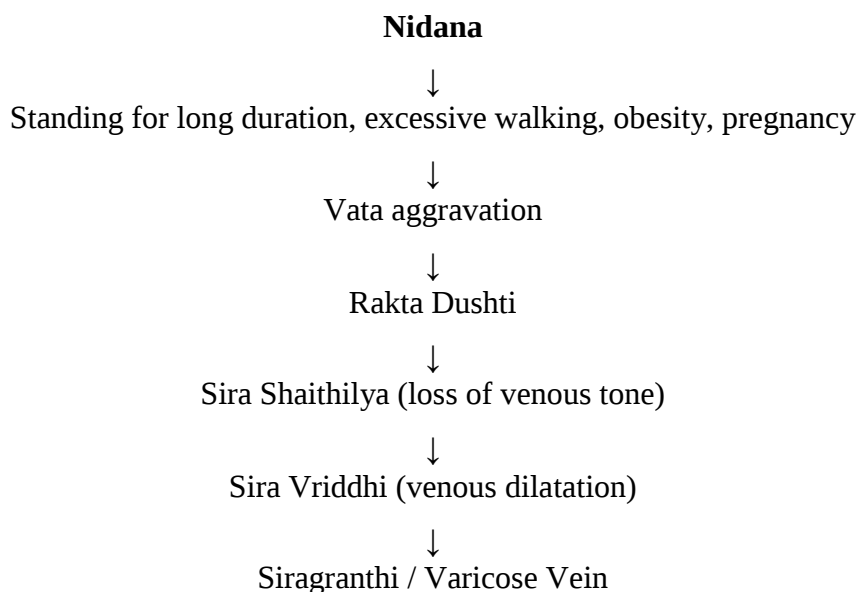
- Dilated tortuous veins
- Leg pain
- Heaviness
- Swelling
- Night cramps
- Itching
- Hyperpigmentation
- Venous ulcers

Correlation with Ayurveda

The pathology of varicose veins can be correlated with:

- *Siragranthi*
- *Siragata Vata*
- *Rakta Dushti*
- *Vata Prakopa*

Samprapti



Comparative Anatomy of Sira and Veins.

Ayurvedic Concept	Modern Correlation
Sira	Veins
Nabhi as origin	Embryological vascular development

Transport of Rasa & Rakta	Venous blood circulation
Sira Shaithilya	Loss of venous wall elasticity
Siragranthi	Varicose vein
Siravyadha	Therapeutic venesection

DISCUSSION

The anatomical descriptions provided by Acharya Sushruta demonstrate remarkable similarities with the modern understanding of the venous system. The distribution of Siras throughout the body, their nourishing function, and their role in transporting blood closely resemble the anatomy and physiology of veins.

The pathological changes described in *Siragranthi*—including enlargement, tortuosity, and vascular abnormalities—parallel the modern description of varicose veins. Factors such as prolonged standing, increased intra-abdominal pressure, obesity, and aging lead to venous hypertension and valve incompetence, while Ayurveda explains these changes through *Vata Prakopa*, *Rakta Dushti*, and weakening (*Shaithilya*) of the vessel walls.

This anatomical and pathological correlation supports an integrative understanding of varicose veins, combining Ayurvedic concepts with contemporary vascular science.

CONCLUSION

Sira Sharir provides a comprehensive anatomical framework that closely corresponds with the modern venous system. The Ayurvedic concepts of *Sira*, *Siragranthi*, and *Siravyadha* have significant relevance in understanding venous disorders such as varicose veins. Integrating classical Ayurvedic knowledge with modern anatomy may contribute to improved understanding, diagnosis, and management of chronic venous diseases. Further clinical and anatomical research is warranted to validate these correlations and strengthen evidence-based Ayurvedic practice.

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