

## EFFECT OF VIRECHANA KARMA AND ORAL AYURVEDIC TREATMENT IN THE MANAGEMENT OF PADASHOTH DUE TO VARICOSE VEINS

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### ABSTRACT

Varicose veins are veins that have become enlarged and twisted. The term commonly refers to the veins on the leg, although varicose veins can occur elsewhere. Veins have pairs of leaflet valves to prevent blood from flowing backwards. Leg muscles pump the veins to return blood to the heart, against the effects of gravity. When veins become varicose, the leaflets of the valves no longer meet properly, and the valves do not work called as valvular incompetence. This allows blood to flow backwards and they enlarge even more. Varicose veins are most common in the superficial veins of the legs, which are subject to high pressure when standing. Besides being a cosmetic problem, varicose veins can be painful, especially when standing. Severe long-

standing varicose veins can lead to leg swelling, venous eczema, skin thickening and ulceration. One day in an OPD, a very young patient came with complaining of left foot swelling and pain. Swelling was minimal at morning, it gradually increases up to evening and on standing or on any exertion. Patient was unable to do even his routine work. He had difficulty in walking.

### TREATMENT GIVEN

Patient were treated for one and half year.

Oral: -

- Punarnavashtak kwath 30ml BD

○ -Tab.Aarogyavardhini vati 2-2-2

○ -Tab. Chandraprabha vati 1-0-1

**Panchakarma**

- Snehapan was given with Goghrita for 7 days.
- Snehavishrati was given for 2 days. During Snehavishranti kala sarvang swedana and bashpaswedana was given along with pittakar ahara.

- Virechana was given with-

Kwath- aragwadh phalmajja, triphala bharada, nishottar bharada.

Eranda Sneha.

Abhayadi modak 2 tablet.

Virechana was given for 2 times with the gap of one year. After the completion of first virechana, patient was kept only on.

**Haritaki choorna 5 gm HS.**

**Panchtikta ghrita 20 ml daily which was in shaman matra.**

After the completion of second setting of virechana, patient was kept only on-

**Dashamoola kwath 30 ml bd.**

**Goghrita 20 ml daily orally.**

**AFTER TREATMENT**

Patient was normal. There was no swelling over left ankle and foot on exertion and standing or walking. Now patient is able to do his routine work without any discomfort.

**DISCUSSION AND CONCLUSION**

In this case, firstly treatment was given in taking consideration srotorodh and loss of motility of leaflet. By using medicines srotorodh was decreased and virechana increases the motility vein walls. Elasticity increased which helps the closing of vein leaflets and may decrease backflow. And padshoth decreases. From above we can conclude that, ayurvedic treatment is very effective in varicose vein as there is no as much effective treatment in varicose vein.

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