

AYURVEDIC MANAGEMENT OF VARICOSE VEINS: A CASE STUDY**Dr. Vitthal Kasle*¹, Dr. D. W. Lilke², Dr. Aditya R. Shevate³ and Dr. Sujay Ghule⁴**¹Assistant Professor of Shalya Tantra Dept., Government Ayurved College and Hospital
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A condition, in which a vein becomes dilated, elongated and tortuous, this is said to be “Varicose”. There are primary as well as secondary causes of varicose veins. The superficial perforating as well as the deep veins are involved in varicose veins. The contemporary treatment for varicose veins includes Laser ablation, ligation, ligation with stripping surgical treatments. But these treatments can cause reoccurrence of this disease. Ayurveda texts reveal RAKTMOKSHANA cures varicose veins. We hereby report a case of a 34 year old male with complaints of pain in the lower limbs from calf to the dorsum of the foot of both legs associated with dilated and tortuous veins in the anterior aspect of lower leg with discolouration. He was advised admission for 1 Month and was treated with internal medication, external treatments and RAKTMOKSHANA. During the treatment all the signs and symptoms of varicosity reduced to a very high extend.

KEYWORDS: Varicose vein, Siragranthi, Raktmokshana, Ayurveda.**INTRODUCTION**

The common sites of varicosity are superficial venous system of the lower limbs, it affects either the long or short saphenous vein or both (Das.S, 2014). The superficial veins and perforating veins, connects the superficial with deep veins. The primary causes of varicose

veins are the incompetency of the valves and weakness in the walls of veins which causes venous insufficiency. Secondary varicose veins occur due to venous obstruction caused by pregnancy, tumours in the pelvis, fibroid, ovarian cyst and deep vein thrombosis etc. (Das, 2014). In Ayurveda classics varicose vein can be very much co related with the signs and symptoms explained for Siragranthi (obstructive circulation). Due to Vataprakopaka nidanas (causative factors which increases vata) such as, physical exertion, straining, for debilitated persons the vitiated vata enters the Siras (veins) causing the Sampeedana (Squeezing), Sankocha (constriction), and Vishoshana (act of drying up) which produces round and protruded Granthi (cyst) in the Siras (Veins), manifesting Siragranthi (varicose vein) .Hence Ayurveda reveals RAKTMOKSHAN cures Siragranthi (varicose veins).

In this article a case study in varicose vein has been taken for understanding the releaveness of complaints presented by a 34 year old man who has visited the out patient department.

MATERIALS AND METHODS

A 34 year old man visited the O.P.D of GOVT AYU COLLEGE AND HOSPITAL DHARSHIV, India on 10/04/2024 was advised admission 1 month and got discharged on 09/05/2024.

He presented with Complaints of

- Pain in the lower limbs from calf to the dorsum of foot of both legs
- Prominent, dilated, tortuous veins at the antero medial aspect of the lower 1/3rd part of the leg as well as postero lateral aspect of the calf region of left leg since 15 years (Figure 1).

On examination, there was pain, swelling and dilated tortuous veins present in the foreleg as well as in the calf region, mild swelling seen in the left ankle region, slight blackish discolouration was evident. No ulceration was noticed. Pain got relieved by elevation of legs. Mose's Sign (Das.S, 2014) (pain in the calf region on gentle squeezing of calf region) was absent in the patient. The patient was subjected for RAKTMOKSHANAM after every 3 days along with sthanik Abhyanga Lepa as well as with Pitta Samana Aushadi (medicines which pacifies pitta) internally.

TREATMENT PROTOCOL

On the day of admission internal medication was adopted using Kaishora Guggulu 2 tablet in the morning and 2 tablet in the evening, AMRITARISHTA 10 ml in morning and 10 ml in

evening, Guduchi swaras 10ml in morning and 10 ml in evening. Pratilom abhayang with til taila and turti (alum) done twice a daily.

RAKTMOKSHAN was opted to be done after every 3 days. Like this three RAKTMOKSHAN was done within the 1 Month of admission. On the first day of RAKTMOKSHAN 30 ml of blood was removed. On the second day of RAKTMOKSHAN 80 ml of blood was removed and on the last day of RAKTMOKSHAN 75ml of blood was removed.

The ingredient details of these formulations have been presented in table 1. The overall reduction in Pain, swelling, skin changes were graded based on patient's presentation & physician's observation & were manually documented. The mode of gradation & assessment is explained in Table 2 & 3.

| Sr no | Name of drug | ingredients | Dose | indications |
|-------|------------------|---|------------------|--------------------------|
| 1 | Kaishora Guggulu | Triphala, Guggulu (Comiphora mukul), Guduchi (Tinospora cordifolia), Vidanga (Embelia ribes), Danti (Baliospermum montanum), Trivrit (Operculina turpethum) | 2 tab after food | Vatasonita (gout) |
| 2 | Guduchi svaras | guduchi | 10 ml bd | Raktdushti |
| 3 | Amritarishta | Guduchi, Dashmool, jeerak, nagar, parpata, katuki, ativisha, saptparna, pippali, marich | 10 ml bd | Raktdushti, anti oxidant |

BEFORE APPLICATION



1ST Setting of Raktmokshan**2ND Setting of Raktmokshan****3RD Setting of Raktamokshan**

AFTER APPLICATION**Table 2: Assessment parameters adopted – Subjective.****1. Shoola (Pain)**

| | | |
|---|----------|-------------------------------------|
| 0 | Absent | No Pain |
| 1 | Mild | Occasional pain after long exertion |
| 2 | moderate | Frequent pain |
| 3 | severe | Pain throughout the day |

Table 3: Assessment parameters adopted – Objective.**1. Shotha (swelling)**

| | |
|---|---------|
| 0 | Absent |
| 1 | present |

2. Tortuosity

| | | |
|---|----------|--|
| 0 | Absent | No dilated veins |
| 1 | mild | Few veins dilated after exertion |
| 2 | moderate | Multiple veins confined to calf or thigh |
| 3 | severe | Extensive involving both calf and thigh |

3. Skin changes

| | |
|---|------------------------------------|
| 0 | NO discolouration |
| 1 | Blackish patchy hyper pigmentation |
| 2 | Hyper pigmentation with eczema |

RESULT AND DISCUSSIONS

During the 1Month of treatment patient underwent a gradual relief in the signs and symptoms. On the day of admission the treatment started with pratilom Abhyanga. From the

third day patient felt slight relief in Shoola (pain) The gradations of the symptoms in days during treatment days are shown in following tables. There was significant reduction in the signs and symptoms.

Table 4: Assessment chart - subjective parameters.

| | Day 3 | | Day 7 | | Day 11 | |
|-------|-------|----|-------|----|--------|----|
| | Bt | At | BT | AT | BT | AT |
| SHOOL | 3 | 2 | 2 | 1 | 1 | 0 |

Table 5: Assessment chart - objective parameters.

| | DAY 3 | | | DAY 7 | | | DAY 11 | | |
|--------------|-------|----|----|-------|----|----|--------|----|----|
| | BT | DT | AT | BT | DT | AT | BT | DT | AT |
| SHOHA | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 |
| TORTUSITY | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 |
| SKIN CHANGES | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |

Considering the pathophysiology (samprapti) of above patient from ayurvedic perspective i.e. kapha and vaat prakop, rakta dushti, rakta vibandh, Siraj granthi and finally Sirakautilya.

He was treated with ayurvedic shodhan and shaman chikitsa.

The internal medicines given were primarily aimed in pitta shamana and Raktaprasadaka (blood purifying) thereby clearing the underlying pathology of Siragranthi. RAKTMOKSHAN, is the treatment of choice prescribed by the classics for Siragata granthi (Varicose Vein) by Acharya Vagbhatta and considers RAKTMOKSHAN as Ardhachikitsa (half treatment) of Shalya Tantra (Surgery) and is said to provide immediate results than Snehadi Karmas (regular medications. Repeated RAKTMOKSHAN brings down the local Shotha (swelling) local congestion. This promotes proper circulation where the stasis is cleared off.

There was a gradual relief in the signs and symptoms during this treatment course. The result obtained after the external treatments and internal medication was encouraging. The results were improved at the end of 1 month. Pain, swelling were reduced considerably. Dilated and tortuous veins in the lower leg have reduced in size. Bluish discolouration which was present in the dilated veins, reduced considerably. Raktmokshan along with internal medication resulted the reduction of signs and symptoms of Siragranthi (varicose veins) specially the symptoms like Shoola (pain), and Vaivarnya (discolouration). After the follow up period of

two weeks there was no aggravation in the disease. The treatments employed were purely based on the principles of Ayurveda and was found to be very effective. The condition of the patient improved remarkably.

CONCLUSION

RAKTAMOKSHAN is considered as half of entire treatment or even complete treatment in Shalya Tantra (surgery) because Rakta (blood) is considered as one among the major Adhistana (base) of vitiation. According to Ayurved classics, Varicose vein can be very much correlated to Siraja granthi. Being a kind of Raktadushti Vikara, Raktamokshan and involved Rakta prasadana internal medicines were given along with Vatanulomaka aushadhas (those which promote regular movement of Vata). As the case showed significant changes in the symptoms of pain, swelling, burning sensation, and dilated veins with discolouration, during the 1 month of treatment with internal medicines as well AS RAKTMOKSHAN done for 3 alternate days. It can be concluded that in such conditions of varicose vein, Raktamokhsana along with Raktaprasadana drugs will be a choice of treatment. A large scale clinical study should be conducted to evaluate the efficacy and benefits of this modality of treatment with longer follow ups.

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