

A CASE STUDY ON THE MANAGEMENT OF VARICOSE VEINS THROUGH AYURVEDA

¹*Dr. Teena Verma, ²Dr. Indumati Sharma and ³Dr. Norangi Bishnoi

¹Assistant Professor, Department of Kayachikitsa, Madan Mohan Malviya Government Ayurved College, Udaipur, India.

²Associate Professor, Department of Kayachikitsa, Madan Mohan Malviya Government Ayurved College, Udaipur, India.

³Assistant Professor, Department of Kayachikitsa, Kala Ashram Ayurved Medical College, Udaipur, India.

Article Received on
15 Dec. 2024,

Revised on 05 Jan. 2025,
Accepted on 25 Jan. 2025

DOI: 10.20959/wjpr20253-35455



*Corresponding Author

Dr. Teena Verma

Assistant Professor,
Department of Kayachikitsa,
Madan Mohan Malviya
Government Ayurved
College, Udaipur,
India.

ABSTRACT

Ayurveda has mentioned *Siraj granthi* under *granthi roga* in which the veins got swollen and causes pain around the affected area, especially after sitting or standing for a long time. The person also feels heaviness and restlessness in the affected area. This condition resembles with the varicose veins mentioned in modern science resulting from blood pooling due to damaged venous valves. In initial stage it can be painless and only causes cosmetic embarrassment but can be more harmful with the progression of the disease. Though this disease has widely known risk factors, pathophysiology and also the treatment but difficult to reverse the condition if the disease progresses. There is a need of better and speedy recovery strategies to improve quality of life that's why we are trying to manage it better with the help of Ayurveda. We have admitted a case of *Siraj granthi* chiefly complaining about pain and swelling around affected area with cramping, discoloration and heaviness in legs. The case was diagnosed as *Siraj granthi* and given oral medicines along with *raktamokshan*. We observed a

remarkable improvement in patient's condition.

Index Terms – *Siraj granthi*, varicose veins, blood pooling, discoloration, *raktamokshan*.

INTRODUCTION

According to Ayurveda, *Siraj granthi* is caused by vitiation of *vata dosha* due to excessive exercise by a weak person. This vitiated *vata* enshrouds into the group of veins to desiccate them by compression and constriction and making them swollen, bulged, nodular and tortuous. The person feels pain, cramping, heaviness and restlessness around the affected area. The line of treatment mainly lies on pacifying *vata dosha* with the removal of *avaranas*, if any. Restoration of effective pumping of blood, back to the heart is also needed.

Prevalence in India is 30% and women are more prone to it. (V. Balaji, Sr. vascular surgeon, Apollo hospital, Chennai, press conference with The Hindu- 22/05/2023)

CASE REPORT

A 45 year old female patient came to the OPD of MMM Govt. Ayurved College Udaipur on 03/06/23 with the chief complaints of swollen veins on the right calf muscles with pain, heaviness and restlessness specially during long standing hours. Appetite was good with constipation and sleep was disturbed due to cramping even during the rest.

HISTORY OF PRESENT ILLNESS

According to patient, she was a house maker spending a lot of time doing household things which made her standing for long hours. As time passed, she developed varicosity in right calf region. Initially it was painless, thus paid no attention. But after a few years of progression, she started feeling pain and heaviness around the affected area. Ignorance for few more years made these symptoms worse and she started feeling of cramping and restlessness during the rest hours too. She was unable to stand or walk for a long time. Appetite was good with constipation and disturbed sleep. She was suffering from this condition since last 10 years and visited our hospital for further management.

PHYSICAL EXAMINATION

On inspection, the prominent veins were clearly visible on right calf region in standing position with bluish discoloration of surrounding area. No ulceration was seen. Patient felt some relief in supine position or with elevated legs. Nutritional status and built was also normal. Blood pressure was 138/88 mm Hg and pulse rate was 74/ min. the Trendelenburg's test was also performed and found positive for varicose veins.

DIAGNOSIS AND TREATMENT

The case was diagnosed as *siraj granthi* (varicose veins) and given the below medicines for about 3 months along with *panchakarma* therapy. Patient was also suggested to wear compression stockings and lifestyle modification.

S. No.	Name of intervention	Dose	Duration
1.	Brahmi Vati	375 mg bid	90 days
2.	Arsha Kuthar Ras	500 mg bid	90 days
3.	Rajah Pravartini Vati	375 mg bid	90 days
4.	Sarpgandha Ghan Vati	375 mg bid	90 days
5.	Erand Taila	30 ml hs	90 days
6.	Rakta Mokshan	-	After 15 days interval

RESULTS

During the above treatment, we noticed symptomatic improvement in patient's condition. Though the bulge in the veins was not reduced significantly, but cramping, heaviness and restlessness was reduced to a great extent. This made her sleep sound. Slight pain was sustained but only after long hours of standing.

DISCUSSION

The line of treatment was adopted according to *dosha*, *dushya*, *strotodushti* and *lakshana* of *siraj granthi* for the reversal of pathology.

Brahmi Vati is anti-oxidant, anti-depressive, immune-booster and nutritious to nervous system. Its blood thinning properties helps to restore blood circulation to avoid blood pooling. It lowers the increased pressure in veins for efficient pumping of blood back to the heart, hence hypotensive and calming.

Arsha Kuthar Ras is anti-inflammatory, anti-microbial and a good immune-booster which helps to relieve constipation with *vatanuloman* and *virechan* properties. It is good for heart and liver as lowers the lipids and cholesterol levels and prevents the anemia. It has ability to constrict the swollen veins to regain their normal structure.

Rajah Pravartini Vati, with its *strotoshodhan* and blood thinning properties, helps to improve blood circulation through veins to get effectively back to the heart.

Sarpgandha Ghan Vati is the best ayurvedic medicine to lower the elevated blood pressure. It has *vatanuloman*, *nidra-janan*, *strotoshodhan* and *mastishka-shamak* properties.

Erand taila is *mridu sneha virechan* having *vata-kaphahar, shothhar, vedna-sthapan, aam-pachan* and *srotoshodhan* properties which helps to correct the *agni* to remove the *ras-raktavaha strotodushti*.

Rakta Mokshan is one of the detoxification-therapy with anti-inflammatory and analgesic properties. It helps to improve blood circulation, reduces pain and swelling, also relieve heaviness and restlessness.

CONCLUSION

The patho-physiology of present case was understood according the specific *dosha-dushya, stroto dushti, lakshan and sthan* of involvement. The treatment plan was adopted according to ayurvedic texts. *Mridu virechan, hridya, strotoshodhan, vatanuloman, vedna-shamak and nidra-janan* medicines helped in restoring impaired blood circulation and venous insufficiency. Elimination of metabolic waste and toxins from blood through *rakta-mokshan* contributed to reduce inflammation, heaviness and pain.

BIBLIOGRAPHY

1. Charak Samhita by Agnivesha revised by Charak and Dridhabala with the Charak Candrika by Vd. Banarasi Das Gupt published by Choukhambha Surbharti Prakashan, Varanasi, 2001.
2. Sushruta Samhita by Sushruta with Ayurveda Tatvasandeeepika Hindi commentary, published by Chaukhambha Sanskrit Sansthan, Varanasi, 2004.
3. Ashtanga Hridayam by Vagbhata With Vidyotini Hindi Teeka, by Kaviraj Atrideva Gupta, published by Chaukhamba Sanskrit Sansthan, Varanasi, 2011.
4. Madhava Nidana with Madhukosha Commentary by Vijayarakshita and Shrikanthadatta with Hindi Vidyotini Commentary by Sudarshan Shastri, Chaukhambha Sanskrit Sansthan, Varanasi, 2002.
5. Bhaishajya Ratnavali by Prof. Siddhi Nandan Mishra, published by Chaukhamba Surbharti Prakashan, Varanasi, 2007.
6. Ayurved Saar Samgraha by Baidyanath Ayurved Bhawan Ltd.
7. The Hindu- 22/05/2023- V. Balaji, Sr. vascular surgeon, Apollo hospital, Chennai (article on internet).