

## A REVIEW ON VARICOSE VEIN WITH REFERENCE TO SIRA

### GRANTHI IN PROSPECTIVE OF AYURVEDA

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#### ABSTRACT

Varicose vein is a disorder in which veins are dilated, elongated, tortuous, distended, seen bulging and protruding over the surface of skin particularly on lower limb. The majority of risk factors of varicose veins includes standing jobs, older age, obesity, major surgeries, hormonal replacement therapy etc. it can be correlated with *Siraj Granthi* in Ayurveda. The common symptoms include heaviness in the legs, muscle cramps, itching around the swollen vein and pain felt in the whole leg or in the lower part of the leg. Initially, the problem of varicose veins started at back of legs and it spreads latter because it is a progressive disease. Varicose veins are not a harmful condition, however, it is a problem to the society with the dress of skirt, as the disease is ugly looking. *Nidanparivarjan* (avoiding causative factors), yoga and exercise, treatment like *Panchakarma*, *Raktamokshan* therapy( leech therapy) with preventive approach, the condition like varicose vein could be prevented.

**Keywords** Varicose vein, *Siraj Granthi*, *Nidanparivarjan*, *Bharavahana*, *Asadhy*.

**INTRODUCTION:** Varicose vein is a disease in which veins are dilated, extended, tortuous, distended, looks like bulging and protruding over the surface of skin. Varicose veins are different in colors from person to person. Varicose veins are twisted and enlarged veins near the surface of the skin, most commonly in legs. The common symptoms include heaviness in the legs, muscle cramps, itching around the swollen vein and pain felt in the whole leg or in the lower part of the leg.<sup>1</sup> The varicose veins are mainly caused by weakness of valves in the veins of legs when it becomes chronic it causes venous flow insufficiency. In modern science the treatment of varicose veins is limb bandaging, surgical treatment (striping of Saphenous vein), Scelotherapy etc. but no other medicinal treatment is available. However *Jallaukavacharan* therapy has shown significant results in varicose veins<sup>2</sup>

.In Ayurveda, it can be correlated with *Siraj Granthi*. As far as treatment concerned it is considered as *Krichh sadhya vyadhi* (curable with difficulty) in early stage and *Asadhy* in late stages and sometimes affecting the vital parts of the body.<sup>3</sup>

There is incompetency of the valves and the weakness in walls of the veins is one of the basic causes of varicose vein. The secondary causes are obstruction of venous out flow due to pregnancy, pelvic cancer, ascites, fibroid, iliac vein thrombosis etc.<sup>4</sup> The common risk factors of varicose veins include older age, obesity, major surgeries, hormonal replacement therapy etc. The incidence of varicose veins observed was 5 % in general population and it was more found in female (10:1).<sup>5</sup>

***Siraj Granthi*** : It may be correlated with *Siragranthi* (a type of *granthi roga*) and mainly involved *dosha* in *Siragranthi* is *Vata*.<sup>6</sup> The condition of *Siragranthi* men-

tioned by various Aacharya like in Ayurveda Charak<sup>7</sup>, Sushruta<sup>8</sup>, Vaghbhatta<sup>9</sup>, Sharangadhar<sup>10</sup> and Madhavnidana.<sup>11</sup> In this *prakupit vata dosha* compresses, raises and squeezes the net work of veins. In Ayurveda it is considered as *Krichh sadhya vyadhi* (curable with difficulty) in early stage and *asadhya* in late stages affecting the vital parts of the body. Sushruta and Vaghbhatta mention *Jalaukavcharan* (leech therapy) in the treatment of all venous diseases. The goal of *Jalaukavcharan* for Varicose vein is to reduce morbidity by natural, non invasive, safe alternative healing with no side effects.<sup>12</sup>

#### **Varicose veins cause as per Ayurveda:**

- Intake of *Abhisyandi* (which occlude channels) food like curd, lassi, deep fried foods, heavy non veg foods, junk foods, aerated drinks etc.
- Wrong food combinations
- Excess work(*shramatiyogat*)
- Weight lifting (*Bharavahana*)
- Long walk (*adwagamana*)
- Intake of heavy (*guru*), mild(*manda*), cold(*hima*), unctuous(*snigdha*) food stuffs etc.

#### **Varicose vein symptoms:**

1. Aching pain in the lower limb (Toda).
2. Numbness or neuritis (*Sada*).
3. Heaviness (*Gaurava*)
4. Tiredness (*Ayasa*)
5. Tortuous veins (*Grathithasira*)
6. Discoloration of the veins or skin (*Krishnaraktasira*)

#### **Preventive approach in Ayurveda:**<sup>13,14,15</sup>

1. Exercise and yoga, swimming.
2. Crape bandage application
3. Control over weight
4. Reduce sugar and salt from diet
5. Fibrous and unpolished diet
6. Leech application.

**Medicinal drugs:** *Arogyavardhini vati*, *Punarnavadi Guggulu*, *Mahamanjisthadi kadha*, *Chandraprabha vati*, *Lashunadi vati*, *Kanchnar Guggulu*, are used for systematic management as a *Samshodhan* Therapy.

#### **DISCUSSION :**

Varicose vein is a illness in which veins are dilated, elongated, swollen and it is an acute stage due to clogging of blood preventing the flow of venous back to heart. The swollen, bulging veins that become visible just underneath the skin surface and filled with abnormal collection of blood which may be superficial or deep. The bodily fat and viscous elements often have been seen counteracted in the physical condition which weakens the function of the nervous system like loss of blood; obstruction in the circulation; weak digestion; malnutrition, old age, anxiety, etc. Initially, the problem of varicose veins takes place at the back of legs. Then it spreads in other body parts because it is a progressive disease. The veins are being enlarged and tortuous, in general, the patient feel heaviness, pain and heaviness gets worse in the winter, humidity, cloudy day, walking. Varicose veins are not a harmful condition, however, it is a problem to the society with the dress of skirt, as the disease is ugly looking. The general management of varicose veins depends upon the application of the *Snehan*, *Sweadan* along with some medications as nerve tonics. The main aim of these applications is to restore the weak nervous system. Preventing management and Ayurvedic drugs will be useful in improving patient condition and prevents further complications. Acharya Sushruta and Vaghbhatta has mentioned *Jalaukavacharan* (leech therapy) in the

treatment of all venous diseases and it would be also beneficial in varicose vein.

**CONCLUSION:** Varicose vein is quite difficult to treat in chronic condition. Early diagnosis, *Nidanparivarjan* (avoiding causative factors), Yoga and exercise, treatment modalities like *Panchakarma*, *Raktamokshan* (leech therapy) with preventive approach, application of crape bandages, the condition like varicose vein could be prevented.

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