

“AYURVEDIC MANAGEMENT OF VARICOSE VEINS WITH SHAMAN CHIKITSA : A CASE REPORT”

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ABSTRACT:

Varicose veins are defined as dilated, tortuous, elongated superficial veins that cause reversal of blood flow due to valve insufficiency. Varicose veins are more common in the lower extremities due to the upright posture of the body. Varicose veins are similar to Uttana Vatarakta varicose veins in terms of etiology and symptoms. Varicose veins also have close similarities with Siraj Granthi and Siragat Vata. We report a case of a 35-year-old male patient who presented with lower extremity pain from the calf to both legs accompanied by dilated and tortuous veins on the back of the legs, discoloration, itching, and burning. And uncomfortable. The patient was treated with Ayurvedic medications and his symptoms improved significantly. Observations and results were compiled according to the evaluation criteria. The discussion was based on all observations made during the study. Conclusions were drawn based on the results.

KEY WORDS:- Varicose vein, *Vatarakta*, *Uttana Vatarakta*.

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INTRODUCTION

A condition in which veins become dilated, long, and tortuous is called varicose veins [1]. A common location for varicose veins is the superficial venous system of the lower extremities. Varicose veins are very similar to Siraj Granthi and Siragat Vata. Varicose veins are similar to Uttan Vatarakta's varicose veins in their etiology and symptoms [2]. There are two types of vatatarakta: uttanavatarakta and gambhiravatarakta [3]. Uttanavatarakta causes symptoms such as itching, burning, pain and discoloration. Gambhiravatarakta causes symptoms such as swelling, hardness, soreness, pain, burning, and sometimes numbness. Uttana Vatarakta is a kind of bahya, and its places of manifestation are thwak (skin) and mamsa (muscles). Signs and symptoms of dark, red, or copper-colored skin associated with itching, crying, and pain. It is caused by corruption. Vata, Rakta [2], etc. The fallen Vata becomes Aavrutta along with the fallen Raktadhadu. Vriddhi and disturbed Vata in turn ruin the entire Rakta and appear as Vatarakta. Ayurveda emphasizes the importance of studying the pathogenesis of a disease before planning a treatment protocol. In this study, we investigated Nidana and Samprapti patterns in relation to varicose veins to better understand the different clinical manifestations of Uttan Vatarakta.

MATERIALS AND METHODS

CASE REPORT :

Pradhan Vedana (Chief complaints)

A 35 years old male patient came to us with chief complaints of –

pain in the lower limbs from calf to the dorsum of the foot of both legs (*shola*) associated with dilated and tortuous veins in the Posterior aspect of lower leg with itching (*Kandu*), burning sensation (*daha*), discoloration (*vaivarnya*) and swelling (*shotha*). All the above complaints were since 2 years. Patient visited kayachikitsa OPD with MRD No. 528

Vartaman Vyadhivritta (History of present illness)

The patient was normal 2 years before, since then patient have suffering from pain in the lower limbs from calf to the dorsum of the foot of both legs (*shola*) associated with dilated and tortuous veins in the Posterior aspect of lower leg with itching (*Kandu*), burning (*daha*), Skin discoloration around varicose vein (*vaivarnya*) and swelling in lower legs (*shotha*). For this patient took treatment from different pathy doctors but got no relief.

Purva Vyadhivritta (History of past illness)

No systematic illness was found.

Personal History:

Occupation – standing work

Habbit – drink alcohol

Ashta Vidha Parikshan:

Nadi- 80/min

Mala- Prakrut

Mutra - Samyak

Jivha – Saam

Shabda – Spashta

Sparsha- Ruksha

Druk – Avishesh

Akruti - Madhyam

On examination:

1) The patient's overall condition is good and there is no fever.

2) Pulse: 80/min.

3) Blood pressure: 130/80mmHg.

4) Whole body examination: CVS: S1 S2 normal

CNS: Well-directed and conscious.

RS: Air intakes are equal on both sides

P/A: Soft but not soft; Liver, kidneys, spleen - not palpable.

Prakriti (constitution) was Pitta-Kaphaj.

Not inspected:

Prakriti (constitution) was Pitta-Kaphaj.

Lower limb examination:

Inspection: Dilation of veins seen in posterio medial aspect of left legs below the knee

slight dilatation of veins seen in posterior aspect of knee of right leg

Swelling – Localized present in left leg



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Skin – Blackish discolouration

Brodie-Trendelenburg test^[1] – Negative

Pratt's test^[1] – Negative

Diagnosis- On the basis of clinical history and examination the condition was diagnosed as Varicose Veins.

TREATMENT PROTOCOL -

Total duration-30 days

Table 1 : showing examination is on the scoring system

VENOUS DISABILITY SCORING SYSTEM [5]		
Score 0	Asymptomatic	
Score 1	Symptomatic but able to carry out activities without any therapy	Yes
Score 2	Symptomatic – can do activities only with compression/Limb elevation	
Score 3	Symptomatic– Unable to do daily activities, even with compression or limb elevation	

MATERIALS AND METHODS :

Methods

Types of Study : single case study .

Study center- Om Ayurved college and Hospital, Betul

Sr. No.	Medicine	Dose	Anupana	Route of Administration	Time of Administration
1.	<i>Kaishor guggul</i>	500 mg BD	Luke warm water	Oral	After food
2.	<i>Arogyavardhini Vati</i>	500 mg BD	Luke warm water	Oral	After food
3.	<i>Punarnavadi kwath</i>	15 ml BD	Luke warm water	Oral	After food
4.	<i>Mahamanjishthadi kwath</i>	15 ml BD	Luke warm water	Oral	After food
5.	<i>Gandharva Haritaki Churna</i>	3 gm HS	Luke warm water	Oral	After food

Table 2: showing treatment protocol

Pathya-Apathya :

Pathya- Intake of barley, wheat, *shali* and *shashtika* rice, *Laghu ahar*, *vyayam*

Apathya- long time standing, walking, travelling

RESULT :

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Table 3: Assessment of results

Symptoms	BT	AT
<i>Daha</i> (Burning sensation)	Present	Absent
<i>Shotha</i> (Swelling)	Present	Absent
<i>Shola</i> (Pain)	Present	Absent
<i>Vaivarnya</i> (Discolouration)	Present	Absent
<i>Kandu</i> (Itching)	Present	Absent

Fig 1 : showing images after and before treatment**BEFORE TREATMENT****AFTER TREATMENT**

The patient had started improving during treatment and at the end of 30th day there was relief in all symptoms. So we can state that with Ayurvedic treatment its get dynamic result and get relief of all symptoms.

DISCUSSION

- Based on the symptomatology varicose veins can be compared with Uttana vatarakta of contemporary medicine.
- Vatarakta is a disease caused by vitiation of vata as well as rakta. Aggravated Vata is blocked by vitiated rakta, internal leading to further aggravation of Vata^[6].
- Nidaan like Katu, Amla, Ushna, Vidahi Ahara, Adhvagaman, Bharavahan etc were observed is the subject and advised to avoid those by guiding with proper pathya and apathya^[7].
- Uttana Vatarakta mainly affects Twak (skin) and mamsa (muscles)^[2].
- Mahamanjishthadi kwatha acts as Raktashodhak and Pittashamak in Vatarakta by removing the obstruction of Vata by dushit rakta and helps in minimising the severity of symptoms in patients.
- Kaishor guggul acts as vedanasthapak and arogyavardhini acts as aampachak. Swelling reduces by mutral propertie of Punarnavadi kwath and pittashaman occurs due to mruduvichak karma of Gandharvaharitaki churna.
- The incidence of Varicose veins increasing with the speed of modernisation as well. Hence educating the subject with pathya ahara and vihara is important along with chikitsa simultaneously.

Action of drug management of varicose veins:

Table 6: Showing action of drug

Sr. No.	Dravya	Action
1.	<i>Kaishor guggul</i> ^[8]	<i>Tridoshaghna , Rasayan,</i>
2.	<i>Arogyardhini vati</i> ^[9]	<i>Shulanashak, Amapachak</i>
3.	<i>Mahamanjishthadi kashay</i> ^[10]	<i>Raktaprasadan, pittashamak</i>
4.	<i>Punarnavadi kadha</i> ^[11]	<i>Shothaghna</i>
5.	<i>Gandharva haritaki churna</i> ^[12]	<i>Anuloman, Vatashulnashak, Pittashodhak</i>

CONCLUSION

- The subject was happy and satisfied with the Ayurvedic line of treatment for his condition and followed *pathya* and *apathya* with regular follow-ups.
- Ayurvedic management show very promising result in terms of betterment of the disease.

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