

VARICOSITY-AN APPROACH TO CURE THROUGH AYURVEDA

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ABSTRACT

Varicosity is the penalty for vertically against gravity. Dilated, tortuous & elongated superficial veins of the limb are called varicose veins. *Sira Akunchana* (*Sira kautilya*) is a *vata vyadhi* caused by *sira gata vata*. *Sira Akunchana* is *Sang* (obstruction in free flow through these channels) or *Sira Granthi* type of *Srotodushti*. The Symptoms depend on the stage of the disease. it manifests as pain in legs (Dull ache) or calf region, Night cramps, Dilated veins, Edema, constipated, Lipodermatosclerosis. According to *Acharya Sushruta*, *Sira Vedha* Should be done by the gap of four *angula* from *Indra Basti Marma*. excessive filling & emptiness of *siras* as result of *sira sathilya* (Musculature looseness) which is a result of lack of nutrition to *Mansa & Meda Dhatu* due to *Ama* Formation.

KEYWORDS: Varicose Veins, *Sira granthi*, *Sira kautilya*, *Sira Akunchana*, *Srotodusti*, *Sira Vedhana* etc.

INTRODUCTION

Varicosity is the penalty for vertically against gravity.^[1] The blood has to flow from the lower limbs into the heart against gravity because of the upright posture of human beings. Dilated, tortuous & elongated superficial veins of the limb are called varicose veins, they are seen in 10% of general population.^[2] Sometimes the veins of blood in many people appear to be more prominent. In *Ayurveda* this disease is called by different names eg. *siraj granthi*, *sira gata kupita vata*, *Sira kautilya*.

In this disease, veins are look like a snake shaped. According to *Ayurveda*, its due to blockage of channels by *dushti* of *dhatuvaha srotas*. Who's take excessive acidic & alkaline food and longtime standing posture is the main causes of varicose veins.^[3] In *Ayurveda*, *Vata pitta kapha*, are present in living body & these are basic physiological units of our every system and the equilibrium state of these three *doshas* is foundation of

two purposes. Out of three *doshas vata doshas* is independent & is also responsible for the equilibrium state of other *doshas*. *Sira Akunchana* (*Sira kautilya*) is a *vata vyadhi* caused by *sira gata vata*. *Sira akunchana* can be understood as pathology of veins known as varicose veins.^[4] *Sira Akunchana* is described by many *Ayurvedic Acharya* under the *vata vyadhi Adhaya*. *Sira* is also the synonym of *srotas*.^[5] *Srotas* or channels are the path or empty spaces which allow to free flow or transportation of various type of materials through them.^[6] All the spaces in body as lymph vessels, blood vessels & all type of canal or ducts, tube, can be understood as *srotas* or channels & *Sroto dushti* is the abnormality in structure or in function of that *srotas*, as a result *srotas* don't function properly. *Sira Akunchana* is *Sang* (obstruction in free flow through these channels) or *Sira Granthi* (origin of Abnormal Growth) type of *Srotodushti*.^[7]

Clinical Classification Of Chronic Lower Extremity Venous Disease^[8]

| Grade | Characterstics |
|-------|---|
| 0 | No Visible or Palpable Signs Of Venous Disease. |
| 1 | Telangiectasia's, Reticular Veins or Malleolus Flare. |
| 2 | Varicose Veins |
| 3 | Edema without skin Changes |
| 4 | Skin Changes described to Venous disease(Pigmentation, Venous Eczema or lipodermatosclerosis) |
| 5 | Skin Changes as defined above with healed Ulceration |
| 6 | Skin Changes as defined above with Active Ulceration |

The Symptoms depend on the stage of the disease, early disease is usually Asymptomatic, except for visible small veins, however as the disease progress it manifests as pain in legs (Dull ache) or calf region, Night cramps, Dilated veins, Edema, constipated, Lipodermatosclerosis.^[9] The treatment is determined by the stage of disease; early cases are treated with bloodletting (*Raktmokshan*) by Butterfly cannula.^[10] As the disease there is need for Para surgical procedure, which include only bloodletting by butterfly cannula no-12.

METHODS

The prospective study on outcome of *sira vedhana karma* in conventional varicose veins was conducted in O.P.D. Department of *Swasthviritta*, S.G.C.A.S.H at Tanta University, SGNR. Between date 14 May 2019 to 18 June 2019.

Patient Name- Mr. Vijay Rana

Age-52yrs, sex- male, Occupation- metal grinding. Patient came with the complaint of severe pain in calf region, night cramps, dilated veins, and constipation. Patient was not stable at that time when he was bring at hospital first time. He was unable to stand or walk without support. He had a past history of DM, since 5 years and RA since 6 months after the examination varicose veins are diagnosed since 8 months. He was taking lots of analgesic medicine for pain. After the diagnosis, we suggested to him for *Sira vedhana Karma*. After the given information of treatment details & procedure, Patient was agreed & ready for treatment & therapy. We sent blood samples for blood test. After the investigation report came, the treatment started. According to *Acharya Sushruta*, *Sira Vedha* Should be done by the gap of four *angula* from *Indra Basti Marma*.

HEP-B = 3 MIN.

| | |
|-------|----------|
| Hb% | 14.2 |
| BT | 2.35 Min |
| CT | 09 Min |
| HIV | Negative |
| HEP-B | 3 MIN |

Methods of *Sira Vedhana*

1. Pre-Operative methods
2. Main methods
3. Post-Operative methods

1. Pre-operative Methods

Wash the hands properly. Wear sterile gloves. Use sterile instruments.

Wash the surgical area with Savlon after that clear the area with spirit then povidone iodine solution. Then bind tourniquet from the four *angula* above gap of *Indra basti*.

2. Main Method

Use sterile Butterfly cannula no-12 or 14 for bloodletting. Inspect prominent vein then insert cannula in the veins when blood comes out the cannula connected with disposable plastic bag.

When 20-30 ml or more (depend on Hb% level) blood come out in plastic bag. Then eject the cannula.

3. Post-Operative Method

After completion of *sira vedhan karma* apply *Haridra*+ *aloevera* or *Ghrit* on there.

RESULTS

After the *Sira vedhan*, Dilated veins were not Visible, Patient was able to Stand and walk without support. His pain was approx. 70-80% gone.

DISCUSION

In *Ayurveda Sira* are of four types *Vata vaha*, *Pitta Vaha*, *Kapha Vaha*, and *sudh Rakt Vaha*. In this Aspect only *Rakt Vaha siras* should be understood because *Akunchana* & dilatation are the qualities of blood vessels (Arteries & Veins) thickened, twisted or dilated veins are called varicose veins. It may be understood as excessive filling & emptiness of *siras* as result of *sira sathilya* (Musculature looseness) which is a result of lack of nutrition to *Mansa* & *Meda Dhatu* due to *Ama* Formation. *Sira Sathilya* may be Understood as Looseness of Valves present in Veins.

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