

Review Article

Varicose Veins and Homoeopathy

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ABSTRACT

Varicose veins are twisted, enlarged veins. Any vein that is close to the skin's surface (superficial) can become varicose. Varicose veins most commonly affect the veins in the legs. That's because standing and walking increase the pressure in the veins of the lower body.

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INTRODUCTION

Varicose veins, also known as varicoses or varicosities, occur when your veins become enlarged, dilated, and overfilled with blood. Varicose veins typically appear swollen and raised, and have a bluish-purple or red color. They are often painful.

The condition is very common, especially in women. Around 25 percent of all adults have varicose veins. In most cases, varicose veins appear on the lower legs.

For many people, varicose veins and spider veins — a common, mild variation of varicose veins — are simply a cosmetic concern. For other people, varicose veins can cause aching pain and discomfort. Sometimes varicose veins lead to more-serious problems.

Causes

Weak or damaged valves can lead to varicose veins.

Arteries carry blood from the heart to the rest of the body.

Veins return blood from the rest of the body to the heart.

To return blood to the heart, the veins in the legs must work against gravity.

Muscle contractions in the lower legs act as pumps, and elastic vein walls help blood

return to the heart.

Tiny valves in the veins open as blood flows toward the heart, then close to stop blood from flowing backward.

If these valves are weak or damaged, blood can flow backward and pool in the veins, causing the veins to stretch or twist.

Symptoms

Varicose veins might not cause pain. Signs of varicose veins include:

Veins that are dark purple or blue

Veins that appear twisted and bulging, often appearing like cords on the legs

When painful signs and symptoms of varicose veins occur, they might include:

An achy or heavy feeling in the legs

Burning, throbbing, muscle cramping and swelling in the lower legs

Worsened pain after sitting or standing for a long time

Itching around one or more of the veins

Changes in skin color around a varicose vein

Spider veins are similar to varicose veins, but they're smaller. Spider veins are found closer to the skin's surface and are often red or blue.

Spider veins occur on the legs but can also be found on the face. They vary in size and

often look like a spider's web.

Complications

Complications of varicose veins, although rare, can include:

Ulcers. Painful ulcers can form on the skin near varicose veins, particularly near the ankles. A discolored spot on the skin usually begins before an ulcer forms. See your health care provider immediately if you think you've developed a leg ulcer.

Blood clots. Occasionally, veins deep within the legs become enlarged and might cause leg pain and swelling. Seek medical attention for persistent leg pain or swelling because it can be a sign of a blood clot.

Bleeding. Occasionally, veins close to the skin burst. Although this usually causes only minor bleeding, it requires medical attention.



HOMOEOPATHIC APPROACH

Hamamelis: It is known to be a homeopathic remedy for varicose veins. It effectively stops any sort of bleeding from the veins. It also offers relief from pain and from a sensation of heaviness of the legs.

Pulsatilla: This homeopathic medicine is greatly recommended for women who develop varicose veins during the course of their pregnancy. It immediately does away with the pain. The homeopathic medicine especially works well for swollen veins of the legs and the hands. The application of a cold pack also helps relieve the pain and reduce swelling.

Calcarea: It is a homeopathy cure recommended to patients who have varicose veins but do not suffer from any pain. In case the patient feels chilly and suffers from various other symptoms like some sort of burning sensation in the veins

or cold hand and feet, Calcarea is a good cure.

Graphites: One of the effective homeopathic medicines to cure for varicose veins that are accompanied by some amount of itching and cramping is 'Graphites'.

Arnica: This homeopathic medicine effectively deals with varicose veins accompanied by symptoms like soreness and bruising.

Prevention

Improving blood flow and muscle tone might reduce the risk of developing varicose veins. The same measures that treat the discomfort from varicose veins can help prevent them. Try the following:

Avoiding high heels and tight hosiery

Changing your sitting or standing position regularly

Eating a high-fiber, low-salt diet

Exercising

Raising your legs when sitting or lying down

Watching your weight

Does

Exercise. Get moving. Walking is a great way to encourage blood flow in the legs. Your health care provider can recommend an appropriate activity level for you.

Manage weight. Shedding excess pounds takes unnecessary pressure off the veins.

Avoid salt. Follow a low-salt diet to prevent swelling caused from water retention.

Choose proper footwear. Avoid high heels. Low-heeled shoes work calf muscles more, which is better for your veins.

Avoid tight clothing. Don't wear tight clothes around your waist, legs or groin because these garments can reduce blood flow.

Raise the legs. To improve the blood flow in the legs, take several short breaks daily to raise the legs above the level of the heart. For example, lie down with the legs resting on three or four pillows.

Avoid long periods of sitting or standing. Change your position frequently to encourage blood flow.

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