

Review Article on Varicose veins – Sirajgranthi

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Abstract-Varicose veins is a disease commonly affecting the lower limbs, particularly the persons in higher age group, engaged in hard work, or in prolonged standing jobs, etc. Varicose veins are commonly occurring health problem in patients related to standing occupation. Varicose veins are not a severe medical condition in the early stages it's only a cosmetic concern but continued pain causes disturbance in daily routine life. Incompetency of the valves and weakness in the walls of the veins are the primary cause of this disease. In Ayurveda Siraja Granthi & Siragata Vata rogas are explained which are synonymous with the modern system disease of varicose veins. Varicose veins commonly develop in calves, thigh, in the legs and feet. Varicose veins are not life threatening but it affects day-to-day activities and conditions worsen with chronicity. Hence it is necessary to do a review study on varicose veins.

Keywords- : Varicose veins, Sirajgranthi, Raktamokshana, Jalaukavacharana

Introduction-

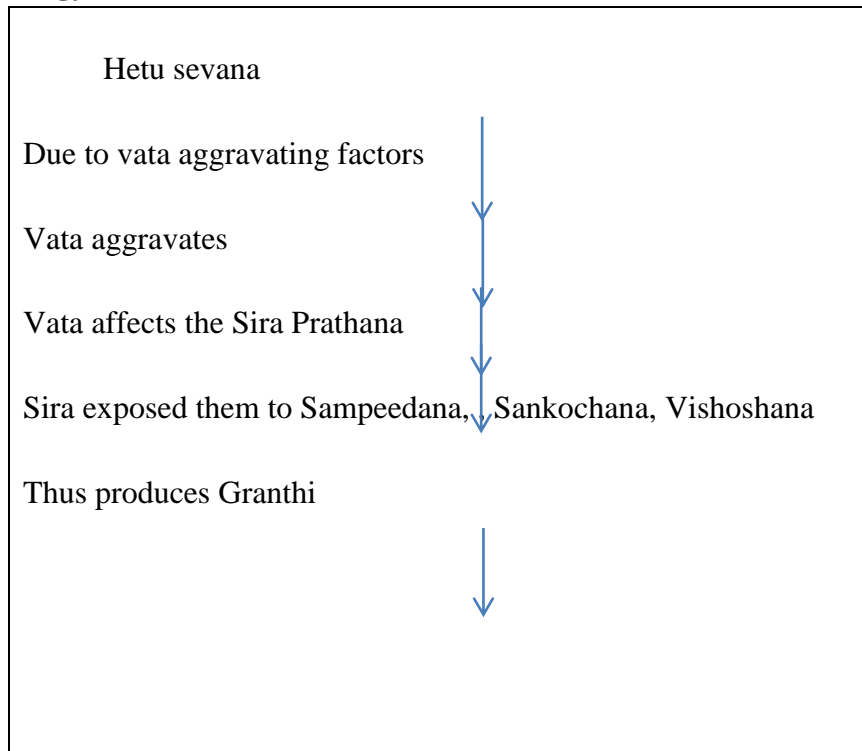
Varicose vein is a condition in which vein are enlarged, swollen, and tortuous, which mainly affect lower limbs. There may be involvement of superficial perforating veins or deep veins. The common site of varicosity are superficial venous system of lower limbs, it affects either the long or short saphenous vein or both. Varicose vein may appear blue or dark purple and are often lumpy, bulging, or twisted. Varicose veins can be primarily caused by incompetence of the veins or weakened walls of the veins that causes venous insufficiency or by inflammation in the veins. Secondary varicose veins occurs due to venous obstruction caused by pregnancy, tumours in the pelvis, fibroid, ovarian cyst and deep vein thrombosis etc.¹ Siraja Granthi, a disease mentioned in Ayurveda, occur by vitiation of Vata Dosha and Raktha Dhatu.² The risk factors of includes age, hereditary, pregnancy, obesity, occupation which involves prolonged hours of standing, Diet, Type of physical activity, Excess use of hormones, etc.³. According to Ayurveda, Sira sankocha, Sira Utsedha, Vishoshana are the clinical features of Sirajgranthi, which are similar to varicose veins.⁴

Materials And Method- Various ayurvedic texts, published review articles, research papers, and from the internet have been reviewed for this article.

Nidan - According to Acharya Sushruta, the causative factor is excessive exertion by a person who is weak and emaciated.⁵ In a weak person who undergoes excessive exercise, the vitiated vata vitiates the vascular bundles which in turn sampeedya (compresses), sankochya (squeezes), and vishoshya (dries it up) which produces Granthi which is further raised in circular Siraj Granthi. In Ashtang hridya, the person suddenly washes the lower limb in cold water after walking a long distance. Due to the sudden

change of temperature in the leg, the Sira becomes engorged and thus may not be able to pump the blood properly.

Samprapthi (Pathology):



Lakshanas (Symptoms)- According to Acharya Sushruta two types of Siragranthi are present one which is painful and movable and another which is painless, immovable, and greatly enlarged and can occur in Marmasthan.⁶ In Siragranthi Lakshanas like sampeedya, nisphuram, and nirujam can be correlated to dull aching pain in varicose veins.

Signs like sankochya, Vrutta, Unnatha, Shopham can be correlated to dilated, elongated, and tortuous veins.

Clinical Features:

Pain, tenderness, heaviness, inability to walk or stand for long hours, thus hindering work.

Skin conditions / dermatitis which could predispose skin loss.

Skin ulcers especially near the ankle, usually referred to as venous ulcer.⁷



Sadhya-Asadhyata (Prognosis) - Acharya Sushruta has described the painful variety as KrichraSadhya (difficult to cure). The painless variety, bigger in size and present at Marmasthan is Asadhya (incurable).

Management of Siragranthi-

According to Ayurveda Siraja Granthi is caused by vitiation of Vata and Pitta Dosha. Raktamokshana is one of the best treatment to eliminate vitiated Pitta Dosha. Sringa, Jalauka, Alabu, Siravedha, Pracchana, Ghati Yantra are types of raktamokshana.⁸ Leeches' saliva contains hirudin and calin which help to inhibit blood coagulation and acetylcholine, which helps to dilate blood vessels. Varicose veins have been described in Sushrut samhita, Ashtang hridayam, Madhav Nidan, and Shadangdhar samhita. Siravedha, helps vitiated doshas to be removed from Sira, congestion of sira is removed, it removes toxins, increases blood supply. Vata is reduced by basti.

Daha (burning sensation) is also relieved by Jalauka as it is a sheet in nature. Sahachara Thailam is used in Vata-related disorders. Basti is indicated in vata-related disorders. As Vata is responsible for varicose veins so by treating Vata in the body one can manage varicose veins. Also Snehana and Swedana increases the circulation in that region.

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