

A Case Study on the Treatment Options Offered by Naturopathy for Varicose Veins

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Abstract

Varicose veins are difficult to control since the long-standing instances do not totally heal. Affordability is always a factor when it comes to Allopathic therapies. Complications of allopathic therapy may also be stressful for a few people. A case report is addressed in this article, which dealt with the treatment of varicose veins using Naturopathy in order to effectively manage the case in a short period of 8 days.

Keywords: - Allopathic Treatments, Naturopathy Treatment, Varicose Veins

INTRODUCTION

Varicose veins are visible veins that are convoluted and enlarged in the subcutaneous tissues of the lower limbs. These veins' valves are dysfunctional. As a result, blood backflow occurs, resulting in venous hypertension. Varicose veins are caused by dilated branches of the great and small saphenous veins. Its prevalence ranges between 10% and 30%. 1 A strong family history, age, pregnancy, and long-term employment are all risk factors for this illness. Varicose vein patients describe

discomfort, aching, soreness, itching, or dermatitis, as well as deep vein thrombosis (DVT). Therapy is required for symptomatic individuals to address chronic venous insufficiency, superficial thrombophlebitis, and bleeding. This is a typical clinical trait among the aged, particularly women, and full recovery is never guaranteed. In this example, the Nature cure regimen was used to effectively heal a case of varicose veins after 8 days of intervention with no prolapse.

Case presentation

A 72-year-old female presented to the National Institute of Naturopathy's OPD with the major complaint of discomfort in both limbs (calf area) over the past two months. She developed bluish areas on her skin (upper and lower limbs) on the left and right sides for almost a month. She has had varicose veins for two months.

During the systemic history, the patient indicated that she experienced numbness in both lower leg soles for 2 years, as well as shoulder and thumb joint discomfort for more than 2 years. She had also been suffering from bronchial asthma for the past 40 years. Her BMI was 30 kg/m² and her weight was 64 kg. The patient was experiencing joint discomfort in several areas, including the shoulder, thumb, wrist, and lower back. The agony began four years ago, following a chikungunya infection. Standing and physical activity worsen the pain. Rest and allopathic medicine were used to treat it. The varicose vein has gotten worse in the

previous two months, causing calf discomfort and foot numbness.

The patient's personal history indicated that she had a decent appetite, drank around 2 litres of water each day, and had no problems with her sleeping pattern or bowel motions. She was dependent on 6-7 cups of tea every day. Menopause began at the age of 55. The patient's vitals were all normal and under control. Physical examination revealed icterus, as well as peripheral cyanosis and dry overlaying skin. Auscultation indicated the existence of wheezing sounds and a reduction in voice resonance. The patient did not notice or disclose any additional problems.

The following features were prominently seen on diagnosis by Naturopathy means-

1. Mixed Encumbrance
2. White coat on the tongue
3. The Iris diagnosis revealed the following-

Right Iris	Left Iris
<ul style="list-style-type: none"> • Arcus Senilius 	<ul style="list-style-type: none"> • Arcus Senilius around theiris • Yellowish colouration insclera • Whitepigmentationin6’oclockpositionin second minor of 3rd majorzone³

The patient reported of consuming the following medications for her problems-

1. Foracort Cipla- 200mg rota cap – 10-15times/month since 2yrs.
2. Thioasthalin- 50mg tablet-3-4times/month since 3yrs.
3. Ultra-cet (tramadol)- 400mg- 1tablet/day since 6months
4. Giloy (ayurvedic)- 400mg tab/day since 5yrs.

The O2 levels in the periphery were as follows-

1. In fingers of hand SpO2 levels are 91-92%
2. In fingers of feet SpO2 levels are around 84-85%, except for toes it is 99%

The ultimate diagnosis was Varicose Veins Grade: CEAP- C2S [Varicose veins with symptoms, i.e. (symptomatic)] based on the clinical presentation and history. 5

The Naturopathy Regimen provided was as follows

Day	Treatments	Duration
1-3	1. Neutral Hand Pack(b/l) 2. Acupressure to Hands and Feet 3. Hot Foot Arm Bath with Epsom Salt.	1. 30mins 2. 10mins 3. 15mins
4	1. Neutral Leg Pack 2. Hot Sand Fomentation (Hips &Back) 3. Acupressure to Feet	1. 30mins 2. 15mins 3. 10mins
5	1. Mustard Pack to Lower Back 2. Steam Bath	1. 15mins 2. 15mins
6	1. Oil + Infrared Ray to Calf 2. Acupressure to Feet (Ingham Method) 3. Hot Foot Arm Bath with Epsom Salt	1. 10mins 2. 10mins 3. 15mins
7	1. Acupressure to Leg(b/l) 2. Neutral Leg Pack 3. Infrared Ray to (b/l) Wrist Joints	1. 10mins 2. 30mins 3. 10mins
8	1. Acupressure to Feet and Palms	1. 15mins
	2. Cold Leg Pack 3. Cold Foot Bath	2. 30mins 3. 5mins

Air + Sun Bath: 30mins, Yoga Therapy: 30mins (asana: Utthan-pad Asana, Naukasana, Shalabh Asana; Pranayama: Anulom-Vilom, Bhramari, AUM, Deep Breathing); Hands +Leg Massage Therapy (30drops of grape seed oil + 3table spoon of olive oil): 30mins, and compression stockings to be worn daily

The following dietary pattern was advised to the patient

Timing		Diet Recommended
Morning:	7am	1 Spoon Methi Seeds + Hot Water
	8am	Ginger Tea (no milk and sugar) – can add jaggery to taste
	10am	Fruit Salad (Oranges, Pomegranates and Apples should be there)
Afternoon:	1pm	2 whole grain Roti + Green Vegetable (250gm)
	5pm	Tender Coconut Water / Orange or Pine Apple Juice / Mix Fruit Juice
Evening:	7pm	Milletts Khichdi / Soup

The patient was also instructed to consume 2-3 litres of water each day and to avoid foods high in sugar/salt as well as large meals at night.

The images of the patient before and after therapy (8th day) reveal significant improvements in the clinical presentation of the disease, in addition, the patient reported improved breathing and a reduction in asthma drugs. Her varicose veins were asymptomatic and only appeared cosmetically.

The pre and post pain scale is shown in the table below

Pain area	Pain index	
	Pre	Post
In calf muscle (both left and right)	5/10	0/10
Shoulder (both left and right)	4/10	1/10
Thumb joints (both right and left)	5/10	2/10
Lower back pain (on working or exercising)	7/10	3/10

The additional scales relating to physical handicap recovery, anxiety disorder, and illness disability were also recorded, and the results are displayed in the table below.

Questionnaires	Pre score	Post score
Tinnitus - Handicap – Inventory ⁶	68 (grade -4)	50 (grade – 3)
Generalized Anxiety Disorder Questionnaires ⁷	26	16
Dokuz Eylul University Meniere’s Disease Disability Scale ⁸	117	71

DISCUSSION

In long-standing instances of varicose veins, the Naturopathy regimen emphasises non-pharmacological care of the disease using a variety of therapeutic procedures. An Epsom salt bath is critical for reducing inflammation and the size of varicose veins. Magnesium included in salt helps to regulate enzyme activity, decrease inflammation, and improves nutritional absorption. Sulfate ions aid in the absorption of nutrients and the removal of pollutants from the body. Infrared radiation is an unseen kind of electromagnetic energy with a longer wavelength than visible light. Infrared radiation is classified into three wavelength groups: near infrared (NIR, 0.8-1.5 m), medium infrared (MIR, 1.5-5.6 m), and far infrared (FIR, 5.6-1000 m). Multiple kinds of energy are most likely transported into subcutaneous tissue (about 2- 3 cm deep) without stimulation or severe heating.

Infrared ray treatment was employed because it improves endothelial function,

reduces blood pressure, and promotes capillary dilatation while enhancing arterial blood flow and peripheral blood circulation. As a result, the identical treatment was used here, and it was proven to be clinically effective. Cold packs enhance blood flow by reducing movement within the microcirculation, and hence may potentially give a therapeutic advantage in the prevention of leg ulcers, according to a clinical investigation.

Apart from a rigorous food management and daily Yoga, the patient's post-treatment discomfort, handicap experience, anxiety, and illness disability were all decreased by using a pressure pack, Epson bath, acupuncture, and massage.

Figure depicts the aesthetic appearance of varicose veins in both limbs before and after treatment.



Pre treatment

Post Treatment

CONCLUSION

A 72-year-old female patient presented with varicose veins of grade CEAP-C2S as her presenting disease. As per the grade, the patient had varicose veins with symptoms such as vein bulging, calf muscle soreness, and foot numbness. According to naturopathy, the treatment protocol for varicose veins of grade CEAP-C2S included a cold leg bath, a cold leg pack, massage with grape seed oil mixed with olive oil in the direction of the heart, acupressure to the feet, calves, and legs, and yogic asanas and pranayama, as well as air and sun bath. After 8 days, the grade of varicose veins had been reduced to CEAP-C1.

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