



Review Article

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AYURVEDIC MANAGEMENT OF VARICOSE VEIN AND VARICOSE ULCER

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ABSTRACT

Vein is said to be varicose when it is dilated, tortuous and elongated. It appears commonly in long standing people like police, drivers and rickshaw pullers, older people and obese. Varicose ulcer is clinical manifestation of chronic venous insufficiency. The pathogenesis starts with dysfunction of venous valves causing venous hypertension which stretches the veins resulting in ulcer formation. In modern, conservatively advise stocking, foot end elevation and Heparin medications. The lakshana of siragranthi and dushta vrana mentioned by Acharya Vaghat and Sushruta resembles varicose vein and venous ulcer respectively. Mainly siramokshan, shodhan and ropan are its prime treatment modalities. Surgical modalities involve saphenofemoral junction ligation and greater saphenous stripping and saphenopopliteal junction ligation and lesser saphenous stripping, sclerotheoraphy, subfascial ligation of Cockett and Dodd split skin graft, radical surgical approach and bypass surgery. So treatment modalities mentioned in classics need to be followed to avoid the surgery complications.

Keywords: varicose vein, varicose ulcer, siragranthi, dushta vrana and raktamokshana

INTRODUCTION

The lower limb is most common site of venous disorder. More than 5 % of population had varicose and 1 % have ulcer. FOXC2 gene is cause for hereditary varicosity¹. Deep vein of lower limb accompanied artery and their branches possess numerous valves are posterior tibial vein, peroneal vein, anterior tibial vein, popliteal vein and femoral vein. Superficial veins lie in subcutaneous fat between skin and deep fascia². During prolonged standing long column of blood along with gravity puts pressure on weakened valves of vein and giving raise to varicosity of long and short saphenous veins and also calf muscle cannot push blood upwards. Obesity leads to varicosity due to poor support of fatty tissue in subcutaneous veins. Multiparous woman is predisposes for varicose veins in pregnancy due to progesterone hormone causes dilation and relaxation of lower limb and this may cause vein incompetence and also pregnant uterus causes pressure on inferior venacava causing obstruction to venous flow. Old age atrophy and weakness causes veins incompetent. In forcible contraction of calf in athletes and rickshaw drivers causes varicose³. Static blood within superficial veins led to hypoxia causes tissue death leads ulcer⁴. According to Acharya Sushruta and Vaghat, Siragata vata get aggravated and causes sira into sankocha, sankshipya, vritta and vakrikrita that resembles the varicose vein⁵⁻⁶. According to Sushruta and Vaghat, Dushta vrana lakshana are sanvratta, vivratta, kathina, atimrudu, utsanna, vivarna, puti, puya, mamsa, sira, snayu

durghandhata, vedana, daha, paka, raga, kandu, shopa, pidikotpatti, which resembles characters of venous ulcer⁷⁻⁸.

Drawbacks of Modern Treatment

Stripping damages to sural nerve, formation of numbness and tingling sensation in limbs, short saphenous vein stripping causes bruising and sensory nerve injury and in post thrombotic condition there is a more chance of reoccurrences⁹.

Ayurvedic approach with management of Varicose Veins / Siragranthi

According to Sushruta, in siragata vata increases due to excess vyayam done by atihina person that does samkocha, sampidya and vritta in vein¹⁰ and explained treatment as Asrukmokshan and jaloukacharan in avagadh and pindita lakshana respectively. The saliva of Jalouka contains anticoagulant Hirudine which does lysis of thrombin and helps for proper circulation. Acharya Vaghat explained sahacharadi upanaha, anilahara basti and siravedh¹¹ and he included vakrikruta of sira instead of vritta¹². He included sahacharadi peya, upanah, vatahar bastikarma and raktamokshan as treatment¹³. In dushta vrana among 8 vranavastu sira is also one¹⁴. There are two types of vrana, nija and agantuja. Dustha vrana comes under nija vrana. Tridosha are causative factor for aggravation of these vrana¹⁵. Acharya Sushruta and

Vaghat explained features of dushta vrana are sanvratta, vivratta Puti, puya, srava, daha, paka, kandu, pidaka, shopa, dirgha kala anubhandi and dushta rakta srava¹⁶. Explained the nearest route of shodhan i.e. vrana in adhogata raktamokshana, virechana and basti, in urdhwagata vaman^{17,18}. The early healing of wound is seen in shodhita shareera¹⁹. In shopa, vedana and kathina vrana raktamokshan is indicated²⁰. Sekha, lepa and abhyanga in pratilomagati is advised after the raktamokshan²¹. Vata vrudhhi, kathinata, maharaja and raktasrava conditions veshavar sweda is given followed by lepana with fried soma and tila in milk²². If Vimalapan is not relieving avidaghda shotha then upanaha is done in such cases. For upanaha kola, tila, valla, dadyamla, saktu, kinva, kushta and lavana all has to be heated and apply to wound²³. Surasadi and Araghvadadi gana drugs has to be used for saptakriya i.e. prakshalan, alepa etc. The ghrita, taila, rasakriya, choorna and varti are indicated in dushta vrana, pramehaj and kshataj vrana²⁴. In avishuddhi vrana prakshalana is done with patola, nimba and kshiri vraksha; also patola, tila, yastimadhu, trivratta, danti, haridra, daruhaidra, nimbapatra and saindhav lavan used for vrana shodhanartha²⁵. In utsanna mamsa, avasadan and ksharakarma is advised followed by application of jati, mukula, kasisa, manashila, guggalu and chitraka lepa. After the shodhana karma if varna is not become shuddha, agnikarma followed by ropan karma mentioned for avasadan karma²⁶ was adopted. Kshalan should be done with suras, araghwad, patol, nimbadi kwath²⁷. Lepa with patol, tila, yastimadhu and nimba²⁸. For Ropan ashwagandha lodhra, kathpala, madhuyasthika explained²⁹. The lepa prepared out of tilakalka, nimbapatra and kshoudra along with ghrita acts as a Vrana ropan³⁰. Laksha, manashila, manjishta, haratal, haridra, daruhaidra, ghee and madhu application does twacha shuddhi³¹. Hasti danta rasanjan gives roma utpatti at wound site. Jatyadi sarpi does marmashritagata vrana shodhan and ropana³². Tail, ghraia and kshira prepared with dwipanchamula using for Parisechan karma³³.

Charaka

Acharya charak explained 36 vrana upakramas starts with shothanashaka to lomaharana respectively³⁴. In shothaj vrana he explained raktamokshana³⁵. Pancha kshiri vraksh lepa explained in shotha with drugs if shotha not reduced then go through patana karma³⁶. In pakwashotha bhedanartha uma, guggulu, kapota vit, palasha kshar, hemakshiri bija and danti bija used³⁷. If rogi is not sukumar; shadvidh shastra kriya was explained³⁸. Foreign body inserted wound having swelling need to be removed by patan karma³⁹. If edges of wounds are hard, hypertrophic growth is there then Arsha chedan has to be followed⁴⁰. Abhigatajanya vrana pracchan is indicated⁴¹. Which wound is having sukshma opening and collecting with pus need to be drained by prapidan⁴². Kalay, masur, godhum without mixing ghee, tail used in vran pidan karma⁴³. Rakta and pitta dushita vrana shatadhouta ghrita is explained for nirvapan, if wound edges are hanging due to injury then sandhanartha madhu sarpi lepa is explained⁴⁴. Hanging edges of vrana are corrected by doing avachurnan process with samanga, dhataka,

panchavalkala kashaya⁴⁵. Shushka, maharaja and vatolban vrana, samkhar sweda is indicated. Krusha, payasa, gramya and ambuja animals meat is used to prepare veshavar, utkarika are used for swedan⁴⁶. Daha, vedana and vata pradhana vrana fried tila milk has to be applied. Daha and shula yastimadhua and tila is used as daha shulanashak lepa⁴⁷. Eshana karma explained in minute opening of wounds⁴⁸. In Putighandha, vivarna, maharaja conditions; shodhan is treatment⁴⁹. Triphala khadira, darvi, nyagrodha, bala, nimba are used for vrana shodhanartha. As vrana shodhaka tila churna, lavana, haridra, trivratt, ghrita, madhuk and nimbapatras are used. Vrana ropanartha kampillakadi taila, prapoundarikadi tail and durva tail is explained⁵⁰. Rudhir atipravrat, chedya adimamsa, collected puya, lasika conditions, agnikarma is explained⁵¹. Kathina gandha, vrana, dhupan karma need to be followed⁵². Lodra, nyagrodha, khadira, triphala and ghrita are used as vrana katinyahara lepa⁵³. Kakubha, asvatha, lodra, udumbar and kathapala are used in early wound healing and skin growing process as twachajanaka yoga⁵⁴. Twak shuddhikar lepa of manashila, manjishta, laksha, haridra and daruhaidra, ghrita and kshoudr are explained. Ayoraja, Kasis, triphala are using in krishnkaran of twacha for lomasanjanartha and different parts of animals as bhasma form with tail is applied at wound site⁵⁵.

DISCUSSION

Blood from superficial venous system is passed to deep veins through competent veins and next blood is pumped to heart by muscle pump, competitive veins and negative intrathorasic pressure. This mechanism breakdown because of destruction of valves, perforators of superficial veins, which become prey of ' high pressure leaks' and becomes distended, tortuous and elongated that leads to varicose veins. Leech saliva contain enzyme Hirudine which is anticoagulant having thrombolytic action and dissolves clots. The treatment mentioned for sira granthi and dushtha vrana are the modalities of Rakta and Pittaja dosha.

CONCLUSION

Shodhana followed by ropana is a prime treatment of dushta vrana. Jatyadi sarpi is best vrana shodhak along with ropaka guna.

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