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 siragra and dushta vrana mentioned by Acharya Vaghbata 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, sclerotherapy, 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, siragra and 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 varicosity. 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 fascia. 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 varicose. Static blood within superficial veins led to hypoxia causes tissue death leads ulcer. According to Acharya Sushruta and Vaghbata, Siragatara vata get aggravated and causes sira into sankocha, sankhiyipi, vritta and vakhritra that resembles the varicose vein. According to Sushruta and Vaghbata, Dushtha vrana lakshana are sanvratta, vivratta, kathina, atimrudu, utsanna, vivarna, puti, puya, mamsa, sira, snayu durhandhata, vedana, daha, paka, raga, kandu, shopa, pidikoptatti, which resembles characters of venous ulcer.

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 reocurences.

Ayurvedic approach with management of Varicose Veins / Siragra

According to Sushruta, in siragata vata increases due to excess vyayam done by athina person that does sankocha, sampidya and vritta in vein and explained treatment as Asrukmokshan and jaloukacharan in avagadhi and pindita lakshana respectively. The saliva of Jalouka contains anticoagulant Hirudine which does lysis of thrombin and helps for proper circulation. Acharya Vaghbata explained sahacharadi upanaha, anilahara basti and sirayedh and he included vakhritra of sira instead of vritta. He included sahacharadi peya, upanah, vatahar bastikarma and raktamokshan as treatment. In dushta vrana among 8 varanavastu sira is also one. There are two types of vrana, nisha and agantu. Dustha vrana comes under nisha vrana. Tridosh are causative factor for aggravation of these vrana. Acharya Sushruta and
Acharya charak explained 36 vrana upakramas starts with shothanashaka to lomahara respectively. In shothaj vrana he explained raktamokshana. Pancha kshiri vraksh lepa explained in shotha with drugs if shotha not reduced then go through patana karma. In pakwashotha bhedanartha uma, guggulu, kapota vit, palasha kshar, hemakshiri bija and danti bija used. If rogi is not sukumar; shadvidh shastra kriya was explained. Foreign body inserted wound having swelling need to be removed by patan karma. If edges of wounds are hard, hypertrophic growth is there then Arsha chedan has to be followed. Abhigheetajanya vrana prachhan is indicated. Which wound is having suksha opening and collecting with pus need to be drained by prapidan. Kalay, masur, godhum without mixing ghee, tail used in vrana pidan karma. Raktu and pitta dushita vrana shatadhoutra ghrita is explained for nirvapan, if wound edges are hanging due to injury then sandhanartha madhu sarpi lepa is explained. Hanging edges of vrana are corrected by doing avachurnan process with samanga, dhataki, panchavalka kashaya. Shushka, maharaja and vatolban vrana, samkhar sweda is indicated. Krusha, payasa, gramya and ambuja animals meat is used to prepare veshavar, utarkari are used for swedan. Dhana and shula yastimadhu and tila is used as daha shulanashak lepa. Eshana karma explained in minute opening of wounds. In Putighandha, vivarna, maharaja conditions; shodhan is treatment. 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 ropanarthra campillakadi tail, prapoundarikadi tail and durva tail is explained. Rudhir atipravarti, chedya adimamsa, collected puya, lasika conditions, agnikarma is explained. Kathina gandha, vrana, dhupan karma need to be followed. Lodra, nyagrodha, khadira, triphala and ghrita are used as vrana katinyahara lepa. Kubukha, asvatha, lodra, udumbar and kathapala are used in early wound healing and skin growing process as twachajana karma. Swak shuddhikar lepa of manashila, manjishta, laksha, haridra and daruhadra, ghrita and kshoudha are explained. Ayoraja, Kasis, triphala are using in krishkaran of twacha for lomasjanartha and different parts of animals as bhasma form with tail is applied at wound site.

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 Pitta dosha.

CONCLUSION

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

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