



VARICOSE VEINS: HOMEOPATHIC TREATMENT

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ABSTRACT

Veins demonstrate one-way valves role that stops blood from streaming in reverse direction. Varicose veins, at times described as varicosities or varicose veins, it happens once your veins grow, expand, and become packed with blood. The condition is frequently appears in females and affects about 25% of adults. In this paper we have explained how homeopathy helps in treatment of Varicose Veins.

**KEYWORDS :** Varicose Veins, Blood, Varicosities Or Varicose Veins, Homeopathic Medicines.

INTRODUCTIONS:

The veins that are **enflamed, screwed or engorged** are called as varicose veins. Varicose veins can happen in any part of the body however most frequently occur in the legs and feet.[2] When the muscles contract, the **valves open and blood from the legs pushes upwards** to reach the heart. When these muscles relax, the valves close to prevent reverse flowing of blood back in legs. In case these **valves don't function properly**, it results in a **reverse flow of blood and stagnation** of blood in the leg. Varicose veins may happen due to any situation that puts pressure on the stomach.[4]

There are two types of venous system in the legs, both of which can become varicose:[1]

Superficial Veins: These are present right under the skin.

Deep Veins: These veins are present deeper in the skin



Image of varicose veins

Symptoms Of Varicose Veins:[3]

- Discomfort in legs,
- Cramping in legs,
- Fatigue in legs,
- Feeling of heaviness in the legs
- Colour changes
- Inflated veins

Diagnosis Of Varicose Veins:[6]

The occurrence or deficiency of varicose veins can be concluded via a physical investigation by a general practitioner, predominantly visually.

Factors Causing Varicose Veins:[5]

- Pregnancy
- Genetic
- Age
- Prolonged standing
- Obesity
- Menopause

In this paper we have discussed how homeopathy can treat the varicose veins and also helps in avoiding recurrence of it.

Homeopathic Treatment Of Varicose Veins:

Homeopathic approaches present an appropriate natural,

reliable, and efficient healing. Homeopathic medications assist in treating the varicose veins by healing the root cause behind it. This is possible because homeopathic medication helps in boosting the immune system and hence treat the root cause of the problem.

In our Shivang Homeopathic Medical College And Hospital, Bhopal, we have treated number of patients from different gender group suffering from varicose veins with the help of homeopathic medicines.

Sr. No.	Gender	Number of Patients
1	Male	8
2	Female	27

Following Homeopathy Medicines where prescribed based on the individuals physical and mental conditions: [8-15]

Sr. No.	Name of Medicine	Purpose
1	PULSATILLA	Soreness & stinging Pain Passive haemorrhages
2	ZINCUM METALLICUM	Legs are fidgety and restless
3	ARNICA MONTANA	Blunt trauma
4	CARBO VEGETABILIS	Icy coldness of the extremities
6	CALCAREA FLOUR	Drawing or tearing pains
7	ACID FLOUR	Small spots varices on legs tend to ulceration

CONCLUSION:

We have found that the homeopathy helps in curing and helps in fast recovery of the patients suffering from varicose veins. If the proper medication with constant follow ups has been taken, varicose veins can be treated with the help of Homeopathy.

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