



TREATING VARICOSE VEINS WITH THERAPEUTIC YOGA

Yoga

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ABSTRACT

Varicose veins is a condition in which the veins enlarge due to malfunction of their valves causing improper flow of blood, and pooling as a result. This article goes in depth about what causes this condition, and how one can treat it using Therapeutic Yoga.

KEYWORDS



What is Varicose veins?

Varicose veins are large, swollen veins that are overfilled with blood. They often appear on the legs and feet. This happens when valves in the veins do not work properly. Veins have one-way valves that prevent blood from flowing backward. When the valves do not work properly, the effective flow of blood is blocked. This gives it a bluish purple or red color and are often very painful.

Women are more likely to suffer from varicose veins. Hormonal factors like puberty, pregnancy, menopause, use of birth control pills, HRT etc. are the usual causes of the condition. However, it can also run in families as there may be a hereditary component involved. People who are overweight have an increased risk of varicose veins.

Regular practice of Yoga alleviates the pain of someone suffering from varicose veins. Leg elevation poses especially help the accumulated lymph and blood to drain into the heart, thus easing the pressure and enhances the limb movements. One can achieve the right body alignment by practicing Yoga. It tones our legs, strengthens the knees, thighs and ankles. All the muscles are made to work rigorously while maintaining the postures, so it releases the stress in our limbs. Asana enhances the blood circulation throughout the body. It pushes the blood and lymph to flow upwards, so the pressure on the veins is instantly reduced. Some asanas relieve cramps and fatigue from the legs. They help in loosening the muscles and joints in the hips and knees. Inverted asanas flush out toxins and other toxic products. Practicing Yoga regularly not only cures Varicose veins but can also prevent it from happening.

Yogasanas that help with Varicose Veins:

- Tadasana



- Uttanasana
- Navasana



- Viparita Karani
- Sarvangasana



- Matsyasana



- Pavanmuktasana



Pranayama relieves the stress throughout our body. It helps to relieve the pain. The venous return is much better due to phasic changes in breathing.

- Alternative Nostril Breathing
- Sectional Breathing
- Bhamari

#### REFERENCES

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2. Prarthana Makhija, Yoga cures for Varicose veins