



ORIGINAL RESEARCH PAPER

Homeopathy

MANAGEMENT OF VARICOSE VEINS THROUGH:: HOMEOPATHY, NATUROPATHY & YOGA

KEY WORDS: Varicose Veins Enlarge Veins, Blood, Varicosities, Homeopathy, Naturopathy And Yoga Etc...

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ABSTRACT

Varicose veins appear when veins are not working correctly. Veins exhibit one-way valves that stop blood from flowing in reverse. If these valves fail, the blood starts to accumulate in the veins instead of progressing toward the heart due to this the veins enlarges. Varicose veins are also known as varicose or varicosities, this happens when the veins get enlarges. This condition is very painful. In this paper we have discussed, how homeopathy and yoga can help in curing the varicose veins.

INTRODUCTIONS:

It is a general issue concerning the legs but it can happen in other part of the body also. Varicose veins are nothing but an expanded or swollen veins. In layman terms it is often referred as spider veins, because of the reason that it appears like the legs of a spider. Before we come to the homeopathic medicines for varicose veins, let us understand a little about the problem.

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

Superficial Veins: These are present right under the skin.

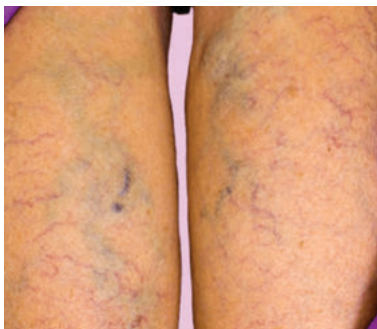
Deep Veins: These veins are present deeper in the skin.

Symptoms:

- Symptoms of varicose veins include:
- Visible, swollen veins
- Pain and discomfort with heaviness in limbs
- Pain worse on standing and at the end of the day.
- Swelling in the ankles
- Itching and skin discolouration

Complications Of Varicose Veins:

- Phlebitis or inflammation of veins leading to pain
- Bleeding varicose veins
- Deep vein thrombosis
- Varicose ulcers



Varicose Veins

Traditionally, varicose veins are treated through self-care and methods to reduce pressure in veins like compression stockings. Ablation therapy is done in some cases to destroy the affected veins.

Homeopathy provides excellent results in treating mild to moderate cases of varicose veins. These medicines act in a gentle and safe manner to reduce swelling, pain and varicosities. Homeopathy also helps in treating varicose ulcers, even in those who require surgical procedures.

In this paper we have discussed how homeopathy can help in curing and relaxing pain of varicose veins.

The management approach for varicose veins varies on the seriousness of a patient's signs and symptoms. In our Advanced Ayush Wellness Centre, we have treated around 135 patients of different age group suffering from varicose veins. With the help of Homeopathy, Naturopathy & Yoga ie Ardh Sarvangasana. Ardh Sarvangasana helps in enhancing the blood supply to Lower Limb & It revitalise the complete body easing stiffness.



Ardh Sarvangasana

In our Advanced Ayush Wellness Centre Indore we have conducted the studies on following number of patients:

Sr. No.	Age Group	Number of Patients
1	25 to 40 years	34
2	41 to 59 years	48
3	Above 59 years	53

Following Homeopathy Medicines where prescribed based on symptoms and condition of the individuals:

Sr. No.	Name of Medicine	Purpose
1	Arnica Montana	Pain and soreness in legs Bleeds easily Blue spots
2	Hamamelis	Enlarged Veins with soreness of affected parts, Especially during pregnancy
3	Graphites	varicose veins with itching Swelling in lower limb
4	Pulsatilla	Disturbance of Venous Circulation Varicose vein in legs with soreness & stinging Pain Passive haemorrhages
6	Calcarea Flour	Painless varicose veins & ulceration Vascular tumours with dilated blood vessel
7	Acid Flour	Varicose veins little blue collection of veins in small spots varices on legs tend to ulceration
8	Lycopodium	Swelling & enlargement of the veins Particularly right leg varices of Genital organs of labia during Pregnancy

9	Carbo vegetabilis	Venosity with offensive excoriating discharges Inflammation Sluggish tending to suppuration with Burning pain Varicose veins of genitalia with Blueness & burning
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CONCLUSION:

During treatment at our Advanced Ayush Wellness Centre will we have found that the homeopathy helps in curing and helps in fast recovery of the patients suffering from varicose veins. If the proper treatment with continuous follow ups has been taken, varicose veins can be treated with the help of Homeopathy naturopathy & yoga ie Ardh Sarvangasana

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