



## CASE STUDY ON PATIENT WITH VARICOSE VEINS

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### ABSTRACT

Varicose Veins can be explained as a disorder of the veins (especially of legs) wherein they get affected due to the backward flow and turbulence in the circulation of the blood. The veins get perverted, become enlarged due to a condition called edema. The disease also shows many associated symptoms which worsens the condition of the varicose veins. In this study we have seen role of yoga, naturopathy and diet. How yoga reduces the varicosity of vein and stress, same in naturopathy how it improves the circulation of blood and reduce the swelling of veins, same as diet helps in preventing blood clots, acts like a natural blood thinner.

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### INTRODUCTION

Varicose Veins is common disease which affects one third of the population of which prevalence is observed in the Western Europe and the United States. A study revealed that, from the affected population, there is around 1-73% of females (especially during pregnancy) exposed to this disease and on an average 2-56% of males. Thus, we may conclude that women are more likely to be affected than men. Varicose Veins or Venous Insufficiency is a disease which involves enlargement and gnarling of the Veins usually of legs. In this disorder, there is reflux flow of blood through the valves of legs, hence instability in circulation of blood.

The risk factors of includes age, hereditary, pregnancy, obesity, occupation which involves prolonged hours of standing, Diet, Type of physical activity, Excess use of hormones, etc. These factors are not clearly known yet. Symptoms related to Varicose may not be observed in case of some affected population. If seen the symptoms at initial stages include severe pain, swelling, itching, heavy legs, and lipodermatosclerosis (skin thickening). If left untreated, the further complications lead to bleeding veins, eczema, skin pigmentation or discoloration, venous ulcers, and hence complete vein incompetence.

**Causes**

The veins have one-way valves so that the blood can travel in only one direction. If the walls of the vein become stretched and less flexible (elastic), the valves may get weaker.

A weakened valve can allow blood to leak backward and eventually flow in the opposite direction. When this occurs, blood can accumulate in the vein(s), which then become enlarged and swollen.

The veins furthest from the heart are most often affected, such as those in the legs. This is because gravity makes it harder for blood to flow back to the heart. Any condition that puts pressure on the abdomen has the potential to cause varicose veins; for instance, pregnancy, constipation and, in rare cases, tumors.

**Case presentation**

A 39 years old married Hindu female patient working as house wife came with the following problems such as pain in both the legs due to varicosity of veins, stress, hyperacidity, weakness and decreased concentration since 2-3 months. While examine we found her B.P. is 100/70mmHg and weight 65.5kg.

**Intervention:** patient practiced yoga therapy session of one hour for 6 days per week for one and half month including loosening exercises, Asanas, pranayamas, meditation and Kriyas and followed diet which is advised during consultation.

**Duration:** 45 days

**Frequency:** one hour yogic practices for 6 days a week followed by proper diet.

**Yogic management**

**Loosening exercises:** 10 minutes

Ankle rotation, Air cycling, Backward leg raises, Elevate legs, Rocking feet, Spinal twisting, Side lunges and flexing exercises.

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**Suryanamaskara** - 3 rounds (5 min.)

**Asanas:** 20 minutes

Asanas are very effective in the treatment of varicose veins, providing relief from symptoms and in some cases allowing valves to regain their efficacy. All the inverted asanas are most important. They allow the stagnant pooled blood to drain back to the heart, permitting damaged veins to resume more normal dimensions and facilitating valvular competence. We conducted asanas which stretch the muscles of the legs, toning and developing the muscle pump because the pumping system is inefficient and weak.

1. Tadasana (3 min. / 5 round)
2. Uttanasana (2 min. / 3 round)
3. Navasana (3 min. / 5 round)
4. Viparita karani (2 min. / 1round)
5. Sarvangasana (1 min. / 1 round)
6. Matsyasana (3 min. / 2 round)
7. Pawanmuktasana (3 min. / 2 round)
8. Padahastanasana ( 3 min. / 3 round)

**Pranayama:** 12 Min. (each 3 minutes)

1. Anulom-vilom pranayama
2. Chandrabhedhi pranayama
3. Bhramari pranayama
4. Sitkari pranayama

**Meditation:** Omkara chanting or guided meditation focusing on the affected part. (5 min.)

**Relaxation:** Deep relaxation technique (5 min.)

**Bandha:** Uddiyana bandha

**Kriyas:** Madhyama nauli (3 min.)

**Naturopathy Management**

- Warm water enema weekly twice.
- Daily alternate hot and cold hip bath.
- Hot Epsom salt bath twice a week.
- Mud therapy and steam bath twice a week.
- Cold packs applied over the affected part.

**Dietary Regimen:** Advised to take potassium & magnesium rich foods, such as almonds, pistachio nuts, potatoes, leafy vegetables, blueberries, lentils, white beans, avocado, bananas, cruciferous veggies and sweet potatoes, high fiber food, vitamin C & E, high antioxidant foods, which help to reduce blood pressure in the arteries and can relax blood vessels.

**General precautions**

- Take rest in between prolonged long standing hours.
- Sleeping with feet raised slightly above the level of the heart helps the blood flow away from ankles.
- Mobility helps general circulation. Walking, swimming is beneficial as the movements of leg muscles help push the blood upward.
- When seated for prolonged hours elevate your feet and rest your legs on a chair or stool.
- Stockings & round garters should never be worn continuously, especially when seated for a long time.

**Objective data**

Patient has followed prescribed yoga practice with lifestyle modification for one and half months. She provided the following information:

1. Leg pain reduced & varicosity of vein significantly reduced.
2. Increased stamina
3. Decreased weakness, Hyperacidity
4. Increased concentration
5. Reduced stress & anger
6. Improved sleep
7. Happy with the physical & mental health satisfaction.

**General examination results**

Weight – 63 kg, BP - 122/80, HR - 80/min

Deep Veins- All deep veins of left leg are normal with no e/o Deep vein thrombosis. The calf veins shows good filling & augmentation.

**DISCUSSION**

A 39 year old female came stressed, weak and anxious mental state. She was troubled by varicose veins problem & advised operation. She wanted to reverse back varicose veins problem without surgery & get back to positive mental health.

A varicose vein problem is one of vascular disorder in which there is poor circulation of blood. Lower limbs are mainly affected part due to natural & anatomical weight bearing structure. If you see patient she is not obese but her history says that she has more muscular mass & rigidity over lower limbs. During first pregnancy she added more weight on lower limbs due to which the wall of veins became weak. She was suffering for 7-8 years. This affected her mental health & stamina. Then patient took invasive treatment of yoga & naturopathy followed by proper dietary regimen and heals herself.

**CONCLUSION**

Regular yogic practices with proper medical counseling and guidance helped patient regain physical and mental health. In this case patient experienced the satisfaction within one and half month of regular practice & her investigation reports supported the result. Radiologist acknowledged that the varicosity of affected veins had reduced significantly. Inverted Asanas contribute a lot to unloading the veins of lower extremities and pelvis. Combinations of upside down poses and dynamic movements of the feet (rotation, flexion, extension in the ankle joints), performance of Uddiyana Bandha in inverted Asanas – all these are good for venous and lymphatic system of the legs. Venous system of the pelvis benefits from twisting variations of inverted Asanas, such as Sarvangasana and others.

Abdominal manipulations (Uddiyana Bandha and Nauli) are powerful vacuum techniques that create negative pressure in the cavities of the body and therefore increase the venous return. The most powerful vacuum technique is Madhyama Nauli. It is important to use breathing techniques in a specific mode aimed to improve venous return.

In this case patient feel the changes that yoga reduces the varicosity of vein and stress, same in naturopathy treatment improves the circulation of blood and reduce the swelling of

veins and diet followed by her helped in preventing blood clots and acts like a natural blood thinner.

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