



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493  
P-ISSN: 2616-4485  
IJHS 2018; 2(1): 29-31  
Received: 12-11-2017  
Accepted: 13-12-2017

**Rakesh Hooda**  
Govt. Homoeopathic Medical  
College, Ravindra Nagar Post,  
Kadapa, Andhra Pradesh,  
India

**Mohit Tripathi**  
Govt. Homoeopathic Medical  
College, Ravindra Nagar Post,  
Kadapa, Andhra Pradesh,  
India

**Correspondence**  
**Rakesh Hooda**  
Govt. Homoeopathic Medical  
College, Ravindra Nagar Post,  
Kadapa, Andhra Pradesh,  
India

## Role of homeopathy medical system in remedy of varicose vein ulcer

**Rakesh Hooda and Mohit Tripathi**

### Abstract

Varicose veins are strange, enlarged blood vessels caused by debilitating in the vessel divider. Such conditions that expansion weight on the leg veins, for example, overweight, absence of activities, hormonal vacillations amid pregnancy and menopause, smoking; obstruction or individuals who are drag out standing or stationary position or rehashed hard work make veins of legs exceptionally powerless and form into varicose veins. Specialists reports that "A gentle care of varicose veins does not ordinarily require a specialist's care, it would relief be able to from the distress with at-home treatment and different elective cures, for example, needle therapy and pressure point massage, fragrance based treatment, shading treatment, eating routine and supplements, home grown treatment, work out, Yoga, homeopathy, hydrotherapy and so forth". Other preventive measures are keeping up perfect weight and to dodge delay standing and tight garments that tightens abdomen, crotch or legs; abstain from intersection legs when sitting, abstain from wearing high foot sole areas and eat low salt eating routine that is rich in high fiber nourishment to diminish maintenance of water or swell. Shallow varicose veins ordinarily don't require medical consideration however to diminish the inconvenience; the specialist may prescribe versatile help tights <sup>[1]</sup>.

**Keywords:** Drugs, cancer, diseases

### 1. Introduction

Venous ulcers (stasis ulcers, varicose ulcers) are the injuries happening because of wrong working of venous valves, more often than not of the legs. It is a standout amongst the most genuine constant venous inadequacy difficulties. The general frequency rate is 0.76% in men and 1.42% in ladies. At the point when a venous valve gets harmed, it keeps the reverse of blood, which causes weight in the veins that prompts hypertension and, thusly, venous ulcers. These are for the most part along the average distal leg, which is frequently extremely excruciating, can drain, and get contaminated. Treating varicose ulcers is a troublesome errand to the doctor and a bad dream to the affliction patients, however a decent number of the treatment standards are specified and rehearsed in unified sciences.

Varicose veins are additionally called varicosities or varicoses. They happen when veins move toward becoming expanded, developed, or stuffed with blood. Albeit irritating, varicose veins are not a genuine condition. Be that as it may, they influence 40 million Americans and half of the 50 and more established populace. That being stated, there are numerous characteristic medicines for varicose veins, including homeopathic cures <sup>[2]</sup>.

### Reasons for Why Do Varicose Veins Usually Appear in the Legs

The power of gravity, the weight of body weight, and the errand of conveying the blood from the base of the body to the heart make legs the essential area for varicose veins. Contrasted with different veins of the body, leg veins have the hardest activity of conveying blood back to the heart. They bear the most ressure. This weight can be more grounded than the veins out way valves.

### Varicose Veins Signs and Symptoms

Varicose veins are difficult bulgy, raised, and uneven veins that are dim in shading, regularly purple or blue. They will normally show up on the legs, particularly on the back of the calf or on the thigh. At the point when varicose veins are found at the rear-end, they are called hemorrhoids. Since any vein can end up varicose, they will likewise show up on different parts of the body, for example, the stomach, bring down back, or confront. Different manifestations of varicose veins include:

- Itchy skin close to the varicose veins

- Bruising, throbbing, and shivering around the influenced zone
- Ulceration over the varicose veins
- Swollen, tight, substantial, or exhausted legs
- Darkening of the skin
- Restless legs

Varicose veins and bug veins are likewise fundamentally the same as. In any case, bug veins are littler, and they are not as excruciating or liable to cause manifestations since they are nearer to the skin's surface.

#### **Varicose Veins Causes and Risk Factors**

Numerous trust that there is a hereditary shortcoming in the vein or vein's valve that will prompt varicose veins. Notwithstanding, anything that will put weight on the veins may likewise cause the issue. For what reason do varicose veins seem blue? It is on the grounds that they hold deoxygenated blood. Other contributing elements of varicose veins incorporate a high-fat and low-fiber eating regimen, corpulence or weight pick up, latency, truly difficult work, or significant lots of standing or sitting. Ladies may likewise create varicose veins amid pregnancy, when the legs must manage an awesome weight of weight. Ladies taking manufactured hormone supplanting likewise regularly have issues with varicose veins [3].

Varicose veins are additionally connected with sun presentation; taking anti-conception medication pills; hormonal changes amid adolescence or menopause; blood clumps or excited veins inside the veins; coronary illness, wounds to the veins, or obstacle that squares ordinary blood stream; liver malady; nutritional deficiencies; or an eating routine high in greasy and refined nourishments.

#### **Homeopathic Remedies for Varicose Veins**

How are varicose veins treated? Way of life changes, pressure leggings, and pharmaceutical are among the customary strategies for treatment. Sclerotherapy is another basic insignificantly obtrusive method that powers a seal into the vein dividers through blood stream obstruction. This requires infusing fluid concoction into the vein, and can prompt different symptoms like aggravation, raised skin fixes, wounds, and darker lines around the vein [4].

There are likewise more common varicose vein cures accessible. Homeopathy, specifically, will offer an individualized approach for varicose vein treatment. The accompanying are different homeopathic cures that a homeopath may suggest. For intense side effects of aggravation or pain, take the most appropriate cure a few times day by day. For endless vein issues, you may need to utilize the solution for up to a month, while taking a break for a week or so for reassessment of the seriousness of the issue.

#### **1. Arnica (Leopards Bane)**

Arnica is utilized for varicose veins that vibrate and look wounded, and are painful and swollen to contact. It allegedly mitigates swelling and pain connected with overexertion, injury, or medical procedure. An investigation distributed in Research in Complementary and Natural Classic Medicine in 2003 found that arnica was superior to anything a fake treatment for patients following varicose vein medical procedure. Change of pain was found in 43.3% of patients in the arnica gathering, and only 37.6% in the fake treatment gathering.

#### **2. Aesculus Hippocastanum (Horse Chestnut)**

*Aesculus hippocastanum* is utilized for stretched and purple veins that reason staying, hot pains. Side effects will compound from the frosty climate and strolling, while outside enhances indications. Discouragement and crabbiness are additionally basic in the individual that advantages from this cure. There may likewise be liver clog with obstruction.

#### **3. Bellis Perennis (Daisy)**

*Bellis perennis* is utilized for varicose veins that happen amid pregnancy, and make it hard to walk. There is likewise a profound wounding pain, alongside swollen tissues, substantial, tired appendages, and an inclination toward dying. Indications enhance with movement or rubbing; in any case, side effects exacerbate from warmth, contact, or strolling quick.

#### **4. Carbo Vegetabilis (Vegetable Charcoal)**

*Carbo vegetabilis* is said to be a decent cure when there is mottled skin with expanded veins. The individual's leg will likewise feel nippy, frail, and overwhelming, alongside a consuming pain. The individual likewise has a tendency to be moderate and lazy both from a psychological and physical outlook. Side effects exacerbate from resting, drinking wine, and warmth, while they enhance from raising the feet.

#### **5. Fluoric Acidum (Hydrofluoric Acid)**

*Fluoric acidum* is utilized for perpetual varicose veins and ulcers, particularly in ladies who have had numerous youngsters. Consuming pain and feeble widened blood vessels are likewise normal. The individual likewise wants to walk quick. A cool shower will enhance manifestations, while they decline from contact, sitting, resting, warmth, and around evening time [5].

#### **6. Hamamelis (Witch Hazel)**

Hamamelis is homeopathic witch hazel, and it is utilized for varicose veins of the legs and thighs with clog, swelling, greatness, or soreness. The cure may enhance flow, wounding, and overwhelming legs. There is regularly coldness, stinging, and irritation down the legs. Resting and movement enhances side effects; in any case, they exacerbate from jolting, warmth, contact, sitting, and weight [6].

#### **7. Lachesis (Bushmaster Snake)**

Lachesis is a typical solution for the blue-red swelling related with varicose veins. The veins may likewise drain effectively, and the individual has a tendency to be hot and bigoted toward warm. Pregnancy or menopause will regularly cause side effects. The tied veins are additionally regularly found behind the knee, or in the foot, leg, or arms. The individual will have a suspicious, exceptional, and chatty identity. Manifestations will likewise compound from contact, warmth, liquor, or subsequent to dozing.

#### **8. Pulsatilla (Wind Flower)**

Pulsatilla is utilized for swollen veins in the legs, and may seem pale blue with a stinging pain, particularly amid pregnancy. There may likewise be varicose veins in the hands, lower arms, and legs, and there might swell in the feet. The side effects will likewise decline from warm, and enhance from rubbing and natural air. The individual has an inclination toward being enthusiastic and destitute.

#### **9. Sepia (Ink of the Cuttlefish)**

Sepia is utilized for congested and purplish veins that have lost their flexibility, and frequently turns into an issue amid pregnancy or menopause. The lady is likewise inclined to

coldness and obstruction, and has desires for chocolate, salty, and acrid nourishments. There may likewise be greatness, dying, sewing pains, hemorrhoids, gloom, and slow guts. Side effects enhance from warmth and exercise.

#### 10. Lycopodium (Club Moss)

Lycopodium is regularly the go-to solution for tearing pains felt in the legs that occasionally happen with deadness. The cure is regularly utilized for individuals that stress and experience poor dissemination and stomach related and liver issues. Indications have a tendency to intensify when the individual legs issue around evening time in bed, or while they keep still <sup>[7]</sup>.

#### Other Natural Treatment for Varicose Veins

Albeit extremely basic in ladies, men can get varicose veins too. Other than homeopathic cures, different way of life changes can likewise encourage treat and forestall varicose veins.

##### 1. Exercise

Exercise is a decent method to enhance varicose veins, and bicycling specifically will work the legs without putting a ton of weight on them.

##### 2. Keep Moving

Maintaining a strategic distance from extensive stretches of sitting and standing is additionally a smart thought. You can do as such by taking incessant breaks by strolling around or putting your feet up.

##### 3. Raise Your Bed

It might likewise be valuable to raise the foot of the sleeping cushion five to eight inches higher than the head. When dozing, your blood will stream to the heart less demanding, instead of pooling in the veins.

##### 4. Wear Loose Clothing

Keep away from tight garments that confine flow, for example, certain ties, jeans, or pantyhose.

##### 5. Wearing compression stockings

Pressure tights help diminish indications and moderate the advance of varicose veins. Pressure tights are flexible leggings that crush veins and keep blood from streaming in reverse. Put the tights on before escaping the bed each morning and wear all the day <sup>[8]</sup>.

For some patients, pressure leggings viably treat varicose veins and might be all that are expected to assuage pain and swelling, and avoid future issues. Pressure leggings likewise can help mend skin wounds and keep them from returning. Use of pressure leggings won't be gainful if the individual is resting. For extremely mellow side effects, begin with utilizing standard help underwear hose, knee socks (which end simply over the calf, beneath the knee). For more genuine side effects, utilize unique pressure tights from a medical supply store (with a specialist's medicine). These leggings are more tightly at the feet and get looser as they go up. Replace the pressure tights when they lose versatility. For genuine varicose veins side effects, make sure not to purchase leggings that are too tight and awkward to wear. Pressure leggings may help the issue from deteriorating and may help keep away from medical procedure.

#### Conclusion

The counteractive action of varicose veins starts by knowing the hazard factors and dealing with ones that can be controlled, (for example, weight and delayed standing). Enhancing flow and muscle tone, particularly in the lower legs, will likewise help in anticipating varicose veins. The

homeopathic pharmaceuticals work by enhancing the blood flow in the body and exceptionally the legs. In the meantime, the valves in the veins of the legs are reinforced. This implies the valves can play out their capacity ideally. This does not enable the blood to stagnate in the legs or the lower some portion of the body. Over some stretch of time, the blue staining and the swelling in the veins vanishes.

#### References

1. Erickson- Gabbey, A., "Varicose Veins," Healthline, March 30, 2017; <http://www.healthline.com/health/varicose-veins>, last accessed April 17, 2017.
2. Balch J. *et al.* Prescription for Natural Cures: A Self-Care Guide for Treating Health Problems with Natural Remedies Including Diet, Nutrition, Supplements, and Other Holistic Methods (Hoboken: John Wiley & Sons, Inc.), 2004, 540-544.
3. Wolf M. *et al.*, [Efficacy of Arnica in varicose vein surgery: results of a randomized, double-blind, placebo-controlled pilot study]. Research in Complementary and Natural Classic Medicine, October 2007; 10(5):242-247. <http://www.ncbi.nlm.nih.gov/pubmed/14605480>
4. Hershoff A ND. *Homeopathic Remedies: A Quick and Easy Guide to Common Disorders and Their Homeopathic Treatments* (New York: Penguin Putnam Inc., 2011, 282-283.
5. Locke A. *Encyclopedia of Homeopathy: The Definitive Home Reference Guide to Homeopathic Remedies and Treatments for Common Ailments* (New York: DK Publishing, Inc. ), 2007; 69, 106:230-231.
6. "Varicose Veins (Homeopathy)," University of Michigan; <http://www.uofmhealth.org/health-library/hn-2263007>, last accessed April 17, 2017.
7. "5 best Homeopathic Medicines for Varicose Veins," Homeopathic Doctor; <https://www.homeopathicdoctor.co.in/5-best-homeopathic-medicines-for-varicose-veins/>, last accessed April 17, 2017.
8. Murray M ND *et al.* *The Encyclopedia of Natural Medicine: Third Edition* (New York: First Atria Paperback), 2012, 992-997.