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Homoeopathy for spider veins: A clinical case report

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Abstract

Introduction: Spider veins, or telangiectasias or thread veins, are prominent clusters of small, damaged blood vessels visible in the skin. They look like fine red, blue, or purple lines. Spider veins most often occur on the legs. Spider veins seldom result in health problems but sometimes become painful. Telangiectasias, however, are frequently a matter of appearance, and treatments are mainly aimed at making the person look better.

Case Summary: This article shows a case of spider veins on both lower limbs in a 70 year old female, responded commendably with individualised medicine *Pulsatilla* along with *Calcarea Fluorica* 6X and *Hamamelis* Mother Tincture. Photographic evidences are provided wherever necessary.

Keywords: *Telangiectasias, Miasm, Repertorial analysis, Pulsatilla, Hamamelis, Calcarea Fluorica, spider veins, homoeopathy*

Introduction

Spider veins, medically known as telangiectasias, are tiny, widened blood vessels that are visible near the skin's surface, measuring less than 1 millimetre in diameter. Spider veins tend to be red, blue, or purple and often have a spider's web or a tree's branch appearance, which is why they got their name. Most often seen on the face, legs, and thighs, spider veins are a surface type of chronic venous disorder, and although typically benign, may be a source of cosmetic concern and, in a minority of patients, mild discomfort in the form of burning or itching.

Telangiectasias is derived from the Greek terms telos (end), angeion (vessel), and ektasis (dilatation). Spider veins develop from anomalies of the horizontal vascular plexus of capillary loops in the skin and may be either arterial or venous in origin.

Their etiology is multifactorial and includes genetic susceptibility, hormonal factors, prolonged standing, obesity, and pregnancy. They are more common in women and increase with age. While viewed as a cosmetic concern, spider veins can also be a sign of underlying venous insufficiency when accompanied by symptoms of leg heaviness or aching [1-3].

Spider veins of lower limbs is classified under chronic peripheral venous insufficiency of lower extremities (BD74) and Lower Limb Venous Telangiectasias (EF20.2) [4].

Table 1: Difference between varicose veins and spider veins [10]

Feature	Spider Veins (Telangiectasias)	Varicose Veins
Definition	Small, dilated dermal veins (< 1 mm)	Dilated, tortuous subcutaneous veins (> 3 mm)
Location	Dermal layer (cosmetic)	Subcutaneous, often great saphenous system
Symptoms	Asymptomatic or slight burning/itching	Aching, heaviness, swelling, dermatitis
Clinical Concern	Cosmetic	Can lead to chronic venous insufficiency
Treatment	Sclerotherapy, laser	Compression, stripping

Homoeopathic approach in spider veins

Homoeopathy is a field of medicine which is founded on the principle that "Like Cures Like," or Similia Similibus Curentur. Homoeopathy treats the man in disease, not the disease in man, thus remedy selection in homoeopathy varies from person to person.

The miasmatic approach in spider veins can be Psoric, Sycotic or Tubercular [5, 6].

Important homoeopathic remedies for spider veins

***Hamamelis Virginiana*:** *Hamamelis Virginiana* is famous for its effectiveness in managing varicose veins, particularly when accompanied by a feeling of tiredness, aching, or dragging

sensation in the legs. This remedy acts upon the coats of the veins, causing relaxation and resulting in venous engorgement, which it helps to alleviate. It is suited for conditions involving venous congestion, passive haemorrhages from any part, varicose veins, and haemorrhoids, all typically marked by bruised soreness of the affected parts. The varicosities may appear as hard and knotty swellings, with pain and soreness aggravated by the slightest motion. *Hamamelis* plays a significant role in reducing the engorgement of blood in the veins and relieving the associated symptoms effectively [7-9].

Calcarea Fluorica: *Calcarea Fluor* is a highly recommended biochemic remedy for varicose veins, particularly when associated with swelling, joint pains, and dry, cracked skin on the legs. It is effective in reducing venous engorgement and improving blood circulation. This remedy is indicated for enlarged, hardened, or knotty veins, especially on the lower limbs, and helps restore elasticity to the vascular walls. By addressing both structural and symptomatic aspects of varicosities, *Calcarea Fluor* plays a crucial role in managing chronic venous insufficiency and its accompanying discomforts [7-9].

Fluoric Acid: Fluoric Acid is a valuable remedy for long-standing, obstinate cases of varicose veins, especially when the veins are painful and symptoms are aggravated by warmth. It is particularly effective in managing painful varicose veins in the legs, where the discomfort worsens with heat and is relieved by cold applications. This remedy is also indicated for varicose ulcers with red, inflamed margins and intense pain, which similarly intensifies with warmth and improves with cold. Fluoric Acid offers significant relief in chronic varicosities and associated ulcerative conditions, especially when warmth aggravates and cold soothes the symptoms [7-9].

Arnica Montana: *Arnica Montana* is a potent homeopathic remedy for varicose veins, especially when accompanied by extreme soreness and a bruised, beaten sensation in the legs. Patients may exhibit a fear of touching the legs due to the intense soreness, and even slight exertion tends to worsen the condition. The legs may feel achy, swollen, red, and hot, with bluish or blackish discoloration of the veins often present. *Arnica* is particularly valuable when the veins and surrounding tissues feel tender and bruised, as if they have been beaten, offering significant relief from pain and discomfort associated with varicosities [7-9].

Vipera Berus: *Vipera Berus* is a well-indicated remedy for varicose veins, particularly when there is a marked 'bursting' sensation in the legs accompanied by unbearable pain that worsens when the legs are hanging down and is relieved by elevation. This remedy is highly effective in cases presenting with severe cramping pain, swollen and tender veins, and bluish discoloration of the overlying skin. It is especially suited for individuals experiencing intense pain, hypersensitivity, and vascular congestion in the affected areas, providing significant relief from the distressing symptoms of varicosities [8, 9].

Carbo Vegetabilis: *Carbo Veg* is a strongly indicated

remedy for spider veins. The veins are reddish bluish in colour. The skin becomes cold and sweaty, and the individual may be affected with itching worsening in the evening. Easily bleeding varicose ulcers also necessitate the use of *Carbo Veg* [8].

Case report

A 68 years old female, a housewife residing in urban area of Bhopal, Madhya Pradesh came to the OPD on 11 June 2025 with presentation of spider veins on bilateral lower limbs. She was not aware of when it developed but saw these veins accidentally. She also complained on bilateral knees, which was < on first motion, changing position and > on walking. While taking the history, the patient mentioned that she is type 2 diabetic since 3 years. She also had a history of hip surgery due to an injury after falling from stairs in 2021. In his family history, patient's husband is both type 2 diabetic and hypertensive. The patient is married and has 2 children. She had 2 children and there was no history of abortions. She attained menopause in 2006. There are no financial issues in the family.

Table 2: Important physical generals in the patient

Mouth	Dryness in mouth
Tongue	Dry
Desire	Tea
Thermal Reaction	Ambithermal
Skin (in general)	Dry
Sleep	Feels sleepier each time after meals

Mental Generals

Patient told that her husband has been a person with great anger and she has been the calmer one. She suppresses her feelings and anger in a fear that her husband might get angrier. She feels anxious in dark, at crowded places and at night (occasionally). She cares a lot about her family members, does all work of the house on her own. She feels better when consoled if she is crying and is of a mild temperament. She also complains of weakness of memory for proper names.

On Observation

- Patient had a thin built.
- She was well conscious and oriented. Was alert throughout the case taking.
- Her speech was fluent. Rate, Tone, Volume and Quantity of speech were adequate. There was no jumping of thoughts or ideas.
- She had an anxious expression throughout the case taking.

Examination of skin revealed

- Skin rough and dry
- Bluish-purplish small veins on both lower limbs
- No itching on lower limbs

Provisional Diagnosis: Spider veins of lower limb (Telangiectasis).

Spider veins of lower limbs is classified under chronic peripheral venous insufficiency of lower extremities (BD74) and Lower Limb Venous Telangiectasias (EF20.2) [4].

Table 3: Analysis and evaluation of symptoms

	Symptoms
Mental Generals	<ul style="list-style-type: none"> • Suppresses her feelings and anger with a fear that her husband might get angrier; Ailments from suppressed anger • Anxiety at night, in dark, at crowded places • Cares a lot about family and does all household work on her own • Weakness of memory for names • Mild temperament • Likes consolation if she is crying
Physical Generals	<ul style="list-style-type: none"> • Mouth: Dryness in mouth • Tongue: Dry • Desire: Tea • Thermal Reaction: Ambithermal • Skin (in general): Dry • Sleep: Feels sleepier each time after meals
Particulars	<ul style="list-style-type: none"> • Bluish-purplish spider like veins on both lower limbs • Pain both knees <changing position, first motion; >walking

Predominant Miasm: Psoro-Sycotic miasm based on the symptoms presented by the patient.

Repertorial Totality: Repertorisation of this case was done using the Synthesis Repertory by Dr Frederik Schroyens ^[11].

Table 4: Repertorial result

Medicines	<i>Pulsatilla Nigricans</i>	<i>Natrium Muriaticum</i>	<i>Lycopodium Clavatum</i>	<i>Sepia Officinalis</i>	<i>Calcarea Carbonica</i>
Degree of symptoms/ Symptoms covered	24/12	14/8	14/7	10/7	12/6

MIND	
1 MIND - AILMENTS FROM - anger - suppressed	✕
2 MIND - ANXIETY - night	✕
3 MIND - ANXIETY - crowd; in a	✕
4 MIND - ANXIETY - dark; in	✕
5 MIND - CARES, full of - domestic affairs, about	✕
6 MIND - MEMORY - weakness of memory - proper names	✕
7 MIND - MILDNESS	✕
8 MIND - WEEPING - consolation - amel.	✕

EXTREMITIES			
9 EXTREMITIES - PAIN - Knees - motion - beginni agg.			✕
10 EXTREMITIES - VARICES - Lower limbs			✕
SLEEP			
11 SLEEP - SLEEPINESS - eating - after - agg.			✕
GENERALS			
12 GENERALS - FOOD and DRINKS - tea - desire			✕
Remedies	ΣSym	ΣDeg	Symptoms
puls.	12	24	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12
nat-m.	8	14	1, 2, 4, 6, 7, 10, 11, 12
lyc.	7	14	1, 2, 3, 6, 7, 10, 11
sep.	7	10	1, 2, 5, 7, 10, 11, 12
calc.	6	12	2, 4, 7, 9, 10, 11

Prescription with comment

Here, *Pulsatilla* 200 was selected as it covers most of the physical and the particular symptoms which were the highlights of the case. Also, *Hamamelis* mother tincture and

Calcarea Fluorica 6X were given as the supportive treatment.

Thus, *Pulsatilla* 200/OD; *Hamamelis* Mother Tincture/BD and *Calcarea Fluorica* 6X/BD were given at first visit.

Table 5: Treatment Protocol

Visits	Symptoms	Prescription	Justification
First Visit (Initial visit): 11/6/2025	Bluish-purplish veins on both lower limbs along with pain both knees	<i>Pulsatilla</i> 200/OD/7 days <i>Hamamelis</i> Q/BD/7 days <i>Calcarea Fluor</i> 6X/BD/7days	Based on presentation of symptoms and the repertorial result. Supportive treatment also given in the form of mother tincture and biochemic.
21/6/2025	Veins slightly less prominent, pain same	<i>Pulsatilla</i> 200/OD/7 days <i>Hamamelis</i> Q/BD/7 days <i>Calcarea Fluor</i> 6X/BD/7days	Minute reduction in complaints
30/6/2025	Veins further less prominent, but very	<i>Pulsatilla</i> 1M/2doses	Since the pain was same, and for the progress of

	slight Pain same	<i>Hamamelis</i> Q/BD/15 days <i>Calcarea</i> Fluor 6X/BD/15 days	treatment
18/7/2025	Changes were marked, veins appeared less prominent, pain better	<i>Hamamelis</i> Q/BD/15 days <i>Calcarea</i> Fluor 6X/BD/15 days	Marked improvement seen both in veins and pain.
6/8/2025	Changes became more marked, pain lower extremities much better, less anxious now	<i>Hamamelis</i> Q/ BD/15 days <i>Calcarea</i> Fluor 6X/ BD/30 days	Marked improvement seen both at physical and at mental levels.
3/9/25	Veins became almost normal in appearance, pain lower extremities much better now, patient can walk on her own now without support; better at mental levels.	<i>Calcarea</i> fluor 6X/BD/ 15 days	Marked improvement seen.

11/6/2025



21/6/2025



30/6/2025



18/07/2025



19/8/2025



Conclusion

Homoeopathy treats the person as a whole, thus following holistic approach. In this case, *Pulsatilla* was selected based on the similimum. Along with this, *Calcarea Fluor 6X* and *Hamamelis Q* were given for supportive treatment. This case also signifies the role of *Pulsatilla* which is less indicated in the cases of spider veins apart from the commonly prescribed drugs like *Arnica Montana*, *Vipera* etc. The patient is under treatment for the complaints.

Conflict of Interest

Not available

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Not available

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