

## A CASE STUDY ON THE AYURVEDIC MANAGEMENT OF VARICOSE VEIN

G.V.P. Samaranyake\*, A.A.J. Pushpakumara

*Department of Shalya Shalakya, Gampaha Wickramarachchi Ayurveda Institute,  
University of Kelaniya, Sri Lanka*

\*prabashi185@gmail.com

A condition, in which a vein becomes dilated, elongated and tortuous, this is said to be "Varicose". There are primary as well as secondary causes of varicose veins. The superficial perforating as well as the deep veins are involved in varicose veins. The contemporary treatment for varicose veins includes ligation, ligation with stripping surgical treatments. But these treatments can cause reoccurrence of this disease. Ayurveda texts reveal *Siravedha* (venesection) cures varicose veins. We hereby report a case of a 60-year-old female with complaints of pain in the lower limbs from calf to the dorsum of the foot of both legs associated with dilated and tortuous veins in the anterior aspect of lower leg with discoloration. She was advised admission for ten days and was treated with internal medication, external treatments and *Siravedha* (venesection). During the treatment all the signs and symptoms of varicosity reduced to a very high extend. As the case showed significant changes in the symptoms of pain, swelling, burning sensation and dilated veins with discoloration, during the ten days of treatment with internal medicines as well as *Siravedha* done for 3 alternate day. It can be concluded that in such conditions of varicose vein, *Rakta mokshana* along with *Raktaprasadana* drugs will be choice of treatment. A large-scale clinical study should be conducted to evaluate the efficacy and benefits of this modality of treatment with longer follow ups.

**Key words:** *Siravedha*, Varicose vein, *Rakta mokshana*