



MANAGEMENT OF *SIRAGRANTHI* THROUGH AYURVEDA – A CASE REPORT

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ABSTRACT

Varicose Veins is 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 and become oedematous. In Ayurveda it can clinically compared with *Siragranthi*. This article deals with a case of varicose veins with a chronicity of 5 years, he was given Ayurveda treatment for a period of about two months along with four sittings of *Siravedha* and was observed with a marked improvement in all his symptoms. It indicates the benefits of Ayurveda treatments which may prove to be more beneficial and cost effective than the other complex treatments such as surgeries, and laser treatments.

Key words – *Siragranthi*, Varicose veins, *Ayurveda*, *Siravedha*

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INTRODUCTION

Varicose veins are tortuous, widened veins in the subcutaneous tissues of the legs and are often easily visible. Their valves are usually incompetent so that reflux of blood occurs, and the resulting venous hypertension can cause symptoms. Varicose veins are widely seen as medically unimportant and deserving low priority for treatment. They are common, affecting nearly a third of adults in Western societies, and few people with varicose veins are ever harmed by them. However, they cause concern and distress on a large scale, most of which can be dealt with by good explanation and reassurance, or by a variety of treatments which are evolving rapidly at present. Patients can now be referred for more precise assessment and a greater range of therapeutic options than ever before. [1]

Prevalence – Lower-limb varicose veins are relatively common, with described prevalence reaching between 10% and 30% global [2].

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 lipo-dermato-sclerosis (skin thickening). If left untreated, the further complications lead to bleeding veins, eczema, skin pigmentation or discoloration, venous ulcers, and hence complete vein incompetence. [3]

Risk Factors – Family history, age, gender, pregnancy, overweight, obesity and lack of movement. [4]

Causative factors – Weak or damaged valves in the veins can cause Varicose veins. After arteries deliver oxygen rich blood to your body, your veins return the blood to your heart. the veins in your legs must work against gravity to do this. Weak valves may be due to weak vein walls. when the walls of the veins are weak, they lose their normal elasticity and become like an overstretched rubber band, this makes veins walls longer wider and cause flaps of the valves to separate, when the flaps separate, blood can flow backward through the valves. The backflow of blood fills the veins and stretches the walls even more. As a result, the veins get bigger, swell and often get twisted as they try to squeeze into their normal space. [5]

Why we need a Pragmatic Plan for treating Varicose Veins – The goal of treatment is to relieve symptoms prevent complications and improve appearance. But the acclaimed treatments modalities in the market have severe complications like wound complications, nerve damage, leakage of lymph, deep vein thrombosis, pulmonary embolus, foot drop, major vascular injury (Complications of varicose veins surgery Ann R Coll Surg. Engl.1997 march). Recurrent

Varicose veins are known to be a common surgery (REVAS) in patients is seen to be problem after surgery. Recurrent veins after between 20% - 80% [6].

Table 1 - Treatment modalities at a glance

Physical	Compression	Surgical	Non-Surgical
<ul style="list-style-type: none"> • Yoga • Exercise • Massage 	<ul style="list-style-type: none"> • Compression Stockings 	<ul style="list-style-type: none"> • Vein Stripping • Ambulatory Phlebectomy 	<ul style="list-style-type: none"> • Sclerotherapy • Ultrasound guided Foam Sclerotherapy • Radiofrequency Ablation • Endo venous Ablation

Ayurvedic Management

According to the Ayurveda, Varicose Veins is a result of *Rakta-Pitta Dosha*. Thus, the *Dosha* can be removed by working either of the two mechanisms, that is by purifying the blood using the blood purifiers and blood thinners or by removing the *Pitta Dosha* (inflammation). It is suggested that the use of laxatives help in removing the *Pitta Dosha* (*Pitta Saran*). The mixture of nano ashes of pearl, conch shell, pearl oyster, cowries, coral along with latex of *Calotropis Procera* are used for the laxative effect. [7]

Varicose veins can be correlated with *Siragranthi* in Ayurveda context, according to *Acharya Shushruta* and *Acharya Vagbhatta* *Siragata Vata* get aggravated and causes *Shira* into *Sankocha*, *Sanskhipya*, *Vritta* and *Vakrikrita* [8, 9]. Stripping damages sural nerve, formation of numbness and tingling sensation in limbs, short saphenous vein stripping causes

bruising and sensory nerve injury in post thrombotic condition there is more chance of reoccurrences [10]. *Acharya Vagbhatta* deliberate *Siravedha* as a treatment for *Granthi* and *Vyadhi* arising out of *Pitta Rakta* and *Kapha* [11]. The importance of *Shiravedha* can be driven from the fact that it is considered as *Ardha chikitsa* in *Shalya Tantra*.

Case Report

A Male patient came to OPD of All India Institute of Ayurveda, New Delhi on 28th October 2020.

UHID – 455883

Age – 58 years

Occupation – Security Guard

Primary Complaints

1. Pain in right lower leg – 4 Years
2. Burning Sensation in right lower leg – 4 Years
3. Nocturnal cramps – 2 Years

4. Tortuous and engorged veins in right lower leg - 5 Years

H/O Present Illness – Patient was asymptomatic 5 years ago, when he gradually developed very mild tortuous and engorged veins in right lower leg (near ankle joint), he didn't take any medications for it then he gradually developed similar symptoms near shien bone. He then gradually developed pain and burning sensation in the affected area. With nocturnal cramps on and off.

H/O Of Past Illness - There was no associated medical history found. There was no history of friction prior to the onset of lesions. His occupation involved long standing hours duty which can be one of the causative factors. There was no specific seasonal and food associated history affecting the disease presentation. There was no history of any drug intake as well as surgical intervention in

affected area. Family history was not associated with varicosity symptoms. Psychological stress was seen due to ugly appearance, pain and burning sensation.

Physical Examination - Cutaneous examination revealed asymmetrically distributed tortuous and engorged veins with diffused border and no inflammation. There was no change in colour was seen in the effected region. (Figure 1). There were no any similar symptoms over other parts of body. Examination of palms, soles, hair, nails and mucous membranes was normal. All routine biochemical and haematological tests were found within their normal range.

Diagnosis

Varicose Veins (*Siragranthi*)

Clinical Classification

Stage C2 Varicose Veins of Thigh Perforators Veins

Table 2 – Case Timeline

S.no	Date	Intervention
1.	28 th October 2020	1. <i>Kaishor Guggulu</i> 2 TDS Before food with 2. 20 ml <i>Mahamanjisthadi Kwatha</i> 20 ml BD Before food 3. <i>Pinda Taila</i> for local application (In <i>Pratilom</i> (Opposite to <i>Loma Koopa</i> direction) 4. 1 st Sitting of <i>Shiravedha</i>
2.	6 th November 2020	CST 2 nd Sitting of <i>Shiravedha</i>
3.	16 th November 2020	CST 3 rd Sitting of <i>Shiravedha</i>

4.	25 th November 2020	CST 4 th Sitting of <i>Shiravedha</i>
5.	25 December 2020	CST Follow up was taken after 1 month

Therapeutic intervention

Four sitting of *Siravedha* karma were carried out in 2 months at an interval of 15 days. Patient was advised to take liquid diet 1-2 hours prior to the procedure. Local *Snehana* (oil massage with *Pinda Taila*) and *Dashmoola Kwatha* with *Naadi Swedana* (hot steam

fomentation) on lower limbs was done followed with *Siravedha*, an average of 50 – 60 ml of blood was expatriate in one sitting. Average bleeding time for *Siravedha* karma was approximately 5-10 minutes (Figure 2)

Assessment Scale

Table 3 - Visual Analogue Scale

VAS BT	VAS AT 1	VAS AT 2	VAS AT 3	VAS AT 4	VAS FU 1
8	6	6	4	3	3
Total Percentage improvement	62.5 %				



DISCUSSION

Varicose veins in terms of Ayurveda can be studied as an obstruction in *Rakta Vaha Srotas*

(Circulatory system) caused due to venous insufficiency which serves as the main pathology behind manifestation of this

ailment. The approach used here was to correct valve incompetence. In Ayurveda perspective *Kapha-Medo Vruddhi* (Obesity) and *Dhatu Shithilta* (Weak Tissues) is considered as a predominating factor to it. For which *Kapha-Medo Shamana*, *Vata Shamana* and *Rakta Prasadaka* treatment was planned. Hence the medicines taken into consideration worked on the principle of *Kapha-Medo Hara*, *Vata Shamana* and *Rakta Prasadka*. *Kaishor Guggulu* taken from *Bhaisajya Ratnavali* has *Guggulu* (*Commiphora Mukul*), *Guduchi* (*Tinospora Cordifolia*) and *Triphala* as chief ingredients. *Guggulu* (*Commiphora Mukul*), has *Sroto Shudhikaraka* (cleansing properties) and *Anabhishtyandi* actions (Anti Obstructive properties), it was found that it possessed significantly higher antihyperlipidemic activity compared with other resinoids [12]. *Guduchi* has *Rasayana* [13] (Rejuvenation and Anti-Ageing) properties which helped in rejuvenation of weak tissues and valve incompetence. *Triphala* has *Rooksha* and *Kapha Medo* hara effects [14], which helps to reduce the weight pressure on lower limbs by reducing obesity and strengthening *shithila dhatu* (loose and weak tissue). All these collectively work in the same line by alleviating *Kapha* and *Meda*. *Mahamanjisthadi Kwatha* has properties like *Kapha Pitta Shamaka*, *Sothahara* because of the *Tikta* (Bitter), *Katu* (Pungent), *Kashaya* (Astringent), *Laghu* (Light)

and *Ruksha* (Rough) *Guna* and *Ushna Veerya* (Hot potency) and *Katu Vipaka* (Pungent post digestive effect). All these properties alleviate *Kapha Meda* which helps in removing obstructions. *Pinda Taila Abhyanga* (Massage) gives strength to the effected Dhatus and works upon the pathogenesis of valve incompetence also drugs like *Sariva* (*Hemidismus Indicus*), *Manjistha* (*Rubia Cardifolia*), *Sarjarasa* (*Shorea Robusta*) all these have *Rakta Prasadaka* (Blood Nourishing) and *Twachya* (good for skin) properties which helps in conditions like *Rakta Dushti* (Disorders of blood) and also helps in *Shoola* (Pain) and *Daha* (Burning Sensation) *Shamana*. *Raktamokshana* (*Shiravedhana*) helps in lowering the pressure of blood on the valve by reduction in its volume for a temporary time and also removes the excess *Dosha* from the affected area. Meanwhile the *Rakta Mokshana* is done above medications were used to disrupt the Pathology involved. This is how a collective pragmatic approach is used to pacify the ailment.

CONCLUSION

Panchakarma Therapeutic measures like *Shiravedhana* along with Ayurveda medicines can be used a potent pragmatic plan for *Samprapti Vigattana* and stopping the disease from turning into a chronic one.

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