

	VARICOSE VEINS: HOMEOPATHIC APPROACH		
	DR. RONAK SHAH'S DIVINE HOMEOPATHY Restoring Vitality SINCE 1991 M.D.(HOM.) 9825050054 dr-ronakshah.com	It works very well for mild to moderate cases except for those which are truly surgical in nature. It reduces pain, control further varicosity, reduce swelling. It also helps in cases that have varicose ulcers.	

VARICOSE VEINS: HOMEOPATHIC APPROACH

Varicose veins are a common condition observed in practice whereby patients present with dilated, tortuous, and elongated veins, especially on the legs. However, any vein in the body that gets twisted, stretched out, or loses elasticity, could be labelled as varicose.

The veins have a certain valve-like mechanism that allows the blood to move upwards toward the heart. The valves have leaflets. When the leaflets lose their elasticity, the valves lose their capacity to push blood upwards; hence there is a back pressure which leads to further elongation of the veins. The veins also have reduced elasticity. As a result, the veins get 'tortuous' or twisted; as well as hardened. The veins, thus, become visible as zigzag vascular tubes, especially on legs.

Varicose veins affect especially the depending parts of the body that is lower limbs, which gets even worse when one tends to stand longer. People in the business of standing for long, such as salespeople, policemen, Traffic Police, Surgeons (tend to stand for hours during surgery), etc. are at risk of developing varicose veins.

Causes:

- Occupational: Standing long hours
- Genetic tendency
- Deep vein thrombosis: A condition that affects the valves of veins
- It might get triggered during pregnancy and due to obesity

Symptoms:

- Painfulness of legs
- Visible tortuous veins on the legs (of affected parts) (See photo.)
- Swelling of legs and ankle
- Restless leg syndrome (due to pain.)
- Bleeding due to a minor injury

Complications:

- Ulcer formation
- Bleeding
- If eczema on the affected parts, there may be infection leading to wounds which may take time to heal
- Thrombophlebitis: Due to clot formation in the veins, due to sluggish circulation

Treatment of Varicose veins:

1. Non-medical treatment: Postural correction and changes form an important part of treatment for varicose veins, as under:
 - Always keep your legs elevated on a pillow during sleep (in case of varicosity of leg veins)
 - Avoid long-standing, form a habit of sitting down
 - Wear suitable stockings
2. Surgery may be indicated if varicosity is very severer.

Homeopathic treatment for Varicose Veins:

Homeopathy works very well for mild to moderate cases of varicose veins. It helps to reduce pain, control further varicosity, reduce swelling. It also helps significantly in cases that have varicose ulcers. It is strongly recommended for all cases of varicose veins except for those which are truly surgical in nature.

The top homeopathic medicine for varicose veins includes natural medicines like **Hamamelis**, **Pulsatilla**, **Calcarea Carb**, **Lachesis**, **Apis Mel** and **Calcarea Flour**.