

VARICOSE VEIN AND BLOOD LETTING THERAPY

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Abstract :

Varicose veins are tortuous, dilated veins commonly affecting the lower limbs due to venous valve incompetence and stagnation of blood. In Ayurveda, this condition can be correlated with *Siraja Granthi* caused by vitiation of *Vata* and *Kapha dosha*, leading to obstruction in the normal flow of *Rakta dhatu*. Acharya Sushruta described *Raktamokshana* (bloodletting therapy) as a prime procedure in the management of such vascular disorders. *Raktamokshana*, especially *Jalaukavacharana* (leech therapy), is considered beneficial in relieving local congestion, pain, and discoloration, thereby improving venous circulation. This article focuses on the Ayurvedic and modern perspectives of varicose veins and evaluates the role of bloodletting therapy in its management.

Keywords : Varicose Vein, Raktamokshana, Jalaukavacharana, Ayurveda, Siraja Granthi

Introduction :

Varicose veins are a chronic venous disorder characterized by elongated, dilated, and tortuous veins, particularly in the lower limbs. The condition is commonly associated with occupations involving prolonged standing or sitting, resulting in venous hypertension and valve incompetence. Patients often present with pain, heaviness, and swelling in the legs, which may progress to venous ulcers in severe cases.

In Ayurveda, varicose veins closely resemble *Siraja Granthi* as described by Acharya Sushruta. The pathology involves *Vata* vitiation leading to irregular movement of *Rakta dhatu*, and *Kapha* contributing to stiffness and swelling in the veins. This understanding forms the basis for employing *Raktamokshana* as an effective line of management to restore normal blood flow and alleviate symptoms.

Material And Methods:In modern medicine, varicose veins result from failure of venous valves, leading to blood reflux and venous stasis. This increases venous pressure, causing vein dilation and tortuosity. Conventional treatment includes compression therapy, elevation, sclerotherapy, and surgery; however, recurrence is common.

In Ayurveda, *Siraja Granthi* is caused by *Vata* and *Kapha* vitiation, obstructing the *Rakta dhatu* and forming nodular swellings in veins. *Raktamokshana* helps in eliminating vitiated blood, reducing venous pressure, and improving microcirculation. *Jalaukavacharana* (leech therapy) is particularly indicated due to its *Mridu* (gentle) and *Shothahara* (anti-inflammatory) properties. Leech saliva contains bioactive substances like hirudin, which prevent coagulation and enhance blood flow, providing symptomatic relief. Thus, bloodletting not only removes impure blood but also restores physiological balance of *Vata* and *Rakta*.

Conclusion:Varicose veins can be effectively managed through Ayurvedic *Raktamokshana* therapy, which reduces venous congestion and purifies vitiated blood. *Jalaukavacharana* offers a safe, natural, and minimally invasive treatment approach that improves local circulation and reduces pain, swelling, and discoloration. Integrating Ayurvedic therapies with modern understanding of venous physiology may offer a sustainable and holistic management for varicose veins.

Discussion:In modern medicine, varicose veins result from failure of venous valves, leading to blood reflux and venous stasis. This increases venous pressure, causing vein dilation and tortuosity. Conventional treatment includes compression therapy, elevation, sclerotherapy, and surgery; however, recurrence is common.

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