

Ayurvedic–Integrative Management of *Sirajagranthi* (Varicose Veins): A Case Report

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Abstract

In ayurvedic classics *Sirajagranthi* is described under *Granthi Rogas*. It is characterized by a non-Pulsating, painless and round swelling of veins, elevation and quickly developing. In Modern science symptoms of *Sirajagranthi* co-relates with Varicose veins. Varicose veins, commonly seen in lower limbs, arise from venous valve incompetence and vessel wall weakness. In Ayurveda, this condition resembles *Siraj Granthi*, *Siragata Vata*, and *Vata-Rakta* disorders. This case study aims to highlight the ayurvedic management of *Sirajagranthi*. A 14-year-old female patient presented with the complaints of pain, visible distended, and tortuous veins in the right lower leg. She was treated using Ayurvedic modalities including *Raktamokshana* through *Jalaukavacharana* (leech therapy), *Virechana*, and internal medications such as *Kaishora Guggulu*, *Rasna Saptaka Kashaya*, and *Shallaki*. External therapies like *Abhyanga*, *Udvartana*, and *Parisheka* were also administered. The treatment led to significant symptomatic improvement, including reduction in pain, swelling, and enhanced mobility, as measured by the Visual Analogue Scale. This case highlights that integrative Ayurvedic management, especially *Jalaukavacharana*, which offers effective, non-invasive treatment for *Siraja Granthi*, even in pediatric cases, thereby supporting its relevance in modern clinical practice.

Key words : *Siraja Granthi*, *Virechana*, *Shamana Aushadhi*, *Panchakarma*, *Jalaoukavacharana*, Varicose vein.

When *Sira* becomes *Sankocha* *Vishoshana* (dryness) it develops *Granthi* in (contraction), *Utsedha* (elevation of veins), *Sira*; in ayurvedic classics these characters

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are considered as clinical features of *Sirrajagranthi*¹³. It affects in both Male and Females. In ayurvedic texts *Raktamokshana* is considered as one of the best lines of treatment for *Sirajagranthi*; it is classified in various types like *Sringa*, *Jalauka*, *Alabu*, *Siravedha*, *Prachhana* and *Ghati Yantra*¹⁴. Application of *Jalaukavacharana* in *Raktaja vikaras* is considered as superior line of treatment because of its high chances of curing blood related disorders. However, *Hamsa* (Swan) only drinks milk (*Dugdha*) from milk and water like *Jalauka* (Leech) sucks the vitiated (*dushita*) blood (*Rakta*) from mixture of vitiated (*Dushta*) and Pure blood (*Shuddha Rakta*), and it is indicated in all blood related disorders. In classics texts *Raktamokshana* is described as first choice of treatment in *siragata vata*. Acharya Sharangadhara and Acharya Vagbhata explained *Siravyadha* is one of the methods for *Raktamokshana*¹⁰. In ayurveda it can be treated by *Panchakarma* Therapy like *Virechana* (purgation) and *shamana aushadi*. In modern context it is compared with Varicose vein. This condition is characterized by tortuous veins, elongation and dilated veins in superficial tissue¹. It commonly occurs in superficial venous system of lower limbs, which can affect either long saphenous vein or short saphenous vein or both. Varicose veins developed by incompetent valves and due to incompetency of valves reflux of blood occurs and it result into venous hypertension and cause symptoms of varicose veins. It may also occur with prolonged standing, obesity, pregnancy, old age, heavy weight lifting and sports⁶. Complications like irritation of skin, pigmentation, lipodermatosclerosis, ulceration, bleeding, superficial thrombophlebitis including higher chances of deep vein thrombosis (DVT)⁷.

Prevalence :

In children and adolescents, it is very rare and often associated with congenital vascular anomalies or syndromes. It is very common in lower-limbs. In india 15-20% population³. Higher prevalence rate in female compare to male. Increase in chances of getting varicose veins after 40years of age. Globally it is 2%-73% of prevalence².

Risk Factors :

Metabolic disorders like Obesity, overweight and age factor, pregnancy, lack of physical movements, family history⁵.

Case Presentation :

A 14yr. female patient came to *Kaumarbharitya* OPD of Khemdas Hospital, Parul Institute of Ayurved and Research, Ishwarpura, Vadodara, Gujarat on 15th October 2024.

UHID NO.-20241015030225

OPD NO.- 24030225

Age/ Sex - 14years/ Female

Occupation- Student

Primary Complaints :

- | | | |
|--|---|----------------|
| 1. Pain in right lower leg | } | Since 2 years |
| 2. Distended and Engorged veins in right lower leg | | |
| 3. Tortous veins | | Since 2 years |
| 4. Sudden fall down on ground while walking | | Since 8 Months |

H/O Present Illness :

A 14yr. female patient brought by her

parents to *Kaumarbhritya* OPD, with complaints of pain in right lower leg, distended and engorged veins, tortuous veins since 2years and sudden fall down on ground while walking since 8months, for this she didn't took any proper treatment. At some time when pain aggravates, by taking rest for some duration and consuming pain killers (analgesics) from nearby medical store and got temporary pain relief and after sometimes once again pain getting starts.

H/O Past Illness :

There was no any associated medical history found. Her occupation involved more time as sitting, which is not be a part of causative factor. There were no any specific diet and seasonal history affecting the disease. There was no history of any surgical intervention in affected site. Family history was also not associated with disease. No any psychological stress observed in patient.

History :

1. Past Medical History- No any Relevant history
2. Personal History- A) Diet- Vegetarian.
B) Addiction- No
3. Drug History- Intake of Analgesics (SOS)
4. Family History- As said by her parents No any Relevant history

Ashtavidha Parikasha :

1. *Nadi (Pulse)*- 74/min
2. *Mala (Stool)*- *Prakruta*
3. *Mutra (Urine)*- *Prakruta*
4. *Jivha (Tongue)*- *Lipta*
5. *Shabda (Speech)*- *Prakruta*
6. *Sparsha (Touch)*- *Prakruta*
7. *Druka (Vision)*- *Prakruta*
8. *Akruti (Posture)*- *Madhyama*

Dashavidha Pariksha :

1. *Prakriti – Vata Pitta*
2. *Vikruti - Madhyama*
3. *Sara - Rasa*
4. *Samhanana - Madhyama*
5. *Pramana - Madhyama*
6. *Satmya - Madhyama*
7. *Satva - Madhyama*
8. *Aahara shakti - Madhyama*
9. *Vyayama shakti - Madhyama*
10. *Vaya – Yuva*

General Examination :

- Patient is conscious and well oriented
- Pallor, Icterus, clubbing, Lymphadenopathy- Absent
- Pulse Rate- 74/min
- Blood Pressure- 110/70mm/Hg
- Temperature- 97.6°F
- Respiratory Rate- 19/min
- Height- 164 cm
- Weight- 45 kg

Systemic Examination :

1. **Respiratory System**- AEBE Clear
2. **Cardio-Vascular System**- S₁S₂ Heard
3. **Central Nervous System**- Conscious and Well Oriented
4. **GI System**- P/A-Soft, No Tenderness, Normal Bowel Movements.

Local Examination :

1. **Inspection**-
 - Examined patient in Standing position
 - Dilated veins(visible), tortuous and localized swelling below knee joint at posterior and lateral aspect.
 - Pain over affected site

2. Palpation :

- Pain in calf region of right leg on passive dorsiflexion (Homan's sign +ve)
- Pain in calf region on gentle squeezing (Mose's sign +ve)
- Feeling of impulse when finger kept over vein of right leg (Brodie-Trendelenburg test +ve)

Other limb examination :

- No varicosity or ulceration over left lower limb.

Investigations :

- CBC (Complete Blood Count), ESR

(Erythrocyte Sedimentation Rate), LFT (Liver Function Test), BT (Bleeding Time), CT (Clotting Time) done. All are within its normal limits, no any significant abnormality found.

Diagnosis :

Siragranthi (Varicose vein)- Diagnosis was done based on the obtained signs while clinical examination (*i.e.*, Homan's sign, Mose's sign, Brodie-Trendelenburg test)

Case timeline :

The timeline and course of the case have been described in table-1.

Table-1. Showing the timeline and clinical course of the case

Sr.No.	Date	Clinical Intervention
1.	15/10/2024	Initial OPD Visit: Patient presented with complaints of pain in the right lower leg, distended and engorged veins, tortuous veins, and history of sudden fall while walking.
2.	15/10/2024	Clinical Evaluation: Local examination and relevant blood investigations were performed. Patient was clinically diagnosed with <i>Siragranthi</i> (varicose veins).
3.	15/10/2024	Treatment Initiation: Internal medications were prescribed. Patient was advised rest and review after 7 days.
4.	22/10/2024	Follow-up Visit: Improvement noted in <i>Ama Lakshana</i> and <i>Agni</i> status. However, pain persisted. Patient was admitted to IPD. Baseline BT and CT investigations were conducted prior to initiating <i>Panchakarma</i> therapy. First sitting of <i>Jaloukavacharana</i> (leech therapy) was performed. Internal medications continued for 7 days.
5.	27/10/2024	Discharge from IPD: Patient was discharged with continuation of internal medications and advised strict adherence to <i>Pathya-Apathya</i> . Review advised after 7 days.
6.	05/11/2024	Second <i>Panchakarma</i> Sitting: Patient reported for the second sitting of <i>Jaloukavacharana</i> . Internal medications were continued for the next 7 days.
7.	12/11/2024	Final Assessment and Discharge: Patient was assessed. Symptomatic improvement noted. Advised to continue internal medications and follow <i>Pathya-Apathya</i> regimen. Final discharge given with follow-up instructions.

Treatment Protocol :

The treatment protocol carried out in this case have been described in table-2.

Table-2. Showing the treatment protocol followed in this case.

Sitting with Date	Therapeutic Intervention	Observation
1 st Sitting (15/10/2024)	<p>Internal Medication</p> <ol style="list-style-type: none"> <i>Swadishta Virechana Choorna</i> (½ Tsp at Night) for 7 Days <i>Bramhi Vati</i> (1Tab, TDS) for 7 Days <p>Procedures-</p> <ol style="list-style-type: none"> <i>Ksheerabala Taila</i> for L/A for 7 Days 	<p>Mild improvement in bowel clearance and sleep. Patient reported slight reduction in heaviness of leg. No significant change in pain or visible varicosities.</p> <p>Local application offered some relief in burning sensation and stiffness. No marked change in appearance of veins.</p>
2 nd Sitting (22/10/2024)	<p>Internal Medication</p> <ol style="list-style-type: none"> <i>Rasna-Saptaka Kashaya</i> (40ml, twice a Day) for 14 Days <i>Yogaraja Guggulu</i> (1 Tab, twice a Day) for 14 Days Tab <i>Shallaki</i> (1 Tab, twice a Day) for 14 Days 	<p>Reduced frequency of leg pain and heaviness during walking. Local swelling decreased slightly. Appetite and digestion improved. Veins still visible and tortuous.</p>
	<p>Procedures-</p> <ol style="list-style-type: none"> <i>Raktamokshana</i> with <i>Jalouka</i> 	<p>Post-therapy, mild reduction in local tenderness and pigmentation. Pain during prolonged standing decreased. No adverse effects noted.</p>
3 rd Sitting (05/11/2024)	<p>Internal Medication</p> <ol style="list-style-type: none"> <i>Sahacharadi Kashaya</i> (15ml, twice a Day) for 8 Days <i>Kaishora Guggulu</i> (1 Tab, twice a Day) for 8 Days 	<p>Further pain reduction noted. Patient able to walk for longer durations without discomfort. Still visible varicosities with reduced tension. No recurrence</p>

	3. Tab <i>Shallaki</i> (1 Tab, twice a Day) for 8 Days	of fall episodes.
	Procedures- 1. <i>Udvardana</i> with <i>Kola-Kullatthadi Choorna</i> for 3 Days 2. <i>Abhyanga</i> with <i>Pinda Taila</i> for 5 Days 3. <i>Parisheka</i> with <i>Dashamoola Kashaya</i> for 5 Days 4. <i>Raktamokshana</i> with <i>Jalouka</i> 5. <i>Virechana</i> with <i>Trivrutt Leha</i> 50gms (Once)	After therapy, patient reported significant relief in heaviness and fatigue. Pigmentation reduced slightly. No new signs of complications. Overall symptomatic relief, but full venous recovery not achieved.

Visual Analogue Scale :

The severity of symptoms was assessed using the Visual Analogue Scale (VAS), as shown in Table-3

Table-3. Showing the severity of symptoms assessed using Visual Analogue Scale

VAS BT	VAS AT 1	VAS AT 2	VAS AT 3
8	6.5	4.5	3
Total % Improvement	55–65%		

1. *Swadishta Virechana Choorna*-⁶

Vitiated *Vata* and *Rakta* (blood) cause this condition by blocking and widening of veins. *Swadishta Virechana Choorna* is a used for *Virechana* (purgation therapy). it acts as detoxifying agent and pacifies aggravated doshas, mainly *Pitta* and *Raktha dushti*.

inflammatory (*Shothahara*), and vascular-protective qualities, *Brahmi Vati* helps manage varicose veins (*Sirajagranthi*). Its active component, *Brahmi* (*Bacopa monnieri*), helps to strengthens vein walls, reduces oxidative stress, and improves microcirculation in channels and reduces pain if it consumes regularly more than 4 weeks.

2. *Bramhi Vati*-¹¹

Because of its calming (Soothing), anti-

3. *Ksheerabala Taila For L/A*-⁴

local application of *ksheerabala taila*

helps to relieve pain, heaviness, burning sensation, and muscle fatigue in the lower limbs. In the treatment for venous valve incompetence, *Ksheerabala Taila* helps to pacify *vata*, reduce inflammation, and *srotoshodhaka* (channel-cleansing) effects that are particularly helpful in reducing the discomfort and inflammation associated with varicose veins.

4. *Rasna-Saptaka Kashaya*-⁵

In the management of varicose veins (*Sirajagranthi*), it acts through multiple mechanisms: reducing inflammation (*Shotha*), improving blood circulation, and alleviating pain and heaviness in the legs. It is known for its anti-inflammatory, diuretic, and analgesic actions. Herbs like *Punarnava* and *Gokshura* help reduce edema, while *Guduchi* and *Rasna* act as immunomodulators and rejuvenators.

5. *Yogaraja Guggulu*-¹²

Yogaraja Guggulu is used to treat disorders involving *Vata* and *Ama*—including musculoskeletal and vascular conditions. In the case of varicose veins (*Sirajagranthi*), *Yogaraja Guggulu* acts as *Shamana* (palliative) and *Shodhana* medicine, particularly for chronic venous insufficiency, pain, swelling, and sluggish blood circulation. Its action has anti-inflammatory and lipid-lowering properties—and other herbs like *Chitraka*, *Pippali*, *Amalaki*, and *Shunti* that act as *deepana* (digestive stimulants), *pachana* (carminatives), and *srotoshodhaka* (channel purifiers). These actions support vascular tone, detoxification, and prevent stasis of blood, which is critical in managing varicose vein symptoms.

6. *Tab. Shallaki*-¹¹

Shallaki (*Boswellia serrata*), plays an important role in the management of varicose veins due to its potent anti-inflammatory, analgesic, and Vaso protective properties. The active component—boswellic acids—inhibits 5-lipoxygenase, reducing inflammatory cytokines and improving vascular tone.

Recent Research work shows topical use of *Shallaki* resin gel in varicose vein management. It shows reduction in pain, swelling, and skin irritation in affected limbs within two weeks. Its Veno tonic action supports vein contraction and improves microcirculation, helping counteract venous pooling and stasis common in varicose veins.

7. *Raktamokshana with Jalouka*-⁸

Raktamokshana aims to eliminate vitiated blood and maintain the balance of these *doshas*. *Jalouka*, is a gentle and selective method of bloodletting, specially it is effective in conditions involving *Pitta* and *Rakta dushti*. Medicinal leeches secrete bioactive substances like hirudin, which have anticoagulant, anti-inflammatory, and analgesic effects, which leads to symptomatic relief in varicose veins. Various studies shown that *Jaloukavacharana* reduces pain, pigmentation, swelling, and the risk of ulceration by improving venous return and reducing local blood stagnation.

8. *Sahacharadi Kashaya*-⁵

Sahacharadi Kashaya is having *Vatahara* and *Shothahara* (anti-inflammatory) properties. vitiation of *Vata dosha* and *Rakta Dushti* will cause *sirajagranthi*,

which leads to venous insufficiency and tortuosity. *Sahacharadi Kashaya* contains herbs such as *Sahachara*, *Devadaru*, and *Rasna*, which are known to improve circulation, reduce inflammation, and strengthen venous tone by its virtue of action.

9. *Kaishora Guggulu*-¹²

Kaishora Guggulu has properties like anti-inflammatory, blood-purifying, and rejuvenative. It contains ingredients like *Guduchi*, *Amalaki*, *Haritaki*, *Shunthi*, *trivrutt* and *Guggulu*, which helps purify the blood (*Raktashodhana*), alleviate inflammation (*Shothahara*), and reduce oxidative stress in venous tissues by its action. Various Studies and case reports shows its effectiveness in reducing symptoms such as swelling, discoloration, and heaviness in the legs.

10. *Udvardana with Kola-Kulathadi Choorna*-⁴

It plays a supportive role by enhancing peripheral circulation and reducing swelling. massage with this medicated dry powder improves venous return and lymphatic drainage through its *Lekhana* (scraping) and *Shothahara* (anti-inflammatory) properties. The ingredients—such as *Kola* and *Kulatha*—help reduce heaviness, pigmentation, and localized fat, which are common in varicose veins. Doing *Udvardana* on Regular basis helps to stimulate muscle tone and supports vascular health. making it a more valuable therapy along with internal medications and other therapies like *Raktamokshana* or *Sahacharadi Kashaya*.

11. *Abhyanga with Pinda Taila*-⁴

Abhyanga with *Pinda Taila* plays a role in the management of varicose veins, in alleviating pain, inflammation, and muscle fatigue. *Pinda Taila* contains *Madhuchishta* (beeswax), *Manjistha* and *Sariva*, which are having *Raktashodhaka* (blood-purifying), *Shothahara* (anti-inflammatory), and *Vata-Pitta* pacifying effects. Application or massaging with *pinda taila* helps soothe the tissues, reduce pigmentation, and maintain the tone of superficial veins. It enhances circulation, reduces the feeling of heaviness in the legs, and improves skin texture over dilated veins. When it used regularly, in combination with medicines like *Kaishora Guggulu* or *Sahacharadi Kashaya*, and procedures like *Jalouka-vacharana*, *Abhyanga* with *Pinda Taila* becomes more effective.

12. *Parisheka with Dashamoola Kashaya*-⁶

It helps dilate superficial vessels, relieve venous stasis, reduce edema, and improve local circulation by its *Vata-Shamaka* (Vata-pacifying) and *Shothahara* (anti-inflammatory) actions. The warmth of the medicated liquid also helps in relaxing the musculature and alleviating associated discomfort. This therapy is more beneficial when used in combination with *Kaishora Guggulu* or *Sahacharadi Kashaya* and is often integrated with other procedures like *Abhyanga* and *Raktamokshana*.

13. *Virechana with Trivrutt Leha*-⁶

Trivrutt Leha is having *Pitta-Rakta Shodhana* (purifying heat and blood) effects. *Virechana* with *trivrutt leha* helps to detoxify the system, reduce internal inflammation, and improve liver function



Figure 1. *Pre-Treatment View: Tortuous and Dilated Veins Over Right Lower Leg (Posterolateral Aspect)*



Figure 2. *Jalaukavacharana (Leech Therapy) – Application and Procedure*



Figure 3. *Mid-Treatment Image: Reduced Prominence and Inflammation Over Right Lower Leg*



Figure 4. *Engorged and Twisted Veins on Right Foot—Indicative of Sirajagranthi (Varicose Veins)*



Figure 5. *Jalaukavacharana (Leech Therapy) in Progress*



Figure 6. *Post-Treatment View: Reduced Venous Tension and Pigmentation – Signs of Improvement*

by enhancing overall blood circulation and reducing pressure in the veins. By expelling morbid *doshas* from the gastrointestinal tract, *Virechana* helps to better nutrient absorption, tissue metabolism, and reduces the burden on the venous system. When administered after *Snehapana* (internal oleation) and *Swedana* (fomentation), it lightens the body and also alleviates symptoms like burning, swelling, and heaviness in the legs.

The present case report highlights the holistic approach of *ayurveda* in the management of *sirajagranthi* (varicose veins) in a 14-year-old female patient, through a comprehensive and effective treatment protocol involving internal medications and *panchakarma* therapies. It included *abhyanga*, *udvartana*, *parisheka*, *virechana* and, *raktamoshana* with *jaloukavacharana*. Interventions included *swadishta virechana choorna*, *brahmi vati*, *kaishora guggulu* and *sahacaradi kashaya* which not only pacified the aggravated *doshas* but also strengthened the tone of vein and improved circulation. The use of medicated leeches played a significant role in the purification of blood and local detoxification, thus offering substantial improvement in pain, swelling, and venous engorgement. The holistic approach of both *shamana* and *shodhana* chikitsa highlights the efficacy of *ayurveda* in varicose veins, especially in children where early intervention can prevent further complications. Individualized therapy, the patient's adherence to *pathya-apathya* and regular follow ups ensured sustained improvement in signs and symptoms. This case thus showcases the classical ayurvedic approach as a safety, viable and effective treatment in the management of *sirajagranthi* (varicose veins).

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Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this case report.

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