

## A CASE STUDY ON SIRAJGRANTHI - VARICOSE VEINS

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## ABSTRACT

*Sirajgranthi* is one among the *Granthi Roga* described in various Ayurvedic textbooks. *Acharya Sushruta* has described *Sirajgranthi* as a pathological condition characterised by the tortuous, circular, and raised nature of the Veins<sup>1</sup>. *Sirajgranthi* can be correlated with Varicose veins. Vitiating of *Vata* and build-up of *Rakta* in *Sira* causes *Sampeedya*, *Sankochaya* (tortuosity). This process causes local congestion, resulting in *Shoola* and *Shotha*. In this case study, *Raktamokshana* by *Jalaukaavcharna* has been employed. *Raktamokshana* is the primary line of treatment. *Sringa*, *Jalauka*, *Alabu*, *Siravedhya*, *Pracchana*, and *Ghati Yantra* are types of *Raktamokshana*. *Siravedhya* is referred to as *Ardhachikitsa* in *Shalyatantra*. *Raktamokshana* through *Jalaukaavcharna* is the preferred option due to its simplicity and ease in treating *Sirajgranthi*. *Jalaukaavcharna* decreases localised intravascular pressure and volume, alleviating *Shoola* and *Shotha*.

**Keywords:** *Sirajgranthi*, Varicose veins, *Raktamokshana*, *Jalaukaavcharna*,

## INTRODUCTION

When a vein becomes dilated, elongated and tortuous, the vein is said to be 'varicose'.<sup>5</sup> Common sites of varicosity are superficial venous systems of the lower limbs- affecting either the long saphenous or the short saphenous vein or both.<sup>5</sup> It affects mainly

10-20 % of the population in the world, and in India, it is 5%. *Sira sankocha* (contraction), *Sira utsedha*(elevated veins), and *vishoshana* (dryness) are the clinical features of *Sirajgranthi* in Ayurvedic literature, affecting both men and women.

Incompetent valves are responsible for Varicose veins. Prolonged standing, obesity, pregnancy, old age, and being an athlete are also accountable for varicose veins. *Raktamokshana* is the main treatment line for *Sirajgranthi*. *Raktamokshana* is classified into *Sringa*, *Jalauka*, *Alabu*, *Siravedhya*, *Pracchan*, and *Ghati Yantra*, as mentioned in Ayurveda texts. *Jalaukavacharna* is claimed to be the supreme therapy because of its high efficiency in curing blood-related disorders. *Jalauka* sucks the impure (*dushta*) blood from the mixture of *dushta* and *shudh rakta*, like *hams* (swans) drinks milk from a mixture of milk and water. It is indicated even for the king, rich, old, fearful, weak, women and the people of the tender nature.<sup>6</sup>

**Case Report:** A 39-year-old patient visited O.P.D of Guru Nanak Ayurvedic College and Hospital, O p d no. 6846, presented with pain in the lower limbs (Rt>Lt), particularly in the calf muscles. On examination, prominent, dilated, elongated, tortuous, and complex veins were present in the calf and thigh region for 6 months. Swelling around the ankle joint and no discolouration is present. On palpation, +ve

Brodie Trendelenburg test. No evidence of DVT is seen, and no thrombosis is seen.

**Investigations:** CT- 4.30 min/sec, BT- 3.15 min/sec, HGB- 12.4g/dl

**Treatment plan:**

Procedure: *Poorvakarma*- Patient written consent was obtained. All pre-procedure Investigations, such as BT, CT, and CBC, were performed and found to be within normal limits. The procedure was explained to the patient. *Jalauka* is activated by putting *Jalauka* in *Haridra* water for 48 minutes. *Pradhana Karma-Jalauka* was administered to the afflicted part, where the highest tortuosity and discomfort were discovered. *Jalauka* is applied for 45 minutes. *Jalauka* detaches itself after 40-45 minutes. Proper bandage applied to prevent post-procedure bleeding. Duration of treatment: 20 sittings of *Jalaukaavcharna* were given. 5 sittings a week and 2 days' rest. *Paschata Karma:* Proper *Vaman* of *Jalauka* placed in a container with the label of the patient's name and date. After 15 min of rest patient can go home and advised to take food which are not very cold, not too hot easily digestible, either slightly sour or devoid of sour.

**Effect of Raktamokshana by Jalaukaavcharna**

Assessment criteria

Table No 1: Effect on Pain

Grade	Explanation
<i>Shoola</i> (pain)	
0	Absent (no pain)
1	Mild (Occasional pain after long exertion)
2	Moderate (Frequent pain)
3	Severe (Continuous pain throughout the day)

Table No 2 Effect on *Shotha* (oedema)

Grade	Explanation
<i>Shotha</i> (oedema)	
0	Absent (no oedema)
1	Present (mild to moderate oedema)

Table No 3 Effect on *Siraakunchan* (tortuosity)

Grade	Explanation
<i>Siraakunchan</i> (Tortuosity)	
0	Absent (no dilated veins)
1	Mild (few dilated veins after exertion)

2	Moderate (multiple veins confined to calf or thigh)
3	Severe (extensive involving both calves and thigh)

Table No 4 Effect on Skin Changes

Grade	Explanation
Skin changes	
0	Absent (no discoloration)
1	Mild (blackish patchy hyperpigmentation)
2	Moderate (hyperpigmentation with eczema)
3	Severe (non-healing wound with discharge)

Table No 4 Results

	Before Treatment	After Treatment
Shoola	3	0
Shotha	1	0
Tortuosity	1	1
Skin changes	0	0



Figure:1. Vaman of Jalauka

Figure:2

Figure:3: Used Jalauka with date

Figure:4, Jalauka applied over affected area

## DISCUSSION

Sirajgranthi is a chronic condition that mainly affects the lower limbs, particularly in persons in higher age

groups. The incidence of varicose veins is higher in people who are involved in prolonged standing and sitting jobs and also who are obese. Varicose veins are not a severe medical condition in the early stages,

but continued pain causes disturbance in daily routine life. In allopathy, available treatment provides symptomatic relief for pain, swelling, heaviness and other surgical procedures which have complications after surgery. Many medicines and panchakarma therapies in Ayurveda are beneficial in managing varicose veins with no side effects. The easiest way to manage *sirajgranthi* is avoiding all etiological factors, such as avoiding standing, sitting for a long time, maintaining appropriate body weight, and external and internal treatment. In Ayurveda, there are many treatment procedures for varicose veins. *Siravedha* (bloodletting) is the main line of treatment for varicose veins, as is mentioned as is mentioned *ardha chikitsa* in *Sushrut Samhita*. By *Siravedha*, vitiated *Doshas* are removed from *Sira*, which relieves pressure on *Srotas*, reduces toxins, and increases *blood supply*. Next is *jalaaukaavcharna*, also known as leech therapy. Leeches are applied to the affected area and are kept over time. By sucking, they remove the impure blood.

*Jalaaukaavcharna* is a safe and effective method in *raktamokshana*. As *Acharya Charka* mentioned, *jalaauka* is the best in *Anushastra*. Another treatment in Ayurveda is *basti*, which is considered the main line of treatment in *vata*-related disorders. One can manage varicose veins by eliminating *Vata Dosh* through *Basti*, as *vata* is the main aggravating factor responsible for varicose veins. *Basti* is given by medicated oil and decoction enemy through the anal route. Another treatment, *Snehana* and *Swedana karma* is effective in managing varicose veins as *Snehana* (abhyanga) relaxes muscle fibres of a particular region and nourishes muscle fibres. *Swedana* (steam) *karma* increases blood circulation in a specific area. Other medicines, such as *Kanchnaar guggul sahachar kashyam*, are also

effective in managing varicose veins, as mentioned in Ayurveda texts.

## CONCLUSION

Correctly understanding etiological factors is essential to prevent the occurrence of *Sirajgranthi*. Proper maintenance of signs and symptoms of varicose veins reduces complications such as ulcers and thrombosis and supports a better life if treated in the early stages. The combined effect of *Panchakarma* treatment and internal medication is said to be effective in managing *sirajgranthi* (varicose veins).

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