

# Ayurvedic Management of Siraja Granthi (Varicose Veins): A Case Report

Dr. Manoj Kumar<sup>1</sup>, Dr. Dipanjan Jana<sup>2</sup>

<sup>1</sup>*Behra, Reader, Department of Panchakarma, Government Ayurved College and Hospital, Bilaspur, Chhattisgarh, India*

<sup>2</sup>*Reader & HOD, Department of Panchakarma, Raghunath Ayurved Mahavidyalaya & Hospital Contai, Purba Medinipur (WB), India*

**Abstract**—Siraja Granthi, described in various Ayurvedic classics, refers to a pathological condition marked by a rounded, rapidly developing, non-pulsatile, and painless swelling arising from the veins. The clinical features of Siraja Granthi closely resemble those of varicose veins in modern medicine. Ayurveda offers several time-tested therapeutic modalities for its management, including external applications like Sahacharadi Taila, Guluchyadi Taila, Madhuyastyadi Tailam Lepa, Upanaha etc. Internal purification therapies such as Virechan, Basti, and Para-surgical procedures like Raktamokshana. These interventions aim to correct the underlying Dosha imbalance, improve venous circulation, and alleviate symptoms associated with the condition. Here the present study 31-year-old male patient presented to the OPD of Panchakarma, Government Ayurvedic College, Hospital, Bilaspur (GACH), Bilaspur, Chhattisgarh with complaints of dull aching pain in the B/L lower limb, which worsened particularly by the end of the day. The patient also had visibly dilated and engorged veins over the B/L Lower limb for the past 1.5 year, accompanied by a gradual onset of mild edema around the both ankle along with discoloration and itching for the last 3 months. Based on the clinical presentation, a treatment plan was Virechan Karma 1 time, Kala Basti Karma by Manjisthadi kshar Basti followed by Guluchyadi Taila Anuvasana basti, and Raktamokshana by Siravyadha, administered in 3 sittings first sitting after 15 days of Basti karma, second sitting after 7 days then third sitting after 15 days along with internal administration of Mahamanjisthadi Kashaya (15 ml twice daily), Tab Kaishor Guggulu 2BD for 1 month. Following the treatment, significant improvement was observed, with marked reduction in pain, swelling, itching, and discoloration around the affected varicose veins. This case highlights the effectiveness of Virechan, Basti, Raktamokshan and

Shaman yoga as a beneficial therapeutic approach in the management of varicose veins.

**Index Terms**—Siraj Granthi, Virechana Karma, Basti Karm, Raktamokshana, Siravyadha

## I. INTRODUCTION

Siraja Granthi, described among the Granthi Rogas<sup>1</sup> in Ayurvedic texts, refers to a pathological condition marked by dilated and engorged veins that present as non-pulsatile and painless swellings. Varicose veins can be correlated with Sirajagranthi described in Ayurvedic texts based on similarities in etiopathogenesis and therapeutic principles. Varicose veins of the lower limbs are characterized by dilated, elongated, and tortuous veins, commonly resulting from factors such as hereditary predisposition, prolonged standing, advancing age, heavy weight lifting, multiple pregnancies, and obesity. If left untreated, the condition may lead to complications including superficial thrombophlebitis, eczema, pigmentation, lipodermato sclerosis, hemorrhage, ulceration, and an increased risk of deep vein thrombosis. Varicose veins are a common vascular disorder,<sup>2</sup> affecting approximately 10-20% of the global population.

Acharya Vagbhata explains the Samprapti (pathogenesis) of Sirajagranthi as the result of Sampeedana (compression), Sankochana (constriction), Vishoshana (drying), and Vakreekarana (tortuosity) of the Siras caused by aggravated Vata Dosha. Among these, Vakreekarana is considered the most clinically significant feature, as tortuosity<sup>3</sup> forms the principal manifestation of the disease. According to Acharya Sushruta, the classical

characteristics of Granthi include Vrutta (rounded shape), Unnata (elevated), Vigrathita (irregular) and Sopha (swelling). Further elaborating on Sirajagranthi, Acharya Vagbhata emphasizes features such as Nishpeedana, Sankochana, and Vakreekarana of the veins, which closely resemble the pathological changes observed in varicose veins.<sup>4</sup>In contemporary medicine, the primary objective of treatment is to strengthen the venous walls and valves and to restore efficient venous return from the lower extremities. Similarly, the Ayurvedic treatment principles aim to achieve comparable outcomes through therapies such as Virechan, Basti, along with Para-surgical procedure Siravyadha. These interventions help in improving circulation, correcting Dosha imbalance—particularly Vata—and alleviating the pathological changes associated with Sirajagranthi.

## II. CASE REPORT

A 31-year-old male patient presented to the Panchakarma OPD of GACH Bilaspur Chhattisgarh with complaints of dilated veins over both lower limbs for the past 1.5 year. He reported associated

symptoms of pain, itching, around the dilated veins and swelling in both lower limbs, which had been present for the last 3 month.

### History of Present Illness

The patient was apparently healthy 1.5 year ago, after which he gradually developed dilated veins in both lower limbs. Initially, the condition was largely asymptomatic except for visible venous dilatation, and hence no treatment was sought. Over the past 3 month, the patient began experiencing pain, itching, around the dilated veins and swelling in both lower limbs, with symptoms more pronounced in the left lower limb. The discomfort was aggravated by prolonged standing, walking, and strenuous physical activity.

### Past History

No past H/o Alcohol/Smoking or any Accidental injuries, No any Surgical History

Family History: No significant illness was reported among other family members, all were stated to be apparently healthy.

Table 1: Dashvidh Pareeksha

Sl. No.	Pareeksha	Finding
1.	Prakruti	Mixed
2.	Vikriti	Rasa, Rakta, Mamsa, Meda dhatu
3.	Sara	Mamsa sara
4.	Samhanana	Madhyam
5.	Pramana	Madhyam
6.	Satmya	Madhyam
7.	Satva	Avar
8.	Aharshakti	Madhyam
9.	Vyayama Shakti	Madhyam
10.	Vaya	Yuva

Table 2: Astavidha Pareeksha

1.	Nadi	Vata Pittaj
2.	Mutra	Samyak
3.	Mala	Sama
4.	Jivha	Alipta
5.	Shabda	Prakrut
6.	Sparsha	Anushna sheeta
7.	Drik	Prakrut
8.	Akriti	Madhyam

Table 3: General Examination

Blood Pressure	130/90
Pulse	80/min
Temp.	Normal
Respiratory system	B/L Chest clear
Cardiovascular system	S1 S2 Normal

Table 4: Local Examination of Varicose Veins

Examination	Findings
Discoloration	Blackish discoloration present in B/L ankle joint
Swelling	Present in B/L LL
Site of dilation	Medial aspect of thigh and anterior aspect of shin bone (more Prominent compared to Right lower limb)
Brodie- Trendelenburg test	Positive B/L (Incompetency of sapheno-femoral valve)
Torniquet test	
Perthes' test	Negative B/L
Schwartz test	Negative B/L
Pratt's test	Positive (perforators blows out) B/L
Morrissey's Cough impulse	Positive B/L LL
Itching	Mild itching in B/L
Pain	Mild Pain Present
Burning sensation	Occasional burning sensation
Skin changes	Blackish discoloration around calf region and B/L ankle region

### III. MATERIAL AND METHODS

Table 5 Panchakarma Procedure

Sl. No.	Procedure	Dravya Use
1	Virechan Karma	For Abhyang- Sahacharadi Tailam, Mridu Nadi Swedan, For Mridu Virechan- Erandam tailam (50 ml)
2	Abhyang, Sarvanga Nadi swedan next 16 days for Basti karma only Manjisthadi Kshar Basti in Kala Basti Krama (16 days) Anuvasana Basti	For Abhyang- Sahacharadi Tailam, For Swedan Dashamoola Kwath For MKB- Honey 90ml, Saindhava lavan 8gm, Guguchyadi Tailam 70ml, Kalka Shatapushpa Kalka 20 gm, manjishthadi Kwath 350ml, Gomutra 50 ml For Anuvasana Basti – Guluchyadi Tailam 70 ml
3	Raktamokshana ( Total 3 sitting)	1 <sup>st</sup> Sitting- Siravedhan (After 15 days of Basti Karma) 2 <sup>nd</sup> Sitting – Siravedhan (After 7 Days) 3 <sup>rd</sup> Sitting- Siravedhan (After 15 Days) Mahamanjisthadi Kashya 15 ml BD Tab Tab Kaishor Guggulu 1 BD
4	Shaman Aushadhi for 1 month (Follow up Medicine)	Varanadi Kashya 15 ml BD Tab Kaishor Guggulu 1 BD

		Tab Mahavatavidhwansan Rasa 1BD Tab Gandhak Rasayan 1BD
5.	Shaman Aushadhi for Next 1 month (Follow up Medicine)	Mahamanjsthadi Kashya 15 ml BD Tab Tab Kaishor Guggulu 1 BD Tab Mahavatavidhwansan Rasa 1BD Tab Gandhak Rasayan 1BD

IV. RESULT

Table 6: Assessment of Siraj Granthi (Varicose Veins)

Parameter	Before Treatment	After Treatment	After Follow-up
Pain	Moderate	Reduced	Occasional
Dilatation of veins	Dilated	Partially reduced	Significantly reduced
Burning sensation	Present but occasionally	Absent	Absent
Itching	Mild	Reduced	Absent
Edema (Swelling)	Present	Reduced	Absent
Skin Discoloration	Present	Mild	Minimal
Tenderness	Mild	Reduced	Absent
Walking discomfort	Present	Improved	Normal walking
Local temperature	Mild	Normal	Normal
Ulceration	Absent	Absent	Absent
Overall functional status	Restricted	Improved	Normal

V. DISCUSSION

Varicose veins are a clinical disorder marked by dilated, elongated, and tortuous veins of the lower extremities resulting from valvular incompetence.<sup>5</sup> in the early stage, patients commonly experience dull aching pain, heaviness in the limbs, muscle cramps, and mild swelling involving the legs and thigh region. Based on these clinical features, the condition can be correlated with Siraja Granthi described in Ayurveda. The pathogenesis predominantly involves vitiation of Vata Dosha along with Rakta Dhatu in the initial phase, while the involvement of other Doshas becomes evident in advanced stages. Various predisposing factors contribute to the development of varicose veins, including hereditary tendency, female gender, occupations requiring prolonged standing, reduced mobility, increased intra-abdominal pressure as seen in strenuous physical activities, use of tight garments, pregnancy, hormonal imbalance with elevated progesterone levels and altered estrogen-progesterone ratio, chronic constipation, and the habitual use of high-heeled footwear.<sup>6</sup> These factors contribute to the vitiation of Vata Dosha. In its normal physiological state, Prakrita Vata plays a

crucial role in maintaining the proper circulation of Rasa and Rakta Dhatu. When vitiated Vata associates with Rakta Dhatu and lodges in the Siras of the lower limbs, it leads to Vakreekarana (tortuosity) of the veins, making them Vritta (rounded), Unnata (elevated), and Nisphura (non-pulsatile). During the process of Dosha-Dushya Sammurchana and subsequent Samprapti (pathogenesis), pathological changes such as Sanga (stagnation) of Rakta and the formation of Sira Granthi play a significant role in disease manifestation.<sup>7</sup>

Pain (Shula) and swelling (Sopha) observed in varicose veins are primarily due to venous stasis and, at times, thrombus formation in superficial veins, a condition comparable to superficial thrombophlebitis. Although Niruja (absence of pain) is described as a characteristic feature of Siraja Granthi, patients may experience pain in chronic stages. Notably, the intensity of pain is often alleviated by elevating the affected limb.

Siraja Granthi involves predominant vitiation of Vata Dosha with associated Rakta Dushti. Virechana Karma helps in eliminating aggravated Pitta and purifying Rakta, thereby correcting the underlying pathogenesis. By removing Srotorodha and reducing

Sanga, Virechana improves venous circulation and relieves congestion. It also aids in normalizing Vata Gati by clearing Avarana caused by Pitta and Rakta. Clinically, this results in reduction of pain, burning sensation, swelling, and discoloration, supporting its role in the holistic management of Siraja Granthi. Manjisthadi Kshara Basti plays an important role in the management of Siraja Granthi by pacifying aggravated Vata Dosha and correcting Rakta Dushti. The formulation possesses Lekhana, Shodhana, and Srotoshodhana properties, which help in reducing venous stasis and channel obstruction. Manjistha acts as a potent Rakta Shodhaka, while Kshara facilitates resolution of Granthi by breaking pathological accumulations. The basti improves circulation, reduces pain and swelling, and supports Samprapti Vighatana. Thus, Manjisthadi Kshara Basti serves as an effective Panchakarma intervention in Siraja Granthi. This was followed by Anuvasana Basti with Guluchyadi Taila, which provided Snehana and further pacified aggravated Vata Dosha. The oil-based basti nourished the affected tissues, improved venous elasticity, and prevented dryness and rigidity of the channels. Additionally, it supported sustained symptom relief and enhanced the therapeutic effects of the preceding Kshara Basti. Raktamokshana has been mentioned in Ayurveda text as a treatment modality to remove accumulated Rakta dosha.<sup>8</sup> Siravedhana (therapeutic venesection) is an effective Raktamokshana procedure indicated in Siraja Granthi, where vitiated Rakta and obstructed Sira play a key role in pathogenesis. By removing stagnant and vitiated blood, Siravedhana reduces venous congestion and Sanga, thereby improving local circulation. It helps in alleviating symptoms such as pain (Shula), burning sensation (Daha), and swelling (Sopha). Additionally, Siravedhana facilitates Srotoshodhana and indirectly pacifies aggravated Vata Dosha. Thus, it contributes significantly to Samprapti Vighatana in varicose veins and Shamana chikitsa play an important supportive role in the management of Siraja Granthi. Varanadi Kashaya possesses Lekhana and Shothahara properties, helping to reduce venous congestion and edema. Gandhak Rasayana acts as a Rakta Shodhaka and anti-inflammatory agent, aiding in the reduction of pain, burning sensation, and skin changes. Kaishor Guggulu pacifies Vata-Pitta Dosha, improves microcirculation, and prevents further progression of

the disease. Together, these formulations help maintain symptom control and support long-term disease management.

## VI. CONCLUSION

The present case demonstrates that an integrative Ayurvedic approach is effective in the management of Siraja Granthi. Panchakarma procedures such as Virechana, Kshara Basti, and Anuvasana Basti, Siravedhana along with appropriate Shamana Oushadhi, successfully addressed the underlying Dosha-Dushya imbalance and venous pathology. Significant improvement was observed in symptoms such as pain, swelling, burning sensation, and venous dilatation, with sustained relief during follow-up. This highlights the potential of Ayurveda as a safe and holistic treatment option for varicose veins.

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