

Role of Homoeopathic Medicines in the Management of Varicose Veins: A Prospective Observational Study

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Abstract—Background: Varicose veins are a common manifestation of chronic venous insufficiency characterized by dilated, elongated, and tortuous superficial veins. Symptoms such as pain, heaviness, oedema, cramps, itching, and cosmetic concerns adversely affect quality of life. Individualized homoeopathic medicines are prescribed according to symptom totality and constitutional characteristics. **Objective:** To evaluate the role of individualized homoeopathic medicines in the management of varicose veins. **Materials and Methods:** A prospective observational study was conducted on 30 clinically diagnosed cases of varicose veins attending the OPD. Cases were followed for six months. Assessment was based on pain, heaviness, edema, cramps, and overall clinical improvement. Data were analyzed using descriptive statistics and Chi-square test. **Results:** Among 30 patients, females constituted 60%. The majority (53.3%) belonged to the age group 41–60 years. Pain was the most common symptom (93.3%). Hamamelis virginiana was prescribed most frequently. At the end of six months, 40% cases showed marked improvement, 40% moderate improvement, and 20% mild improvement. Statistical analysis showed significant improvement ($p < 0.05$). **Conclusion:** Individualized homoeopathic medicines were associated with improvement in symptoms and quality of life in patients with varicose veins.

Index Terms—Varicose veins, Chronic venous insufficiency, Homoeopathy, Hamamelis virginiana, Individualization.

I. INTRODUCTION

Varicose veins are abnormal dilated superficial veins resulting from venous valvular incompetence and increased venous pressure. They are commonly seen in middle-aged individuals and women. Risk factors include prolonged standing, obesity, pregnancy, hereditary predisposition, and sedentary lifestyle.

The prevalence of varicose veins ranges from 10–30% worldwide. Patients usually complain of:

- Pain and aching
- Heaviness in legs
- Swelling
- Night cramps
- Itching
- Skin discoloration

Conventional treatment includes compression therapy, sclerotherapy, endogenous laser therapy, and surgery. Despite these measures, recurrence and persistent symptoms are common. Homoeopathy emphasizes individualization and holistic management. Medicines such as Hamamelis virginiana, Pulsatilla, Calcarea fluorica, Fluoric acid, and Lachesis are frequently indicated in venous disorders.

II. MATERIALS AND METHODS

Study Design: Prospective observational study.
Study Setting: Homoeopathic Outpatient Department.
Sample Size: 30 patients.

Duration: 6 months.

Inclusion Criteria

- Age 20–70 years.
- Clinically diagnosed varicose veins.
- Patients willing to participate.

Exclusion Criteria

- Deep vein thrombosis.
- Pregnancy.
- Severe cardiac diseases.
- Patients requiring emergency surgery.

Methodology

Detailed case taking was done according to homoeopathic principles.

Patients were evaluated every month.

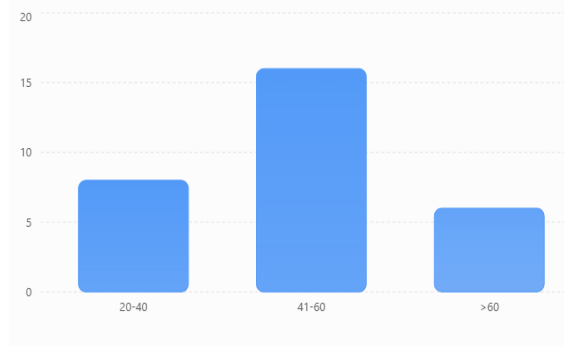
Outcome Parameters

1. Pain
2. Heaviness
3. Edema
4. Cramps
5. Burning sensation
6. Overall improvement

III. OBSERVATIONS AND RESULTS

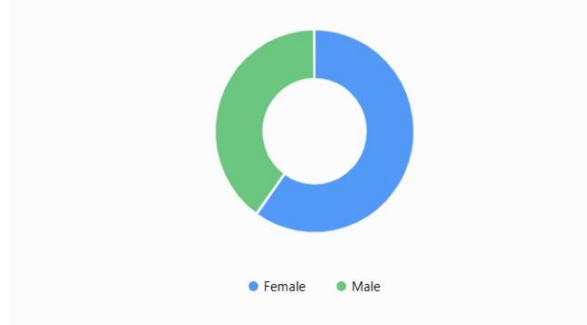
Age Distribution

Distribution of patients according to age groups



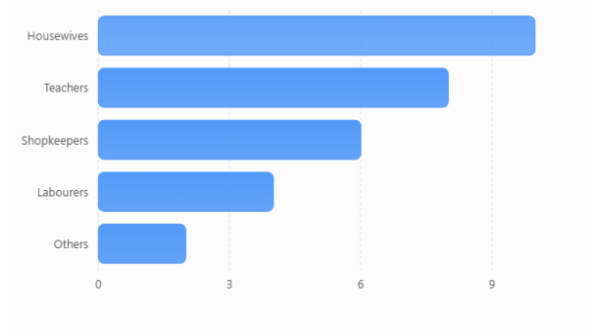
Gender Distribution

Percentage distribution according to sex



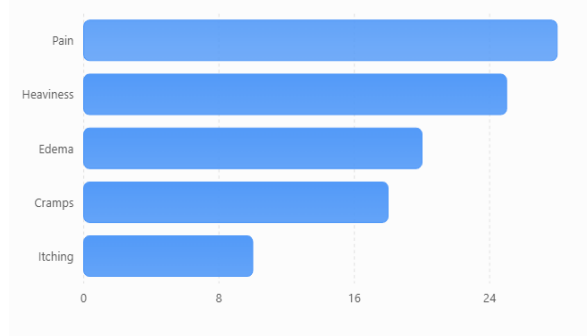
Occupation Distribution

Distribution according to occupation



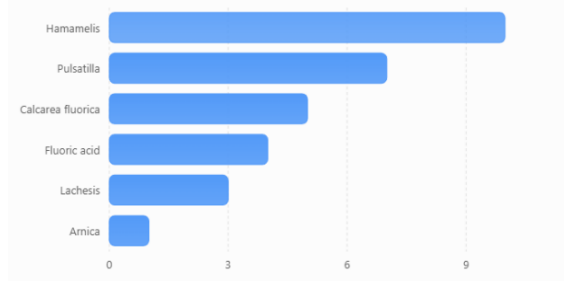
Presenting Symptoms

Frequency of symptoms



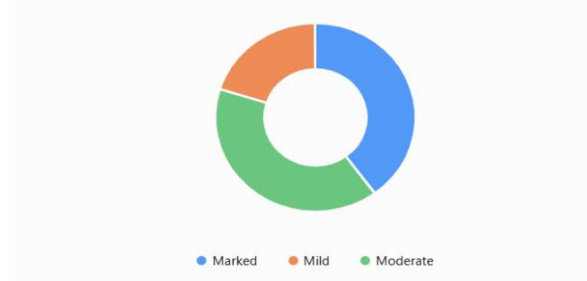
Remedies Prescribed

Frequency of homoeopathic medicines



Clinical Outcome

Overall improvement after treatment



IV. DISCUSSION

The present study revealed that females (60%) were more affected than males. Similar findings have been reported by previous studies, which suggest hormonal and pregnancy-related factors contribute to venous insufficiency.

Maximum patients belonged to the age group 41–60 years, indicating increasing prevalence with advancing age.

Pain and heaviness were the predominant symptoms. Hamamelis virginiana emerged as the most frequently prescribed medicine because of its affinity for venous congestion and haemorrhagic tendency.

Twenty-four patients (80%) experienced marked to moderate improvement. The findings support the role of individualized homoeopathic treatment in improving symptoms and quality of life.

However, the study has limitations:

- Small sample size.
- Lack of control group.
- Short duration.
- Subjective assessment criteria.

Summary

1. Thirty patients with varicose veins were studied.
2. Females constituted 60%.
3. Maximum patients belonged to 41–60 years age group.
4. Pain was the most common symptom.
5. Hamamelis virginiana was prescribed most frequently.
6. Eighty percent cases showed moderate to marked improvement.
7. Statistical analysis showed significant improvement ($p < 0.05$).

V. CONCLUSION

Individualized homoeopathic medicines demonstrated beneficial effects in relieving symptoms associated with varicose veins. Significant improvement was observed in pain, heaviness, oedema, and quality of life. Further multicentric randomized controlled studies with larger sample sizes are required to establish the efficacy of homoeopathic medicines in chronic venous disorders.

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