

A literature study of *Nidanpanchak* of Varicose Veins in comparison with *Siragata vata* in Ayurveda

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Abstract –

Varicose Veins affect the person psychologically as it restricts daily activities. Also the continuous itching and pain which makes the diseased person depressive. *siragata vata* can be correlated with varicose veins as symptoms of both disease are similar. as per the prevalence of the disease there should be enough description available about the disease. This will not only be helpful for the better management of the disease but also for the prevention of the disease.

Keywords – varicose veins, *siragata vata*, *nidan panchak*

Introduction –

siragata vata is described under the heading of *vatavyadhi* by *Acharya charak* in *chikitsasthan*. Very few lines are given in texts to describe *siragata vata*. But as per the prevalence of the disease there should be enough description available about the disease. This will not only be helpful for the better management of the disease but also for the prevention of the disease.

Lakshanas of *siragata vata* are *sirasankoch*, *sthula sira*, *sirapurnatwa*, *shool*, *siraspandan*, *sirashaitilya* and *krushta* in affected body part. Details of *siragata vata* like *Nidan panchak* are not found separately. Thus to understand the disease thoroughly we need to know all aspect of the disease. That can be achieved with the help of *nidan panchak*.

Nidan panchak refers to a diagnostic tool in *Ayurveda* used to identify the etiology of disease. It consists of five diagnostic key elements. These are *Nidan* (cause), *purvarup* (prodromal symptoms), *rupa* (sign and symptoms), *upashay* (relieving factors), and *samprapti* (pathogenesis of disease progression).

As we seen the *lakshanas* of *siragata vata*. Those are nearly similar with the disease varicose veins; which are bulging, swollen and enlarged veins. In this veins are *dilated*, *often palpable subcutaneous veins with reversed blood flow*, most common affected body parts are both legs. Varicose veins are blue or purple in colour and appear in your legs, feet and ankles. They are most of the time and in most of the cases painful as well as itchy. Spider veins, which may surround

varicose veins, are smaller red or purple lines that appear close to your skin's surface. This disease does not only create difficulty in daily activities but also gives psychological effect to patients. As medical science is developed at great level, there are so many treatments available for this disease in modern science. For e.g. Sclerotherapy, laser therapy, surgical procedures, medications to manage pain and swelling also blood thinner drugs etc. if the disease is occupation and lifestyle related then changes in lifestyle are suggested. Still after all this recurrence is very common and it can be prevented by knowledge of its etiology. In this article I am trying to put forward *Ayurvedic* view of varicose veins. There is no elaborative description about this disease in our *samhitas*. But one concept is given *siragat vata* that can be correlated with Varicose Veins. So *nidan panchak* of this disease will be surely helpful for the treatment and prevention of the disease; as *nidan panchak* is considered as parameter for study of disease in *Ayurvedic* perspective.

With the help of these five diagnostic tools we can study any disease in more informative way.

Study rationale –

Varicose Veins affect the person psychologically as it restricts daily activities. Also the continuous itching and pain which makes the diseased person depressive. Therefore study of its *nidan panchak* is important as per the treatment point of view. This condition affecting up to 30% of adults, with higher incidence in women. Study of varicose veins include understanding the underlying causes, risk factors, complications and putting forward better treatment for patients.

Prevalence and public health impact – now a day this is very common condition worldwide, especially among women and old age group people. Study of it can reduce the burden on healthcare workers as well as patients as it affects the quality of life.

Pathophysiology – as per the modern science, this disease occur due to a failure of venous valves. Aim to know the mechanism of valve dysfunction, venous valve weakness and role of environmental as well as genetic factors in the development of disease is to develop preventive measures for the disease.

Risk factors – old age, gender – female, pregnancy, obesity, prolong standing or sitting, sedentary life style and family history. Research will help in identifying these factors as etiopathological agents.

Complications – untreated varicose veins can lead to many complications. For e.g. ulcer, thrombophlebitis, chronic venous insufficiency. Study of this disease helps to prevent these complications and improve the management.

Quality of life – this condition can cause significant physical discomfort also have cosmetic issues which lead to emotional and psychological changes in body.

Prevention – understanding the causes and risk factors behind this condition can help to prevent the disease as well as its complications. As said in Ayurveda, '*Nidano parivarjanam*' it means disease can be prevented by avoiding the etiological factors.

Economic Burden – management of this disease especially when a complication occurs goes high in cost. So early diagnosis

and identifying the prodromal stage can reduce the economic burden.

So by studying the *Nidan panchak* of varicose veins, we can understand the condition of disease, its etiological factors and causes of pathogenesis. And can also try for better treatment that will enhance patient outcomes.

Aim and objective –

To study the *Nidan panchak* of Varicose Veins in comparison with *Siragata vata* in *Ayurveda*.

Material

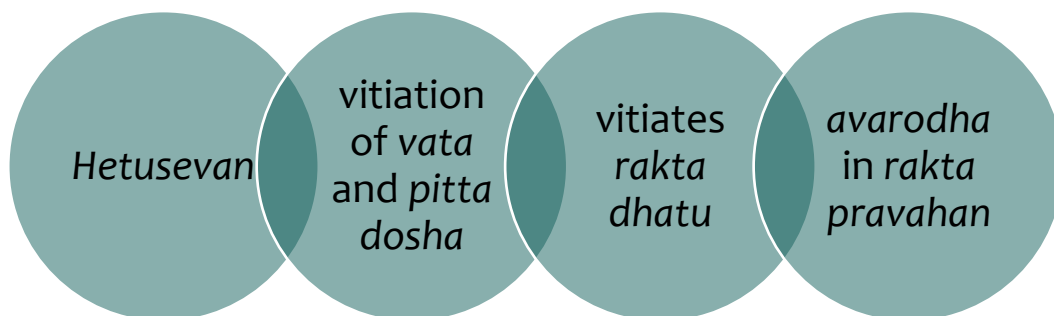
Review of literature –

1. Literature regarding *siragat vata* was studied from classical *Ayurvedic* text books.
2. Literature regarding varicose veins was studied from modern text books.
3. Internet data were studied.

Discussion

Nidan panchak of varicose veins can be described as follows.

Samprapti – Pathogenesis



Upashaya – Anupashay – Relieving and Aggravating factors

Nidan – It means hetu or cause

1. Prolong standing
2. Obesity
3. Lack of physical activity
4. Constipation
5. Genetic predisposition
6. Excessive and regular intake of heavy, oily, spicy, junk food

Purvarupa – Prodromal features

1. Feeling of heaviness in the legs
2. Mild pain or discomfort
3. Swelling over the legs
4. Visible venous network
5. Venous enlargement
6. Mild itching around veins

Rupa- Sign and symptoms

1. Enlarged, twisted and bulging veins in legs
2. Pain in legs especially after long periods of standing or sitting
3. Swelling over lower limbs (legs and ankles)
4. Discoloration of skin at affected area
5. Mild to severe itching or burning sensation around the affected vein

Relieving factors -

1. Elevation of legs
2. Massage with medicated oils
3. Wearing compression stockings
4. Regular physical activity
5. *Satwik ahar*
6. *Yoga* and Meditation

Aggravating factors –

1. Prolong standing, sitting, travelling
2. Heavy physical exertion
3. Excessive intake of heavy and junk food
4. Stress
5. Constipation

Conclusion:

The present study concludes that, in varicose veins avoidance of causative factor is as important as *shaman* and *shodhan chikitsa*. Detail knowledge of *nidanpanchak* of this disease will be helpful for appropriate *Ayurvedic* treatment. Thus its knowledge will be useful to prevent from disease as well as to avoid the recurrence.

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