

A CRITICAL REVIEW ON NIDANA, SAMPRAPTI AND LAKSHANAS OF SIRAJA GRANTHI

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ABSTRACT

The priceless value of the leg is not appreciated until the organ becomes affected with diseases or loss of function threatens the day to day activities of man. In the present era, life style and the working pattern of the person is showering varieties of diseases. Among which Varicose Veins are troubling the person a lot. Varicose vein is a very common condition in surgical practice. It occurs in people who are habituated for standing for a long time. Abnormal dilated, elongated and tortuous alteration in the saphenous veins and their tributaries is called as varicose veins. Varicose vein can be co-related to *Sirajagranthi* as described in Ayurvedic texts. Immense attention is to be given in the primary stage itself to prevent further complications. So this article is intended to analyze the *Nidana's*, *Samprapti* and *Lakshanas* of *Siraja Granthi* critically for prevention and cure of *Siraja Granthi*.

Keywords: Varicose vein, *Siraja Granthi*, *Nidana*, *Samprapti*, *Lakshanas*, Ayurveda

INTRODUCTION

Varicose vein² of the lower limbs is one of such clinical condition that hampers the beauty of the legs because of the spider veins and skin discolouration along with aching pain and ankle swelling during evening time. It is a very common condition, affecting up to three in 10 adults⁴. Varicose vein affect up to 25% of women and 15% of men. By the age of 50, nearly 40% of women and 20% of men have

significant vascular problems⁵. The life style changes, obesity, occupational pattern of prolonged standing¹ and pregnancy are considered to be significantly contributing to this situation⁶. *Siraja Granthi*³(*varicose veins*) have several treatments, but the best treatment is always prevention. *Ayurveda* gives a comprehensive description of the management of *Siraja Granthi* (*varicose veins*) and several

formulations and therapies which are also found to be very effective in the treatment and prevention of *Siraja Granthi*(*varicose veins*).

Nidana (Etiology):

- **Abalasya Vyayamajaate**⁷ - excessive exertion by a person who is weak and emaciated. A weak person who undergoes excessive exercise, the vitiated Vata vitiates the vascular bundles, which in turn compresses (sampeedya), squeezes (*samkochya*) and dries it up (*vishoshya*) produces Granthi within less time which is raised, circular *Siraja Granthi*.
- **Padatte sahasaambho avagahana**⁸- who suddenly immerses or wash the lower limb in cold water after walking a long distance. Due to the sudden change of the temperature in the leg due to the above said *Nidana*, the *Sira* becomes engorged and thus may not be able to pump the blood properly. This causes the local retention, thus resulting in tortuous nature of the veins, edema, discolouration etc.
- **Vyayaamat pratantasya**- one who does excessive exercise. The precipitating factor of the primary varicose vein is excessive exertion of the lower limb followed by a predisposing or inherent factors of defective venous or valvular structure.
- **Factors affecting the Vyana Vayu** will affect the *Sira* because *Vyana Vayu* circulates *Rasa*, eliminates *Sweda* and helps flow of blood, performs the five kind of action *Gati*, *Akshepana*, *Utkshepana*, *Nimesha* and *Unmesha*.

- The etiological factors can be congenital or acquired, valvular or obstructive or both or none of these.⁹
- Some of the other factors that may predispose to the development of varicose veins are:
 - Occupation - Prolonged standing
 - Obesity
 - Bowel habits
 - Heredity
 - Pregnancy
 - Old age
 - Athlets & Rikshaw pullers
 - Clothes.

Samprapthi(Pathology):

According to *Acharya Sushruta*, the etiological factors play a role in the vitiation of *Vata* and this vitiated *Vata* directly affects the *Sira Prathana* (cluster of veins) by *Aakshepa* and exposes them to *Sampeedana*, *Samkochana* and *Vishoshana* and produces *Granthi* which is protruding out. *Acharya Vagbhata* further adds that the vitiated *Vata* playing major role, will exert its influence on *Siras* and *Raktadhatu*, causing *Sampeedana*, *Samkochana*, *Vakreekarana*(tortuosity) and *Vishoshana* of the *Sira* resulting in formation of *Granthi* which is non-pulsating and painless¹⁰. The explanation given by *Charakaacharya* has got a little difference that, because of the *Nidana* not only *Vata* but *Kapha*, *Rakta* and *Pitta* also get vitiated which then enter the external blood vessels, get lodged there and produce obstruction and spreads to the nearby areas causing edema¹¹. The pathology of varicose veins are, under normal conditions the blood from the

superficial venous system is passed to the deep veins through the competent perforators and from deep veins the blood is pumped up to the heart by the muscle pump, competent valve and negative intrathoracic pressure. But if this mechanism breaks down, either due to destruction of valves of the deep veins, or of the superficial venous system, the blood becomes stagnated in the superficial veins which become the pray of high pressure leaks and thus becomes distended and tortuous and become varicose veins.¹²

Lakshanas (Symptomatology)¹³

The clinical picture given by *Acharya Sushruta* is far from adequate. He describes two types of *Sirajagranthi* - one which is painful and movable and another which is painless, immovable and greatly enlarged. He says that *Sirajagranthi* can occur in *Marmasthanas* also. According to him, *Sirajagranthi* presents as *Vrutha* and *Unnatha*. *Acharya Vagbhata* modifies the physical signs. His addition of *Vakreekarana* (tortuosity) makes the focus of the clinical picture clear. He also narrates that *Sirajagranthi* will be *Nishphura* (non-pulsatile) and *Neeruja* (painless). He did not say as *Sushruta* have told that it will be *Vrutha* (circular). In *Siraja Granthi Lakshanas* like *Sampeedya*, *Nisphuram*, *Nirujam* can be correlated to dull aching pain in varicose veins and signs like *Samkochya*, *Vrutta*, *Unnatha*, *Vakrikriya*, *Shopham* can be correlated to Dilated, elongated, and tortuous veins.

Clinical Features¹⁴

- Aching, heavy legs (often worse at night and after exercise).
- Appearance of spider veins (Telangiectasia) in the affected leg.
- Ankle swelling, especially in evening.
- A brownish-yellow shiny skin discoloration near the affected veins.
- Redness, dryness, and itchiness of areas of skin, termed stasis dermatitis or venous eczema, because of waste products building up in the leg.
- Cramps may develop especially when making a sudden move as standing up.
- Minor injuries to the area may bleed more than normal or take a long time to heal.
- In some people the skin above the ankle may shrink (lipodermatosclerosis) because the fat underneath the skin becomes hard.
- Whitened, irregular scar-like patches can appear at the ankles.
- Patients concerned with the unsightly appearance of their varicose veins often complain of discomfort but the severity of this discomfort is difficult to assess and does not seem to be related to the size of the varices.

Sadhya-Asadhyatha (Prognosis):

The description of prognosis itself demarcates a difference between the opinions of the two authors. *Sushrutaacharya* describes the painful variety as *Krichrasadhya* (difficult to cure) and the painless variety that is bigger in size and presenting at *Marmasthanas* as totally incurable¹⁵. *Vagbhataacharya* too is keen on the selection of cases. He, along with the

narration of this condition has told the treatment is indicated for cases which are 'Nava' (fresh). So in this context the understanding of what is meant by *Nava* becomes important. *Vagbhataacharya* has not claimed the disease as *Sukhasadhya* (easily curable) or *Krichrasadhya* (difficult to cure)¹⁶

DISCUSSION

Sirajagranthi is a common clinical condition affecting the lower limbs and the incidence being prevalent in this era owing to the busy life schedule. Incidence of varicose vein is more in people belonging to the occupation that involved prolonged standing. Easiest way of treating a disease is avoidance of the etiological factors. The commonest causes are excessive physical activity that put pressure on the legs, standing for prolonged time, sedentary lifestyle, tight clothing, overweight, dietary deficiencies etc. By avoiding standing, sitting for a long time, maintaining appropriate body weight, Life style modifications, and dietary changes, along with Ayurvedic treatment helps to prevent *Sirajagranthi* (varicose veins). According to *Acharya Sushruta*, the etiological factors play a role in the vitiation of *Vata* and this vitiated *Vata* directly affects the *Sira Prathana* (network of veins) by *Akshepa* and exposes them to *Sampeedana* (aching/squeezing type of pain), *Samkochana* (constriction) and *Vishoshana* (drying up) and produces *Granthi* which is elevated, quick developing and round. The description of prognosis itself demarcates a difference between the opinions of the two authors. *Sushrutacharya* describes the painful

variety as *KrichraSadhya* (difficult to cure) and the painless variety that is bigger in size and presenting at *Marmasthanas* as totally incurable. *Vagbhata Acharya* too is keen on the selection of cases. He, along with the narration of this condition has told the treatment indicated for cases which are 'Nava' (fresh). So in this context the understanding of what is meant by *Nava* becomes important. *Vagbhata Acharya* has not claimed the disease as *Sukha Sadhya* (easily curable) or *Krichra Sadhya* (difficult to cure).

CONCLUSION

A proper understanding of etiological factors is important to prevent the occurrence of *Sirajagranthi*, treat it at an early stage or allows proper maintenance of signs and symptoms reduces the complications and support a better quality of life.

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