



EFFICACY OF YOGA THERAPY ON NALAVIBATHAM (VARICOSE VEINS)-A CASE SERIES

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ABSTRACT

Background: Yoga is a holistic approach for both physical and mental health. Asanas are exercises in the yogic system the siddhars used this system to strengthen our bodies and attain enlightenment in order to achieve their goal of siddhi. Varicose veins are seen as dilated tortuous vein which involves great saphenous vein, small saphenous vein, perforators and deep veins in deep vein thrombosis which cause pain. **Aim:** The aim of the study is to evaluate the effect of Yoga asanas on Nalavibatham (Varicose vein) patient in OPD of Siddhar Yoga Maruthuvam GSMCH, Palayamkottai. **Material and Methods:** Descriptive study-Case Series. The study was conducted on 20 patient of Nalavibatham (Varicose vein) for the period of 4 months. VAS scale and questionnaire were documented before and after treatment. **Result and Conclusion:** The study concludes that the yoga asanas decreases the pain and symptoms of Nalavibatham patient.

KEYWORDS: Nalavibatham, Varicose vein, Pain, Siddhar yogam.

INTRODUCTION

Siddhar Thirumoolar talks about yogam in his book thirumanthiram. Thirumandiram is comprised of nine Tantras. The nine Tantras consist of various aspects of human life. Tantra three explains in great details about Ashtanga Yoga, the eight limbs of yoga path. No other yogic literature or yogis has explained so much detail about the therapeutic effects of the yoga practice. In many sutras he elaborates how regular practice of Ashtanga Yoga helps balance all three elements in our body, preventing and curing various ailments in our body and mind. In ashtanga yoga it is eight types, that are iyyamam, niyamam, asanam, pranayamam, prathiyagaram, tharanai, thiyanam, samathi.

Yoga is a holistic approach for both physical and mental health. Yoga asanas enhances the circulatory system of the body and also regulates normal blood flow all over the human body which helps to manage varicose veins. A dilated and tortuous vein is called as 'varicose'. There are various places in the human body where veins show tendency towards varicosity e.g., veins, of the lower limb, spermatic veins, oesophageal veins and hemorrhoidal veins. In Siddha system, varicose veins can

be correlated with Nalavibatham, which is caused due to derangement in vatham and kabam humors, and some siddhars say that it is also due to derangement in the kuruthi (blood), sathai (muscle) and kozhuppu (fat). In Siddha, varicose veins have many terms like narambu kiranthi, narambu silanthi, naalapudaippu, naala vibatham, and viriparukka naadi.

These are tone and contractility of the muscles of the lower limb encircled by a tough deep fascia. Incompetence of valves which may be a sequel of venous thrombosis, seems to be a sequel of venous thrombosis, seems to be a most important factor in initiating this condition. Varicose veins also occur in the individuals involved in excessive muscular contracture e.g., rickshaw-pullers and athletes. It is still doubtful if these occupations cause the varicose veins, or it is just that they exacerbate the symptoms already present.

Varicose veins are seen as dilated tortuous vein which involves great saphenous vein, small saphenous vein, perforators and deep veins in deep vein thrombosis. This causes pain which is in an aching sensation in the whole lower limb or in the lower part of the lower limb

particularly in the end of the day after long standing hours. To assess the effectiveness of Yoga treatment on Nalavibatham (varicose veins) in OPD of Siddhar Yoga Maruthuvam, Govt siddha medical college & hospital, Palayamkottai. Effectiveness is calculated through the visual analogue scale (VAS) and Questionnaire before and after the intervention in varicose vein.

MATERIALS AND METHODS

A) Study type: Observational study.

B) Study design: Case series.

C) Study place: Outpatient Department, Department of Siddhar Yoga Maruthuvam Govt Siddha medical college & hospital, Palayamkottai-627002.

D) Study period: 4 Months.

E) Sample size: 20 Patients OPD.

F) Sampling procedure: Non-Random Sampling (Convenience).

G) Methods used

ASANAS

1. Tadasana
2. Uttanasana
3. Navasana
4. Viparita karani
5. Sarvangasana
6. Matsyasana
7. Veerabhrasana
8. Shavasana.

Each Asana were to be held for at least 10 seconds and performed for 5 repetitions. total duration is around 30

minutes with rest of 30seconds between 2 asanas. Shavasana was to be performed at the end for 3-4minutes.

H) CRITERIA FOR INCLUSION

- ❖ **Age:** 30-50 years
- ❖ Male and Female
- ❖ **Symptoms**
 - Pain in the lower limbs showing mild to moderate tortuous dilated
 - Ankle oedema,
 - Clinically diagnosed with primary varicose veins.
- ❖ Patient who are willing to sign the informed consent.

I) CRITERIA FOR EXCLUSION

- ❖ Varicose ulcers
- ❖ Superficial thrombophlebitis
- ❖ Deep vein thrombosis (DVT)
- ❖ Pulmonary embolism
- ❖ Patient with secondary varicosities
- ❖ Patients with equines deformity and calcification

J) METHOD OF APPROACH

- Questionnaires
- Visual Analogue Scale

DATA COLLECTION

INFORMATION COLLECTED

Information such as patient's personal details medical histories, symptoms, duration of illness, prognosis of diseases, quality of treatment will be collected. Data analysis was carried out through MS-Excel Software for logical error and manually cross checked for data entry error.

RESULTS AND OBSERVATIONS

Table 1.1: Distribution Of Patients With Nalavibatham According To Age.

Sl. No.	Age	Percentage
1.	31 years to 40 years	45%
2.	41 years to 50 years	55%
	Total	100%

Table 1.2: Distribution Of Patients With Nalavibatham According To Sex Distribution.

Sl. No.	Sex	Percentage
1.	Male	25%
2.	Female	75%
	Total	100%

Table 1.3: Distribution Of Cases According To The Etiological Factors.

Sl. No.	Etiological factors	Percentage
1.	Exposure to cold	-
2.	Senility	15%
3.	Occupation	85%
4.	Metabolic	-
	Total	100%

Table 1.4: Distribution of Cases According To The Occupation.

Sl. No.	Occupation	Percentage
1.	Housewife	50%
2.	Labours	25%
3.	Conductors	5%
4.	Office workers	20%
	Total	100%

Table 1.5: Distribution Of Cases According To The Clinical Features.

Sl. No.	Clinical features	Percentage
1.	Mild tortuosity	100%
2.	Pain in the lower limb	100%
3.	Ankle oedema	45%
4.	Moderate tortuosity	30%

Table 1.6: Distribution of Cases According To The Involved Leg.

Sl. No.	Involved leg	Percentage
1.	Unilateral left	35%
2.	Unilateral right	30%
3.	Bilateral	35%
	Total	100%

Table 1.7: Prognosis.

Sl. No.	Prognosis	Percentage
1.	Good improvement	60%
2.	Moderate improvement	15%
3.	Mild improvement	10%
4.	No improvement	15%
	Total	100%

DISCUSSION

The statistical study shows high incidence of Nalavibatham in the age group between 41-50 years as it is a disease majorly caused after long term standing and lowest incidence in the age between 31-40 years of age. Among the 20 patients 25% were male and 75% were females.

Majority of patients of the Nalavibatham was caused mainly (85%) due to the nature of occupation. the remaining were due to other factor like senility. Among the 20 patients in this study the rate of incidence is higher in housewives 50%, labour 25%, office workers 20%, conductors in 1% Mild tortuosity and pain the lower limbs were present in all twenty cases (100%), 45% of cases had ankle oedema and 30% of cases had moderate tortuosity. Hence symptoms associated very well with the disease as proved by the statistical tests. The involved leg in the disease was 35% of cases had unilateral on left side, 30% of cases had unilateral on right side 35% of case had bilateral. After treatment 60% of patients had good improvement, 15% of the patients had moderate, 10% of the patients mild improvement, and 15% of the patients had no improvement.

CONCLUSION

The yoga therapy gives a good confidence in the management of Nalavibatham. The study shows significant decreases in the symptoms such as pain in the

lower limb, ankle oedema. 20 patients were treated for this study with yogasanam and 60% of patients are showing good improvement. No adverse effects were noticed during the treatment period. Finally concluded that, the yoga therapy is effective in the treatment of Nalavibatham. Yogasanam is a simple procedure without any side effects and which can be practiced by anyone with minimum flexibility.

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