

# Varicose Veins

## **What are varicose veins?**

Varicose veins are twisted, enlarged veins. Any vein may become varicose, but the veins most commonly affected by far are those in the lower legs and feet.

## **Signs and Symptoms**

The leg veins appear large and prominent; the feet and ankles swell; the legs ache and become uncomfortable, especially after standing still for long periods; cramp-like pains; feet and ankles feel tired; and leg ulcers or rashes develop.

## **Complications**

If not treated, varicose veins may develop into painful venous ulcers; with blood clots forming within the deep veins.

## **What Causes Varicose Veins**

Varicose veins may form in the following situations: Being overweight; pregnant, especially in the later stages; prolonged periods of standing; inflammation of the inner vein lining due to a blood clot forming, or in certain persons with an inherited tendency to the ailment.

## **The Tibb View of Varicose Veins**

associated with qualities of **moistness with heat**. Persons with a dominant/sub-dominant sanguinous temperament are particularly predisposed to developing varicose veins, as they possess the qualities of heat & moisture.

## **Management of varicose veins**

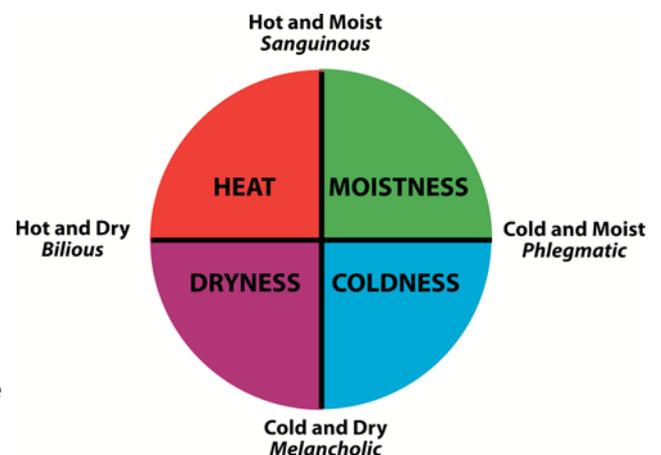
Management is aimed at **reducing the excess moistness** associated with varicose veins, by implementing Tibb Lifestyle Factors that will **increase the qualities of dryness**. This assists Physis in addressing both the symptoms and causes of varicose veins.

## **Tibb Lifestyle Factors**

### **Food and Drink**

- Eat **mostly Hot & Dry foods** - such as chicken, avocado, bittergourd and chickpeas, **followed by Cold & Dry foods** - like beef, potato, and yogurt.
- Eat **less of Hot & Moist foods** - such as bread, pasta, sugar and bananas, and the **least amount of Cold & Moist foods** - like squash, butter, cucumber and pears.
- Eat small, frequent meals as this will assist in weight loss.
- Add garlic, onions and ginger to your meals as this prevents the formation of blood clots which worsens varicose veins.

## **Other Lifestyle Factors**



- **Breathing:** Smokers should stop or cut down the habit, as it badly affects blood circulation in the lower limbs.
- **Physical exercise:** Regular walking, cycling and jogging help improve circulation in the legs, so preventing blood pooling. People in sedentary occupations should move around frequently to avoid blood pooling.
- **Sleeping:** Keeping a pillow under the lower legs while sleeping helps prevent blood pooling.
- **Elimination:** Varicose veins are made worse in surrounding areas which are too warm or hot, so avoiding over-heating is important. Likewise, avoiding hot baths and showers is advised.

### **Medication**

#### **Herbal Remedies**

Massage the affected area with castor oil after a bath/shower, preferably at night.

#### **Recommended Medication**

**Piloherb tablets and ointment** - This herbal medicine possesses anti-inflammatory activity and wound healing ability. It also inhibits bleeding from the surface of the varicose veins. Its anti-microbial activity prevents infection developing at the affected sites. Piloherb is associated with qualities of **heat** which overcomes the moistness associated with varicose veins.

For further information on **temperament ; diet charts** or recipes: "**Cooking for your body type**" is available for free download or information on Tibb products visit: **[www.tibbherbals.com](http://www.tibbherbals.com)**

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**"