

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

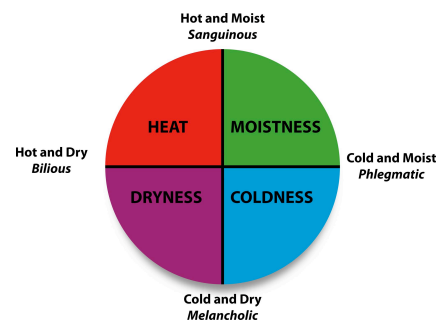
Varicose veins, if not treated, often develop painful venous ulcers; and blood clots form within the deep veins.

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

According to Tibb, varicose veins are 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.



Treatment and Management of varicose veins

Treatment and 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 and Dry foods** - such as chicken, avocado, bittergourd and chickpeas, **followed by Cold and Dry foods** - like beef, potato, and yogurt.
- Eat **less of Hot and Moist foods** - such as bread, pasta, sugar and bananas, and the **least amount of Cold and Moist foods** - like squash, butter, cucumber and pears.
- Eat small, frequent meals as this will assist in weight loss.

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 which are too warm or hot, so avoiding over-heating is important. Likewise, avoiding hot baths and showers is advised.

Medication

Herbal Remedies

- Soak two dried figs in a cup of boiling water at night. Eat the figs and drink the warm liquor before sleep.

Tibb 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 an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament http://www.tibb.co.za/concepts_tibb.html; diet charts: <http://www.tibb.co.za/food.html> For recipes: "**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>