

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

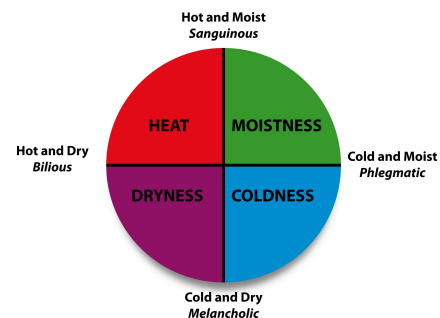
Varicose veins, if not treated, often develop painful venous ulcers; and blood clots form within the deep veins.

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.



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 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 Advice

- **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.

Herbal Remedy

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

Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes		
all small bird meat	bitter melon	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	chilli sauce			spicy dishes		
	celery	grapes		hazelnuts			chickpeas	cinnamon		grape juice				mustard sauce	
	green pepper			pecan nuts			fenureek seeds	cloves, garlic		herbal teas				peri-peri sauce	
	leek			walnuts			gram flour	green/red chilli		(see herbs)					
	onion						mustard seeds	fenureek							
	red pepper						papad	lavender							
	yellow pepper							nutmeg							
										oregano					
										paprika					
					parsley										
				rocket, rosemary											
				saffron											
				tarragon											

Hot & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes	
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes	
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran		
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks		
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli		
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas				vermicelli		nutri-k
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)						
turkey	turnips			wheat	fresh cream		marjoram							
				macaroni				mint, sage						
				dill seeds				soya sauce						
							thyme, turmeric							
					watercress									
					white pepper									