

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

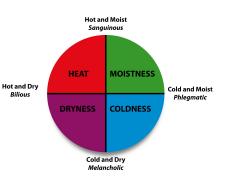
Varicose veins, if not treated, often develop painful venous ulcers; and blood clots form within the deep veins.

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 prevents 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.

Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

Cold & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice					
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

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	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

Hot & Moist Foods

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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		1	vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						