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A Study on Siraja granthi and its Management with Punarnavadi guggulu and Nimbadi guggulu – Comparative Study

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Abstract:

Siraja granthi (varicose veins) is one of the commonest disorders in surgical practice. Ayurveda has given a great contribution in the management of this disorder, while describing the management of Vata Vyadhi and siraja granthi.

In Ayurveda there are various terminology for varicose veins such as Siraja granthi, Siraakunchan, Sirakutilata and Siragata vata. Research works have been done with both internal and external medicines along with conservative treatment such as external application of Sahacharadi Taila, internal Basti and Para surgical procedure such as Jaloukavacharana and Siravyadha.

A preliminary pilot study was conducted on a selective patient of varicose vein for a period of 2 months where in selected subject were divided into 2 groups of 5 patients in each group. Group A was administrated with Punarnavadi guggulu vati in dose of two vati twice daily for a period of 2 months. In-group B, Nimbadi guggulu two vati twice daily was administered for a period of 2 months.

Keywords: Siraja granthi, Varicose vein, Elastic stockings, Punarnavadi guggulu vati, Nimbadi guggulu vati

INTRODUCTION:

Siraja granthi (varicose veins) is one of the commonest disease in surgical practice. It occurs in people who are habitual to standing for long periods.

The most important factors leading to the development of the varicose veins includes heredity, prolonged standing, increasing age, heavy lifting, prior superficial or deep vein clot, female

gender, multiple pregnancies, less physical activities, high blood pressure and obesity has also been linked with the presence of varicose veins in females.

Ayurveda has given a great contribution in the management of such disorders, while describing the management of vata vyadhi and Siraja granthi.

In Ayurveda, there are many nomenclatures for varicose veins such as Siraja granthi, Siraakunchana, Sirakutilata and SiragataVata. Research works have been done including conservative treatment such as external application of Sahacharadi Taila, internal Basti and Para surgical procedure such as Jaloukavacharana and Siravyadha, by using animal Shringa as Sushruta had indicated cow's horn for Vata Dushita Rakta¹.

It is commonly assumed that, if varicose veins are left untreated they will continue to enlarge and 'varicose processes' will spread to involve other previously 'normal' veins. There is evidence that long saphenous vein regress by sclerotherapy. Other investigators have observed that simple ligation and division of the sapheno- femoral junction causes regression of distal varices.

The influence of prolonged external elastic compression on the natural history of varicosity is still not known to our knowledge, but it is interesting to note that Many patients with primary varicose veins who have been given elastic stocking to wear while they await operation, they are so much better that they no longer required treatment. This is progressive incurable disease that has satisfactorily symptomatic relief.

It is frequently argued that varicose veins must be treated to prevent the development of skin changes but little is known about the magnitude of risk that patients with uncomplicated varicose veins will develop skin changes that may lead to ulceration.

Based on the clinical experience of physician, Nimbadi guggulu vati and Punarnavadi guggulu vati was successfully used in the management of varicose vein. The Punarnavadi guggulu was also used for treating this condition with good result as per the internet references.

OBJECTIVES:

- To evaluate the efficacy of the Punarnavadi guggulu vati in Siraja granthi.
- To evaluate the efficacy of the Nimbadi guggulu vati in Siraja granthi.
- To evaluate the comparative efficacies of Punarnavadi guggulu vati and Nimbadi guggulu vati in Siraja granthi.
- To assess the management of varicose vein with that of conservative line of treatment like Elastic stockings as the control study.

MATERIALS AND METHODS:

The present study deals with critical evaluation and analysis of both Punarnavadi guggulu vati and Nimbadi guggulu vati on Siraja granthi.

Selection of patients:

The patients suffering from Siraja granthi were selected from the out-patient and in-patient department of PG studies in Shalya Tantra, DEPARTMENT irrespective of their sex, religion, occupation.

Materials:

1. Punarnavadi guggulu vati
2. Nimbadi guggulu vati
3. Elastic stockings

Methodology:

It is a comparative study, comprising of pre-test and post-test design. For this study, 60 patients in three different groups were taken up, the signs and symptom before and after the treatment were observed, and recorded in the clinical proforma, exclusively designed for study.

Inclusive criteria:

- Diagnosed cases presenting lakshanas of tortuous dilated vein, ankle oedema, skin changes and itching in the lower limb.
- Primary varicose vein confined to veins of lower extremities.

Exclusion criteria:

Varicosity associated with complications like deep vein thrombosis, calcification, equines deformity, venous ulcer.

OBSERVATIONS AND RESULTS:

- **Therapeutic effect of all the groups on Itching.**

Effect of all the groups on Itching, Group A has shown 15% relief; and Group B shown 45% relief and Group C has shown 25% relief. Thus, Nimbadi guggulu vati is better than the other remedies in concern with itching.

Groups	Before Treatment	30 th day	60th day	After the Treatment	Changes
Group A	12 (60%)	12 (60%)	9 (45%)	9 (45%)	3 (15%)
Group B	14 (70%)	12 (60%)	10 (50%)	5 (25%)	9 (45%)
Group C	14 (70%)	13 (65%)	10 (50%)	9 (45%)	5 (25%)

- **Therapeutic effect of all the groups on Ankle oedema.**

Effect of all the groups on ankle oedema, Group A has shown 60% relief, Group B shown 40% relief and Group C has shown 55% relief. Thus, the Punarnavadi guggulu vati is better than the other remedies in concern with ankle oedema.

Groups	Before Treatment	30 th day	60 th day	After the Treatment	Changes
Group A	16 (80%)	12 (60%)	10 (50%)	4 (20%)	12 (60%)
Group B	13 (65%)	10 (50%)	6 (30%)	5 (25%)	8 (40%)
Group C	16 (80%)	12 (60%)	5 (25%)	5 (25%)	11 (55%)

• **Therapeutic effect of all the groups on Skin changes.**

Effect of all the groups on skin changes, Group A has shown 20% relief, Group B shown 5% relief and Group C has shown 30% relief. Thus, Wearing of Elastic stockings is better than the other remedies in concern with Skin changes.

Skin changes	Before Treatment	30 th day	60 th day	After Treatment	% change
Group A	19 (95%)	19 (95%)	19 (95%)	15 (75%)	4 (20%)
Group B	13 (65%)	13 (65%)	13 (65%)	12 (60%)	1 (5%)
Group C	19 (95%)	19 (95%)	13 (65%)	13 (65%)	6 (30%)

• **Therapeutic effect of all the groups on Tortuous dilated vein.**

There was no change found in tortuous dilated vein. Therefore, the action of the drugs and Elastic stocking was statistically non-significant.

Grossly dilated tortuous Vein	Before Treatment	30 th day	60 th day	After Treatment	% change
Group A	20 (100%)	20(100%)	20(100%)	20 (100%)	0.0%
Group B	20 (100%)	20(100%)	20(100%)	20 (100%)	0.0%
Group C	20 (100%)	20(100%)	20(100%)	20 (100%)	0.0%

Overall response of the therapies on Siraja granthi:

• **Overall effect of the Punarnavadi guggulu vati on Siraja granthi.**

Considering the overall response of the patients to the therapy with Punarnavadi guggulu vati, 14 patients got mild improvement and 3 patients got moderate improvement. 3 patients showed no

changes.

- **Overall effect of the Nimbadi guggulu vati on Siraja granthi.**

Considering the overall response of the patients to the therapy with Nimbadi guggulu vati, 8 patients got mild improvement and 5 patients got moderate improvement and 2 patients showed marked improvement. No changes were observed in 5 patients.

- **Overall effect of the Elastic stockings on Siraja granthi.**

Considering the overall response of the patients to the therapy with Elastic stockings, 9 patients got mild improvement and 4 patients got moderate improvement. No changes were observed in 7 patients.

- **Hence, Group A was best of all the groups. Group B is better than the Group C.**

Overall response of the therapies on Siraja granthi.

Percentage of relief	Group A	Group B	Group C	Total
>60%	0	2	0	2
40 to 60 %	3	5	4	12
<40 %	14	8	9	31
No changes	3	5	7	15

CONCLUSION:

- A subsequent survey from 2008 – 2009 of all the patients attending OPD and IPD of Shalya Tantra, incidence of Varicose vein cases was 1.04 % in one year.
- The cases of Siraja granthi were maximum in age group of 30-39 years.
- Incidence of male was more as far as sex distribution is concerned.
- Incidence of varicose veins was more in people belonging to the occupation that involved standing for longer duration.
- Almost all the lakshanas were present in all patients, predominantly skin changes.
- Long saphenous vein was predominantly involved in all the cases.
- The Punarnavadi guggulu group was best of all three groups.
- The Nimbadi guggulu group was better than Elastic stocking group.
- The Punarnavadi guggulu was better than the Nimbadi guggulu group.

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