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RESEARCH ARTICLE

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HOLISTIC HOMOEOPATHIC APPROACH IN A CASE OF VARICOSE VEINS

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India

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ABSTRACT

Varicose veins are a common chronic venous disorder characterized by dilated, elongated, and tortuous superficial veins, predominantly affecting the lower limbs. The condition may be associated with symptoms such as aching pain, heaviness and tiredness of the legs, ankle swelling, itching, and discomfort after prolonged standing or walking. Persistent venous congestion may gradually affect the patient's physical comfort and daily activities. This article presents a case of varicose veins in a 65-year-old female with prominent tortuous veins over both lower limbs, accompanied by heaviness, aching pain, evening ankle swelling, and itching around the affected veins. The symptoms were aggravated by prolonged standing and walking and were relieved by rest and elevation of the legs. The case was evaluated on the basis of presenting complaints, physical generals, mental generals, clinical findings, and repertorial totality. Hamamelis Virginiana was selected according to the characteristic venous complaints and heaviness of the lower limbs. On follow-up, gradual improvement was observed in pain, heaviness, swelling, and itching, although the visible varicose veins persisted. The case highlights the importance of individualized assessment and symptom-based remedy selection in the homoeopathic management of varicose veins.

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INTRODUCTION

Varicose veins are enlarged, twisted veins resulting from venous insufficiency and defective valves. They commonly occur in the lower extremities and are associated with heaviness, aching pain, swelling, itching, and fatigue of the legs. Prolonged standing, obesity, pregnancy, and advancing age are common risk factors. Homoeopathic treatment aims at individualization and improvement of venous circulation through constitutional prescribing.

CASE PROFILE

A 65-year-old female patient presented with complaints of prominent, bluish, tortuous veins over both lower limbs for the last two years. She complained of heaviness and aching pain in the legs, associated with mild swelling around the ankles and occasional itching. Symptoms were aggravated after prolonged standing and walking and relieved by rest and elevation of the legs.

PRESENTING COMPLAINTS

- Prominent, twisted bluish veins over lower limbs.
- Heaviness and tiredness of legs.
- Aching pain in legs, especially after prolonged standing.
- Mild swelling around ankles in the evening.
- Itching around affected veins.
- Occasional muscle cramps.

PHYSICAL GENERALS

- Appetite: Normal
- Thirst: Normal
- Thermal Reaction: Ambithermal
- Sleep: Normal
- Urine: Satisfactory
- Stool: Satisfactory

MENTAL GENERAL

- Mild anxiety regarding illness.
- Irritability due to prolonged discomfort.
- Restlessness because of heaviness in legs.

MIASMATIC BACKGROUND

The case was considered predominantly **Psoric miasm** with mild sycotic manifestations due to chronic venous changes.

CLINICAL FINDINGS

- Dilated, tortuous superficial veins over both lower limbs.
- Mild dependent ankle edema.
- Leg heaviness and aching pain.
- Mild tenderness over affected veins.
- No ulceration observed.

REPERTORIAL TOTALITY ON THE FIRST

Repertorisation										
Filters Applied: Sort by Totality										
Symptoms: 10										
Remedies: 150										
Remedy Name	Hamamelis Virginiana	Aesculus hippocastanum	Pulsatilla nigricans	Lachesis muta	Sepia officinalis	Natrum muriaticum	Sulphur	Graphites naturalis	Calcarea fluorica	Rhus toxicodendron
Totally / Symptoms Covered	10 / 10	10 / 10	9 / 10	8 / 10	8 / 10	7 / 10	7 / 10	6 / 10	6 / 10	6 / 10
[Extremities] Varicose veins – Lower limbs (109)	3	3	2	2	2	2	1	2	2	1
[Extremities] Heaviness – Legs (156)	3	3	2	3	2	2	1	2	1	2
[Extremities] Pain – Standing aggravates (92)	2	3	2	2	2	2	1	2	2	3
[Extremities] Swelling – Ankles – Evening (87)	2	3	3	2	3	2	2	2	2	2
[Skin] Itching around affected veins (43)	1	1	2	3	1	2	3	3	1	1
[Kent] [Sleep]Disturbed: (42)	2	2	1	2	2	1	1	1	1	1
[Kent] [Mind]Anxiety:Sleep:During (see dreams): (33)	2	2	2	1	3	2	2	2	1	1
[Kent] [Mind]Anxiety:Fear, with: (85)	2	3	1	3	2	2	1	2	2	3
[Kent] [Sleep]Restless:Night,before paroxysms: (1)	1	1	1	1						1
[Kent] [Sleep]Waking:Frequent:Midnight,after: (7)	1		1	1		1	3			
TOTALITY (SUM OF GRADES)	18	21	16	19	19	17	14	18	15	18

3 = Marked 2 = Moderate 1 = Mild

PRESCRIPTION

Hamamelis Virginiana 200C – One dose.

Sac Lac – TDS for 15 days.

FOLLOW UP

Date	Symptoms	Prescription
02/06/2026	Mild relief in pain. Heaviness and swelling persisted. Prominent veins unchanged.	Hamamelis Virginiana 200C, Sac Lac
20/06/2026	Moderate relief in pain and heaviness. Swelling reduced. Occasional itching present.	Sac Lac
26/06/2026	Further improvement in pain and swelling. Heaviness reduced. Veins remained visible but discomfort decreased.	Sac Lac

CONCLUSION

Individualized homoeopathic treatment based on totality of symptoms showed gradual improvement in pain, heaviness, swelling, and discomfort associated with varicose veins. Proper case taking and constitutional prescribing play an important role in the management of chronic venous disorders.

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