



Case Report

Case Report on Varicose Vein Using Acupuncture

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Abstract

Varicose veins are varicose veins that are swollen and twisted. This condition, which may affect any part of your body, is particularly frequent in the legs. It is not a major medical problem to have varicose veins. However, they may be bothersome and can lead to more severe issues if not addressed promptly enough. So individuals may feel ashamed or uncomfortable about them because of their prominence. As the veins' blood pressure increases, varicose veins are formed. Venous malformations called varicose veins may develop in the superficial layers of the skin (superficial).

Valves in the veins prevent the blood from flowing backward as it goes toward the heart. Vein thrombosis may occur if the valves in the heart are compromised. Veins expand as a result of this. A buildup of blood pressure in the veins of the legs from prolonged sitting or standing has been linked to a variety of health problems. As the blood pressure rises, the veins might become dilated. This may cause the veins to become weakened and the valves to get damaged. It's important to know that DVT is a very dangerous disease that occurs when blood clots form in deep veins. The majority of the time, this issue is not associated with varicose veins. As a result, varicosity of the skin-surface veins is a symptom of varicose veins. Severe varicose veins increase the risk of deep vein blood clots, although this is rare. When blood clots form, they should be treated as soon as possible by a physician. Blood clots may cause leg discomfort, edema, and redness. Blood clots may also occur in the arms or other regions of the body. In rare cases, the lung may get infected by a clot fragment that breaks off and travels to the heart (pulmonary embolism). This condition is very dangerous and may result in death. Symptoms include a rapid heartbeat, sweating, and fainting, as well as discomfort in the chest, difficulty breathing, and coughing (which might produce blood).

Keywords: *Varicose Vein, Saphenous, Acupuncture, Vein, Paraesthesia, Revascularization.*

Introduction

In certain communities, varicose veins afflict 20% to 40% of the population ^[1] The number of surgeries for this ailment has increased in the United Kingdom, and are presently more than 60 000 people every year.^[2,3] It's been there has been

a long-running debate on whether or not to remove the following saphenofemoral flush, the long saphenous vein ligation. Researchers believe that stripping may help prevent recurrence rates by obliterating the perforating veins in the thighs. It may or may not be capable. However, it is

possible that the saphenous nerve will be damaged during stripping, which would result in paraesthesia. Keeping the lengthy saphenous vein may be beneficial to some, according to proponents of the procedure coronary revascularization in the future. The first randomized study included removing the skin using a lengthy saphenous vein from the leg to the ankle appears to increase the risk of complications while having no discernible effect on the end outcome.^[4] The lengthy saphenous vein in the calf is seldom varicose, thus stripping down to the ankle is probably not required. Currently, it is recommended that women only remove their underwear up to their knees.^[5] Following a lengthy period of follow-up, the recurrence rate after varicose vein surgery ranges from 7 to 65 percent.^[5-9] In many instances, recurrence may be traced back to insufficient saphenofemoral junction dissection.^[10-12]

Case Report

We had a complaint from a male patient who was 28 years old and complained of heavy feeling in his left leg, burning sensation and muscular tightness in his left leg, as well as swelling of his left leg vein. He also has a history of standing in a standing posture for 16/17 hours every day for the purpose of his profession. We begin by doing a clinical examination of the patient. And it was clinically determined that the patient had varicose veins.

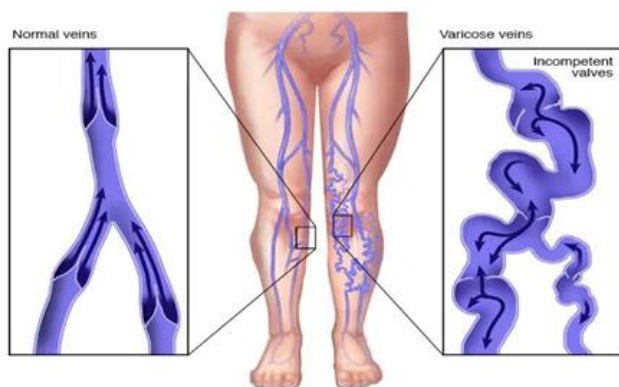


Figure A: Location of the varicose veins.

We had intended to conduct Acupuncture on the left afflicted leg for a few days to alleviate the pain. Acupuncture is a kind of complementary treatment that is also a significant component of traditional Chinese medicine (TCM). It is characterized by the insertion of tiny needles into the body. Acupuncture is a pseudoscience, and the beliefs and practices of Traditional Chinese Medicine (TCM) are not founded on scientific understanding, and it has been labeled as quackery by some experts. The most common reason for using acupuncture is to try to alleviate pain. In addition to these illnesses, acupuncturists claim that it may be utilized to treat a variety of additional ailments.^[13-15] As a general rule, acupuncture is utilized only in conjunction with other types of medical therapy.



Picture B: Pre-operative swelling left leg



Picture C: Giving Acupuncture on left leg



Picture D: Post Acupuncture on the left leg (5th day), showing the decrease of swelling leg vein

The patient's condition began to improve after the fifth day of acupuncture treatment. A significant reduction in the edema of the leg vein was seen. In addition, the heaviness in the left leg and muscular cramps has disappeared. It was the very first successful instance of Varicose Vein treated with Acupuncture that had ever been documented.

Discussion

One of the probable reasons of varicose vein recurrence after surgery is inadequate dissection of the saphenofemoral junction, and the other is incompetence of the mid-thigh perforating vessels due to the absence of stripping of the long saphenous vein. In a clinical investigation conducted by glass, who hypothesized an alternative mechanism, new veins were discovered at the end of the ligated saphenofemoral junction.^[16] Previously, venography was utilized to indicate that neovascularization was possible^[17]. According to this hypothesis, true neovascularization (the production of newly formed vessels) or the expansion of minor pre-existing collaterals are two plausible methods for 'new' veins to arise hypothetically. The cause of recurrent varicose veins is still a mystery; nonetheless, several authors have suggested that these veins play a key part in the development of the condition^[18]. During one of our clinic visits, we saw a man who was suffering from varicose veins, and his symptoms included intense pain and swelling in the vein in

his left lower leg. In addition, he has a history of standing for 16/17 hours a day as part of his employment responsibilities and responsibilities. According to our medical experts, it was a varicose vein that caused the problem. We saw a considerable improvement in the patient's health after only five days of acupuncture treatment. Acupuncture therapy began to have an effect on the patient's condition after the fifth day of treatment. Leg vein edema has been demonstrated to be greatly decreased as a result of this treatment. The heaviness in my leg and muscular spasms has both disappeared as well.

Conclusion

As far as the radiologist and surgeon are concerned, there is no fundamental distinction between residual and recurrent varicose veins. The problem must be located and the scope of the issue determined. According to the findings of our research, acupuncture may be the most effective treatment for varicose veins.

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