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Abstract

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Prevention and Treatment of Varicose Veins



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ABSTRACT

Varicose veins are tortuous, enlarged veins that are usually found in the lower extremities damages blood vessels leading to its painful swelling cause's blood clots, affecting people over increasing prevalence with age and affect the proficiency productivity and life quality of a person. Varicose veins are abnormal, dilated blood vessels caused by weakening in the vessel wall. The prevalence of varicose veins varies. Varicose veins in the lower limbs are estimated to affect at least a third of the population. Prolonged standing and obesity are the major reason for varicose vein disease The risk factors are family history, obesity, older age, pregnancy standing for longtime. Varicose veins management include conservative treatment include diet, lifestyle changes, and hydrotherapy which receive a high degree of patient compliance to be helpful and interventional therapy, surgery. The pathophysiology involves a heredity factors, incompetent valves, weakened vascular walls. The optional of therapy is affected by symptoms, patient preference, cost, potential complication Researches report that a mild care of varicose veins does not usually require a doctor's care discomfort relieved with at home treatment and various alternative remedies such as acupuncture and acupressure, aromatherapy, colour therapy, diet and supplements, homeopathy, exercise, yoga etc.



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