

Varicose Ulcer: Effective Naturopathic Management at Home care under Medical Supervision

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A 45-year-old male patient diagnosed with varicose ulcer for one year. He also found his weight to be gradually increasing in past 7 years. He was also a case of morbid obesity. The patient was not under any medications. He had a varicose ulcer in his right leg which was very painful, and he was unable to carry his regular activities. As the patient was not feeling comfortable in getting himself admitted in the hospital, he requested for a Home-based treatment. He was given Naturopathy & Yoga therapies for 45 days for his varicose veins and morbid obesity. There was a significant improvement in the ulcer, which healed with scar formation. There was reduction of 9kgs of weight only with natural healthy diet regime. This case report warrants further studies for Naturopathy and Yoga in the management of Varicose ulcers as well as the metabolic syndromes.

Keywords: Varicose veins, Varicose ulcer, Naturopathy, Honey, Venous stasis ulcer.

Introduction:

Venous ulcers are open wounds that occurs in the areas affected by the varicose veins¹. It is also said to be the late manifestation of chronic venous insufficiency which affects the elderly population more commonly². Venous ulcers are difficult to heal and are recurrently complicated with infections and the treatment is very costly. A combination treatment is mandated otherwise which may lead to gangrene and also demand an amputation^{3,4}. An Indian study showed that the Chronic Venous Insufficiency is more prevalent at an average age of 43 years and women are more affected than men⁵. As it is seen that the prevalence of the condition is low, the nature of disease has increased the risk of morbidity, mortality, and significant impact in quality of life which can pose a greater economic burden in India⁶. There are many risk factors that contribute to making this condition worse, including advanced age, obesity, past leg injuries, deep vein thrombosis, and phlebitis⁷. According to the postulated aetiologies, increased venous pressure, turbulent flow, and inadequate venous return because of venous blockage or venous reflux stimulate inflammatory processes that cause leukocyte activation, endothelial damage, platelet aggregation, and intracellular oedema⁷. It has become a demanding challenge to accurately assess the severity of venous ulcer in India as there is a lack of quality research⁸.

Nonpharmacological lifestyle interventions are recommended for the management of varicose veins and obesity. There are considerable number of published reports of the therapeutic effects of individual components or the combination of therapies in benefitting various skin disorders and diabetic ulcers^{9,10,11,12,13}.

According to naturopathy and yoga principles, all disease is due to one cause which is the accumulation of toxins called as Unity of disease which is the result of improper lifestyle or unnatural lifestyle. And according to Yoga, diseases originate from either mind or body, and gain access to the another and it becomes a physical ailment. This study is reported as the safe and effective in managing the varicose ulcer integrating yoga and naturopathy under proper medical supervision.

Case description:

The case was a 45-year-old male patient who was a known case of varicose veins since many years and diagnosed with varicose ulcers for one year. The ulcer was so embarrassing and painful to the patient that he was not able to freely move around and also resume his regular duties. He was also a case of morbid obesity which he gained over a period of 8 years. There was no history of hypertension, and the patient was not taking any medications when he came for naturopathy consultation.

Clinical findings:

The patient presented with a wound in his right lower extremity, measuring 7 cm in length and 4 cm in width upon initial consultation. We noted his body weight to be 136 kg and height to be 176 cm, resulting in a BMI of 43.9 kg/m². His heart rate was 86 beats per minute, while his blood pressure stood at 120/90 mm Hg. To assess his risk of peripheral arterial disease, we calculated his Ankle Brachial Index, which yielded a value of 0.8, indicating an increased risk.

All parameters taken in baseline, 6 weeks and after a 6 month follow up, which is described in Table 1.

Table 1:

PARAMETER	BASELINE	6 WEEKS	24 WEEKS
WOUND SIZE	7 CM LONG X 4 CM WIDE	SCAR	COMPLETELY HEALED
BODY WEIGHT	136 KGS	127 KGS	109 KGS
BMI	43.9	41	35.2
ABI	0.8	WAS NOT MEASURED	0.89

Methods:

After conducting a thorough case history taking and counselling session, we obtained proper informed consent from the patient. A team of expert Naturopathy and Yoga physicians collaborated to design the treatment protocol. Given that the patient was not taking any medication and was receiving home care, vital signs were monitored daily. The treatment protocol encompassed a natural raw diet, simple hydrotherapy treatments, honey application, Bhramari pranayama, and Acupuncture.

Through 6 weeks of treatment, the wound size gradually decreased and exhibited visible signs of healing. The patient's diet was shifted from a strict raw diet to a gradually introduced simple cooked foods diet after the initial 15 days. Although the ABI did not show significant improvement, the follow-up after 6 months revealed a value of 0.89, which is close to the

normal range. Additionally, the patient's weight decreased significantly to 127 kgs after 45 days and further to 109 kg during the 6-month follow-up visit. Notably, there was no recurrence of the wound, and the scar was also healing. Subjectively, the patient experienced an improvement in their well-being and resumed regular activities after 60 days of treatment.

Table 2:

Week	Morning Session	Evening Session	Diet
Week 1	Day 1, 3, 5 & 7 – Cold Water Enema, Cold Compress to Abdomen. Daye 2, 4 & 6 – Mud Pack to Abdomen and Eyes, Derivative Massage to Legs Excluding the Wound Area.	Day 1, 3, 5 & 7 – Derivative Massage to the Legs Excluding the Wound Area. All Days Acupuncture was given, and Bhramari Pranayama was made by the patient to practice	Sprouts, Vegetable and Fruit Salad Provided.
Week 2	Day 1, 3, 5 & 7 – Cold Water Enema, Cold Compress to Abdomen. Daye 2, 4 & 6 – Mud Pack to Abdomen and Eyes, Derivative Massage to Legs Excluding the Wound Area.	Day 1, 3, 5 & 7 – Derivative Massage to The Legs Excluding the Wound Area. All Days Acupuncture was given, and Bhramari Pranayama was made by the patient to practice	Sprouts, Vegetable and Fruit Salad as Well as Juice Provided.
Week 3 To Week 6	No Treatments Provided	No Treatments Provided	Boiled Vegetables, Fruits and Soup provided.
Week 7 To Week 24	No Treatments Provided	No Treatments Provided	Breakfast – Boiled Sprouts, Herbal Tea/Millet Upma, and Green Chutney. Lunch – Millet Kichadi, Boiled Vegetables and Buttermilk. Dinner – Boiled Vegetables and Soup

From Week 1 To Week 6, Honey Application on The Wound Area Was Administered Every Day in The Morning and Evening.

Image 1: Day 1 of the Wound



Image 2: Day 7 of the Wound



Image 3: Day 15 of the Wound



Image 4: Day 45 of the Wound



Discussion:

This 6-week protocol was specifically tailored for a patient who was experiencing significant discomfort and impairment in their social activities. Upon individual assessment, we observed a substantial improvement in the patient's overall well-being.

The improvement must be due to the integration of the therapies, a considering the physical and mental health status of the patient. The patient had no difficulty in following the treatment protocol and cooperated well throughout till the 6 months follow up.

This study's outcome is encouraging to follow naturopathy and yoga intervention and observe the effects with proper care. Further studies may be designed with more sample size to establish the protocol for similar cases.

Conclusion:

This case report shows significant changes in the varicose ulcer, weight, and over all well being of the patient after following a 6-week naturopathy and yoga intervention and diet for further 18 weeks. The intervention is safe and simple with easy lifestyle modifications, which can be given for elderly patients also. Integrated Naturopathy and Yoga protocol may be a beneficial method to manage the varicose ulcer and morbid obesity.

While naturopathy can be a cost-effective treatment option that promotes self-care, it is important to note that the effectiveness of any treatment varies from person to person. Naturopathy focuses on natural remedies and lifestyle changes to support the body's healing process. It is always recommended to consult with a qualified naturopathic doctor or healthcare professional to ensure proper guidance and supervision during any treatment.

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