

## Homeopathy for Varicose Veins

The conventional treatment for varicose veins usually involves techniques like sclerotherapy, laser surgery, micro sclerotherapy, endoscopic vein surgery and endogenous ablation therapy.

These treatments tend to have some very common side effects that include nerve damage, deep vein thrombosis, wound complications like skin infections, blood clots, vascular injuries, scarring and staining of the skin.

Also, despite an invasive surgery, the chances of recurrence of the problem are common. Homeopathy has an excellent scope for treating varicose veins.

The symptoms like pain, cramping, tiredness, a sensation of heaviness in the legs are well-managed with homeopathy medicines. Homeopathy for varicose veins works at strengthening the valves of veins in the legs, reducing the blood engorgement and aid in the symptomatic management of the varicose veins. According to Dr Vikas Sharma some top homeopathic medicines for varicose veins include:

### 1. Hamamelis Virginiana For Tiredness/Aching in Legs

Hamamelis is prepared from a plant commonly named witch – hazel. This plant belongs to the family Hamamelidaceae.



Hamamelis Virginiana can help to reduce the engorgement of blood in veins and its related symptoms. Deep-rooted, circular ulcers with stinging, pricking pain and high sensitivity are another prominent feature for using the homeopathic medicine Hamamelis Virginiana.

### 2. Pulsatilla Nigricans For Varicose Veins that are Painful

Pulsatilla Nigricans is a natural medicine prepared from the plant “windflower”. The natural order of this plant is Ranunculaceae.

Pulsatilla Nigricans is an excellent remedy for painful varicose veins.

Pulsatilla Nigricans is indicated for varicose veins in women when the symptoms worsen during menses and for varicose veins on lower limbs, forearms, and hands.

### 3. Calcarea Fluor For Hard, Knotty Varicose Veins

Calcarea Fluor is a highly recommended remedy for varicose veins. It is a biochemical medicine for varicose veins that work wonderfully in reducing the engorgement of blood in veins and improving blood circulation. Few indications for using Calcarea Fluor are enlarged veins, hardened veins, knotty veins on lower limbs. The attending features are dry, cracked skin on the legs.

## Mindfulness Programs Can Boost Children's Mental Health

**M**indfulness programs can improve the mental health of school-age children and help them to feel more optimistic, according to new research from the University of Derby and Derbyshire Educational Psychology Service.

More than 1,000 pupils aged between 9-12 years old across 25 schools in Derbyshire, received one 45-minute mindfulness session per week for nine weeks during the year-long project, which involved a collaboration between Dr William Van Gordon, Associate Professor in Contemplative Psychology at the University, and Derbyshire Educational Psychology Service.

Mindfulness is an ancient meditation technique that involves focus-



ing awareness on the present moment, as a means of fostering calm, wellbeing and insight. The weekly sessions involved activities such as practicing mindful breathing and paying attention to bodily sensations, as well as exercises intended to help cultivate attention skills and a greater awareness of emotions.

The impact of the sessions, which were delivered by teachers in a traditional classroom environment, was evaluated by compar-

ing psychological assessments that the children completed before the classes began, with assessments undertaken after the program had concluded. Part of the evaluation measured children's emotional resiliency using The Resiliency Scale for Children, while wellbeing was rated using the Stirling Children's Wellbeing Scale.

Overall, the study found a significant improvement in positive emotional state, outlook and resiliency. There was also an increase in the different dimensions of resilience: optimism increased by 10%, tolerance was improved by 8% and self-efficacy, how a child feels they can cope with a situation based on the skills they have and the circumstances they face, improved by 11%.

## Unani Perspective of Baras (Vitiligo) And its Management

**I**n unani system of medicine (USM) Baras is caused due to weakness of Quwat -e-Mughaiyirahwa Mushabbiha (transformative faculty) of the skin and the liver. Besides these Fasad-ud -Dam (impairment of blood) and Burudat -ud-Dam (coldness of blood) also play an important role in aggravating Bars. The role of diet (restrictions and recommendations) is well documented in the classic Unani literature in the management of Baras (Vitiligo).

The Management of Baras (Vitiligo) involves Tanqiya-e-Badan. It is performed in three steps: administering Munzij-e-Balgham drugs till Nuzj appears followed by three mushil (Purges) and Tabreed (Cooling agents) after every Ishal.

In the article by Dr Faizel Manzoor, Dept of Amrazi Jild Wa Tazeeniyat (Skin and cosmetology), National Institute of Unani Medicine, and his team, they sum-



marized the evidence regarding the dietary measures and treatment approach of Baras (Vitiligo) in USM.

Through ancient Unani literature and journals related to the psychological effect, the role of diet and management of Baras (Vitiligo), the team reviewed Unani management of Vitiligo. Following single and compound drugs can be used for the treatment of Vitiligo according to them:

1. Panwar (Cassia tora): A small plant growing on dry soil in Bengal and throughout the

tropical part of India mainly leaves, seeds and roots are used. Both leaves and roots contain a glucoside resembling chrysophanic acid. Leaves contain a principle similar to cathartin and a red coloring matter and mineral matters "Emodin glucoside". Both leaves and seeds constitute a valuable remedy in skin disorders like tumors, leprosy, psoriasis, Vitiligo and fungal infections.

2. Anjeer (Ficus carica Linn): It is cultivated in north India and fresh figs are to be found there. Dried fresh receptacles are used. It constituted Protease, amino acid, tyrosin, enzyme cravin, Lipase, Protease. The fleshy receptacle fig contains grape sugar, gum, fat and salts.
3. Chaksu (Cassia absus Linn): The drug consists of dried seeds. An erect annual herb

found throughout India from the Himalayas to the south coast and everywhere in the tropics of the old world. It contains Proteins, alkaloids, fat, sugars, tannins, and mucilage.

4. Babchi (*Psoralea corylifolia*): The drug consists of dry ripe fruits. It is an erect 0.3-1.8 m high annual herb distributed

throughout India, found commonly in Uttar Pradesh and Maharashtra. It consists of essential oil, fixed oil, psoralin, psoralidin, isopsoralen and bukuchiol.

5. Zanjabeel (*Zingiber officinalis*): The drug consists of the dried rhizome of zingiberacea family. Zanjabeel yielding is widely

cultivated in India. It consists of essential oil, pungent constituents (gingerol and shogaol) resinous matter and starch.

Their review based on their study on the principles of Unani medicine, concludes that diet and Unani drugs plays a vital role in the management of Baras (Vitiligo).

## Acupuncture for Arthritis

Western medicine doesn't recognize the concepts of qi and meridians. However, scientific evidence suggests alternate explanations for why acupuncture might provide pain relief.

"There's a lot of research that says when we put an acupuncture needle into the body, several physiological mechanisms occur," says Brian Berman, MD, professor of family and community medicine and director of the Center for Integrative Medicine at the University of Maryland School of Medicine.

A well-placed needle sets off a cascade of events, Dr Berman explains, producing a signal that travels along the spinal cord to the brain, triggering a release of neurotransmitters called endorphins and enkephalins, which scientists believe reduce the sensation of pain. Research also shows that inserting an acupuncture needle induces the production of cortisol, a hormone that helps control inflammation. Acupuncture may stimulate the activity of other pain-relieving chemicals in the body as well.

A study by Dr Berman and his colleagues found that after 26 weeks, patients receiving real acupuncture felt significantly less pain and functioned better (as measured by how far they could walk in six minutes) than their counterparts who received sham acupuncture.

Osteoarthritis- Even though patients offer anecdotal evidence that acupuncture has helped them, most studies have found acupuncture offers minimal pain and stiffness relief for osteoarthritis (OA). A 2018 Cochrane review of six studies evaluating acupuncture for hip OA concluded acupuncture probably has little or no effect in reducing pain or improving function compared to sham acupuncture in people with hip osteoarthritis.



One unblinded trial found that acupuncture as an addition to routine primary physician care was associated with reduced pain and improved function. However, these reported benefits are likely due at least partially to participants' greater expectations that acupuncture can help.

Rheumatoid Arthritis- Recent research suggests acupuncture may hold a beneficial role in treatment for some people with rheumatoid arthritis (RA). A review of 43 studies, conducted between 1974 and 2018 and reported in *Evidence-based Complementary and Alternative Medicine*, concluded that "acupuncture alone or combined with other treatment modalities is beneficial to the clinical conditions of RA and can improve function and quality of life, and is worth trying." The review cites several possible ways acupuncture affects RA, including its anti-inflammatory effect, antioxidative effect and regulation of immune system function. However, the review acknowledges that there is still inconsistency among trial findings and that further research is needed to evaluate the effects of acupuncture and how it works.

## Aromatherapy for Social Anxiety Disorder

Aromatherapy for anxiety involves the use of essential oils taken from plant sources such as flowers, leaves, seeds, fruits, and roots. When these oils are inhaled or absorbed through the skin, there are resulting physiological effects according to a medical review by Dr Elena Klimenko, MD, board-certified doctor in internal medicine and licensed in medical acupuncture and homeopathy.

Essential oils must be diluted for use as they are in a concentrated form. One might choose to inhale the oils, use them on your skin, or distribute the scent in your home.

In the following list, nervine refers to oils that are said to strengthen the nervous systems, while sedative refers to oils that may help calm the nervous system.

- Basil: nervine, for nervous tension, panic, depression
- Bergamot: sedative, for nervous tension, anxiety, insomnia, depression
- Cedarwood: sedative, for anxiety
- Chamomile: sedative, nervine, for nervous tension, anxiety, insomnia, depression
- Clary sage: sedative, nervine, for nervous tension, panic, depression
- Geranium: nervine, for anxiety, depression
- Grapefruit: for depression
- Helichrysum: sedative, for panic, depression
- Frankincense: sedative, for anxiety
- Jasmine: sedative, for self-esteem, depression
- Lavender: sedative, nervine, for panic, insomnia, depression
- Lemongrass: for depression
- Mandarin: sedative, for anxiety, depression
- Marjoram: sedative, nervine, for anxiety, insomnia
- Neroli: sedative, for anxiety, panic, insomnia, self-esteem, depression
- Orange: sedative, for nervous tension, insomnia, depression



- Patchouli: for depression
- Peppermint: nervine, for panic, depression
- Petitgrain: sedative, for panic, insomnia, depression
- Rose: sedative, for nervous tension, self-esteem, depression
- Rosemary: for depression
- Rosewood: for depression
- Sage: for depression
- Sandalwood: sedative, for nervous tension, anxiety, insomnia, depression
- Thyme: for depression
- Vetiver: sedative, nervine, for nervous tension, insomnia
- YlangYlang: sedative, for anxiety, panic, depression

A study published in the journal *Biomedical Research International* showed that a four-week aromatherapy program for older persons with chronic pain was effective in reducing levels of depression, anxiety, and stress.

While these results are promising, this is one small study that needs to be replicated on a larger scale. Only when there is a sufficient body of research evidence to support the effectiveness of aromatherapy, will it be possible to definitively state that this method of relieving anxiety has the backing of science.