

**A STUDY TO IDENTIFY THE CAUSATIVE FACTORS FOR *SIRA GRANTHI*
(VARICOSE VEINS) AMONG PATIENTS VISITING THE
AYURVEDA NATIONAL HOSPITAL**

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The varicose vein is a type of venous insufficiency characterized by dilated, elongated, or tortuous veins caused by permanent loss of valve function. Obesity, inactivity, leg injuries, and a family history of the illness are risk factors. Vein valves that are weak or damaged are among the underlying causes. Its etiology, pathophysiology, clinical characteristics, and management have all been described by *Acharya Susruta*. Varicose veins can have a severe impact on a person's quality of life due to their numerous physical, social, and psychological implications. Therefore, this study is carried out mainly to identify the causative factors for *Sira granthi* (varicose veins) in Sri Lankan patients. 77 randomly selected patients who attended the Ayurveda National Hospital Colombo 08, both male and female, were given a closed-ended questionnaire. According to the results, certain factors increase the chances of developing varicose veins, including age, gender, pregnancy, family history, obesity, and lifestyle (standing or sitting for long periods, immediately taking a shower after exercise, walking longer distances). Performing exercises has no effect on the probability of developing varicose veins. In addition to dilated veins, 94.8% report calf muscle pain, 66.2% report leg swelling, and 55.8% report leg skin blackening. So far, 57% have used medicinal pastes as treatments for varicose veins, and 93.5% have had oil massages. According to the findings, it can be suggested that you reduce the chances of developing varicose veins by living an active, healthy lifestyle, such as avoiding long periods of standing, maintaining a healthy weight, and staying active.

Keywords: *Sira granthi*, varicose veins, Ayurveda, Causative factor