

**STASIS DERMATITIS, VARICOSE VEINS AND ITS MANAGEMENT**  
**(HOMOEOPATHY)**



**What is stasis dermatitis?**

Stasis dermatitis is hyperpigmentation and later scarring and destruction of skin, especially of the lower extremities as a sequelae to venous insufficiency.

**Who is more liable to have stasis dermatitis?**

Found generally in old age but can be found in anyone where there's damage to the venous system or its valves.

Predilection to those with

Jobs requiring long standing,

Increased intrabdominal pressure from chronic constipation, tumour, pregnancy, obesity etc.

### **What causes stasis dermatitis?**

Most common causes include

- varicose veins,
- Harvesting vein for cardiac procedures,
- Injuries to veins etc.

### **What are varicose veins?**

One of the commonest causes of stasis dermatitis, varicose veins happen due to incompetency of valves in the veins of the lower legs. The valves prevent the retrograde (backward) flow of blood, when they are incompetent the blood starts pooling in the legs causing swelling, pain and pigmentation.

Slowly the veins enlarge, become tortuous and prominent.

As the skin starts getting affected, it becomes atrophic, pigmented and liable to varicose ulcers.

### **Complications of varicose veins**

Complications include

- Hyperpigmentation of skin
- Scarring of skin, due to atrophic changes
- Non-healing varicose ulcers- least injury to atrophic skin leads to varicose ulcers, the usual location of which is the inner side of lower leg (medial aspect just above ankle)

### **General Management**

- Regular **exercising** ensures that the blood flow in the extremities is maintained. Regular exercising also prevents heart diseases which in turn

precludes venous insufficiency from harvesting veins for cardiac procedures.

- Eating a **fibrous and roughage rich** diet prevents constipation which is one of the reasons for raised intraabdominal pressure (which predisposes to varicose veins)
- **Raising the feet-** this simple position while sitting, in those with predilection to varicose veins can in the long run delay the onset of varicose veins.
- **Massaging from below upwards-** this simple massage practice improves flow of blood and prevents stagnation of blood in lower extremities.
- **Activating soleus-** the calf muscles are called the second heart of the body. Simply moving your heels up and down while your toes are fixed while sitting or standing aids the flow of blood from lower extremities towards heart, preventing pooling of blood.
- **Weight loss**  
Losing weight helps in many ways in tackling varicose veins.
  - It improves cardiac function,
  - Reduces intrabdominal pressure
  - Improves flexibility and care of feet.
- **Stop smoking**
  - Smoking causes oxidative damage to the vessels and may predispose to predominantly arterial blocking, but some recent evidence points to venous damage as well. In general, it is better to stop smoking for a better cardiovascular health.
- Wearing **compression stockings**  
Commercially and easily available in different sizes, compression stockings prevent pooling of the blood in the lower extremities. They sit tightly around the leg and may pose inconvenience to the wearer. Because of this reason their compliance is low. Nevertheless, when properly fitted and regularly used, they slow down the progress of the diseases to a great extent.  
Caution- They are not be used during sleep.

## Medical management

- **Homoeopathic medicine** and

- Giving **constitutional medicine**- this is would be given by your homeopathic physician after detailed case taking and taking many factors into consideration.
- Massaging with **HAMAMELIS Q**- (I generally use **HAMAMELIS Q** 1 drop in 10 drops of oil i.e 1:10 ratio and ask the patient to massage feet from below upwards before sleeping).

Aude Sapere

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