Davali (Varicose vein) from the perspective of Traditional Persian Medicine

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Abstract:

Background and Purpose: Davali or Varicose vein is a common and chronic disease that many people are prone to it. Varicose veins affect women twice as often as men. A varicose vein is often asymptomatic and sometimes can cause a range of symptoms including pain, ankle swelling, edema, telangiectasia and varicose ulcers. Treatment is usually conservative with lifestyle modification, compression therapy, and surgery is done in a few cases. Because there is no definitive treatment in modern medicine, therefore, in this study, from two perspectives of traditional medicine and modern medicine, we reviewed the causes and underlying factors of the disease and its therapeutic methods.

Methods and Materials: The research was conducted in a library method. Four authoritative sources of Traditional Medicine have been investigated using “Noor” software and from modern sources, three review articles have been studied.

Conclusion: Davali (varicose vein) was well known in Traditional Persian Medicine. In Traditional Persian Medicine, special attention is dedicated to age, temperament and personal characteristics such as mobility, nutrition, and place of residency. Treatment of Davali includes lifestyle modification, lower limb bandage, oral and topical medications, phelebotomy and ultimately venous ablation.

Keywords: Davali, Traditional Persian Medicine, Varicose.

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