Home Remedies for Varicose Veins, Simple Yet Effective by Jhon Napier

Article published on December 26th 2011 | Alternative Medicine

Varicose veins are a condition, which is very unhealthy to have. The basic function of the veins in a human body is to carry impure blood to the heart, where it gets purified, and is then sent to the cells of the body. Thus, in that sense, the veins operate in just one way and the valves in it prevent the impure blood from going back to the cells. But sometimes, these valves fail to do so, and as a result, the veins get enlarged, causing the reverse flow of the impure blood. This is the condition which is known as varicose veins. It can happen in any part of the body, but most people suffer from it in the legs.

The reasons for being a victim of varicose veins could be many, ranging from obesity to pregnancy. Lack of physical activity in the body and long hours of standing too can cause this problem.

There are certain home remedies that help to cure this problem without having to spend a lot of money on treatments and over the counter medicines.

First and foremost, a person needs to start avoiding foods such as potatoes, white flour, any other high starch items, alcohol, and even white sugar. These can aggravate the problem, and should thus not be consumed.

Next, a person should start with yoga and deep breathing exercises. The breathing exercises regulate the flow of the blood in the body and help the veins to come under control. At the same time, different yoga postures help in reducing the pressure on the veins, and thereby reduce the pain.

Vitamin E oil can be applied and massaged on the affected areas to get some relief. Alternately, one can use Hazel tea as well. Some people also apply cider vinegar to the affected areas twice daily to experience some relief.

It is said that Vitamin C is very important to be consumed when one wants to get rid of varicose veins. For the same purpose, one can start consuming citrus fruits such as lemons and oranges.

Another option is to have a mud pack applied on the affected area, and leave it overnight to experience good results. Some people also advise the usage of cold packs on the affected areas.

Usually, most of these home remedies work pretty well and get the situation back in control in just a few days. However, if you experience no change or improvement in about a month's time, then you should not hesitate in consulting a doctor, and should get a treatment done as soon as possible. To reduce the pain, hot baths are often good for relief. However, you must check with your doctor if it is actually safe for you to take them.

Some people say that sitting in the AC for a long time too increases pain. If that happens with you as well, then try and avoid cold environments to save the problem from getting complicated further. These tips and remedies will help you in treating varicose veins.

Article Source:
http://www.articleside.com/alternative-medicine-articles/home-remedies-for-varicose-veins-simple-yet-effective.htm - Article Side

Jhon Napier - About Author:
Read about a Home Remedies for Varicose Veins. Also know useful a Home Remedies for Stuffy Nose. Read effective a Home Remedies for Ear Infection.

Article Keywords:
home remedies for varicose veins, varicose veins remedies, varicose veins home remedies, natural remedies for varicose veins, varicose veins remedy

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!