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RESEARCH ARTICLE

UNI5 APPROACH TO TREAT VARICOSE ULCER: A CASE REPORT

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Abstract

Background: A skin condition known as varicose ulcer, sometimes called venous stasis ulcer, is characterised by open wounds that do not heal. It is most common in the areas surrounding the lower ankle and the foot. This case describes the therapeutic evaluation and Uni5 approach treatment for a patient with a similar instance of identified varicose ulcer on her lower extremities.

Case Presentation: A 59-year-old woman who had significant varicose ulcers on her ankle, foot, and toes and had a case history of them for the previous four decades was presented at Uni5 for treatment.

Uni5 Approach of Treatment: Uni5 is a five-element therapy that concentrates on key elements of the underlying ideas that underpin Ayurveda and Siddha's approaches to treating illness. The recommended Uni5 treatment in this case of varicose ulcer included a water/castor oil cleanse of the intestines, food and lifestyle changes, breathing practices, exercise, and medication practises for good health.

Result: The initial Uni5 therapy took place for two weeks, during which time the patient reported a significant decrease in the itchiness and pain brought on by a varicose ulcer. After one month of treatment, the wounds began to heal, and another month of treatment was given. The varicose ulcer was completely treated after two months of regular treatment, and there is no sign that it would return in the future.

Conclusion: The Uni5 strategy to therapy is worthwhile to pursue in order to share its advantages with more patients given the favourable results in reducing the symptoms of varicose ulcers and the cost-effectiveness of the treatment.

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Introduction:-

Varicose ulcers, often referred to as venous stasis ulcers, are non-healing open sores that affect the body's soft tissues and skin. The majority of varicose ulcers are really caused by an irregular or insufficient blood supply in the veins. Generally speaking, it predominantly affects the legs, particularly the ankle, foot, and calf [1]. The hydrostatic pressure in the superficial venous system may then raise as a result, leading to the development of persistent, non-healing open wounds that can negatively impact quality of life [2]. Compression bandages and orally administered anti-inflammatory drugs are the two main components of varicose vein therapy plans [3]. Non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen, in particular, have a history of causing severe allergic reactions in susceptible patients when used to treat oedema. In some cases, however, using these medications to treat oedema may make the condition of any existing ulcers worse [4].

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Patients favour traditional medicines that are safe alternatives, such as Ayurvedic and Chinese therapies, because of the negative side effects of long-term use of these drugs [5]. Numerous studies indicate that many herbs used in these treatments may reduce leg edoema and venous leakage [6, 7]. Based on the PanchaBhutas, or five-element theory, these traditional medical systems, like Ayurveda and Siddha, address illnesses holistically.

The Uni5 system, which consists of five elements that are integrated into a single phenomenon, is one of the most promising traditional practises (the unified five elements). In one's being, these five elements are known as the body, mind, intelligence, self-awareness, and unity-consciousness. The improvement of a person's health and well-being is facilitated when all these elements work in unison [8–10].

Case Presentation:

A 59-year-old female started developing a Varicose Ulcer in both legs in 1981. In 1990, her left leg varicose veins got operated on. However, the patient continued to have varicose veins in her right leg. The patient was on allopathy and Siddha medication on and off for the varicose veins. She does not have any family history of varicose veins. As her Varicose Ulcer developed into deep wounds in May 2019 and she started naturopathic treatment for six months. Initially, the naturopathic treatment helped her in treating the symptoms but later it worsened the conditions. So, she dropped naturopathic treatment. Then she consulted an allopathy doctor. The doctor suggested treating the ulcer first and recommended operating the ulcer on the right leg to avoid its recurrence in the future. She did not want to lose her limb and so she approached Uni5 at the end of November 2019.

Uni5 System Approach:

Uni5 is a form of alternative medicine developed based on five principal elements guiding the Ayurveda and Siddha.

Ancient Indian medical literature distinguishes “Energy functionality based on its five qualities as follows:

1. The transcending quality is denoted by the **space element**,
2. The localising quality is denoted by the **air element**,
3. The quality of interacting with other elements is denoted by the **fire element**,
4. The quality of transforming from one form to another is denoted by the **water element**
5. The quality of being stable is denoted by the **earth element**.

The Uni5 system is based on the recovery of ancient traditional practises, where the technique of therapy is created in a holistic and individualised approach, targeting all five states, including the physical and emotional aspects of an individual, to reinforce positive traits for their wellness.

Uni5 treatment for varicose ulcers generally involves a combination of bodily cleaning with herbs/oil, dietary adjustments, and treatments to establish the balance between the mind, body, and the Self or Spirit. The Uni5 system used to treat the patient with a varicose ulcer is described in the following manner.

Earth Element- Dietary Modification

The earth, one of the most fundamental and stable elements in the body, plays a crucial role in the healthy operation of our physical body, including the hard tissues like the bones, muscles, hair, nails, ligaments, and tendons. According to the ancient life science of Siddha and Ayurveda, the earth element regulates the body's structural and digestive functions. The earth element also emphasises the value of optimising our eating practises.

The uni5 approach for optimising the earth element followed by our varicose vein patient along with its proven study references are listed below.

1. The patient was instructed to consume whole, unpolished, or unrefined grains that are high in fibre and free of genetically modified organisms (GMOs). The benefits of including an antioxidant diet high in flavonoid groups to lower the pressure in the lymphatic circulation, the risk of blood clotting, and avoid thrombotic occurrences were also mentioned in a thorough study that was published in the Journal of the American College of Nutrition [15].
2. **Intake of organic Citrus medica fermented pickle**-Organic Citrus medica leaves paste with a bit of pepper was suggested. Several research studies suggest, citrus medica has been associated with a number of health advantages, such as anti-catarrhal, capillary protector, diuretic, antibacterial, antifungal,

anthelmintic, antimicrobial, analgesic, powerful antioxidant, and anti-cancer, antidiabetic, estrogenic, antiulcer, and cardioprotective properties.

3. The patient was advised to **consume Triphala** before going to bed daily. Triphala is one of the effective herbs rich in various phytochemicals and is known for its anti-inflammatory properties [16].
4. Additionally, antioxidant-rich dietary modifications were advised, such as the use of heirloom red or black rice varieties, cold-pressed oils for cooking, organic jaggery, and honey as sweeteners, to neutralise damaging free radicals in the body.

However, the bioavailability of the polyphenols and antioxidants in the human system must be sufficient for them to have the desired pharmacological effect. Probiotic meals were advised because the gut microbiome is one of the key contributors.

5. **Probiotics were taken** after cleansing to bring good lactobacillus bacteria into the intestines [13].

Water and castor oil cleansing is an integral part of the Uni5 system to enhance the absorption potential of polyphenols and antioxidants from foods and herbs through the intestines.

Water Element- Cleansing of the Gut and the Internal organs

All of the creations on earth are made up of five elements in different proportions. The human body is also the product of these five principles of compounds in different proportions. Specifically, 72% is water, 12% earth, 6% air, 4% fire, and the rest is space. With water being the most abundant element in our body, cleansing or optimising the body's water composition can show drastic improvement in treating diseases.

In this case study, the effectiveness of hydrotherapy in treating varicose veins showed excellent results in the treatment of varicose veins [11]. The patient was also instructed to drink around 1.5 litres of water first thing in the morning to aid in cleansing the stomach and intestines, the blood, and other organs, reviving them, and eliminating any water-soluble toxins from them in the form of urine [14].

The patient did castor oil colon cleansing, which helps in restabilizing the microflora of the gut in her body. A case report following a similar castor oil cleaning protocol was also shown to have positive effects in treating non-healing varicose veins [12].

Fire Element- Exercise

Exercise is defined as any physical activity that raises metabolic heat and, by extension, the fire element. It improves blood circulation, and it was advised to combine breathing exercises and massage to improve lymphatic circulation with Uni5 Yoga or any style of yoga that stimulates blood circulation. As the patient had trouble doing difficult yoga positions, we suggested that the patient stick to the simple yoga exercises covered below.

1. **Legs-Up-the-Wall Pose (Viparita Karani)** involves placing the legs up on a wall/ assisted firm support for 10-15 minutes. The pose helps relax the stress in muscles. And in ancient practice, this pose is commonly suggested to reduce leg swelling.
2. **Mountain pose (Tadasana)** is a simple-standing pose, It can help reduce pain associated with varicose veins when done on a regular basis [23]. We also instructed her to focus on her breathing pattern while doing yoga poses. She was advised to do this to strengthen her body's communication with her muscles.
3. **Supported shoulder stand (Sarvangasana)** this involves a bit complex posing routine. However, practising it regularly has numerous health benefits. This pose involves lifting and holding the legs up assisted with the support of the shoulders. As she was obese, during the treatment. She insisted to do all the yoga practice moderately, without applying pressure on the affected sites.

The above-mentioned yoga poses helped her body's blood circulation and accelerated her body's natural healing and recovery processes [18]. She saw a noticeable change in how she was able to manage her discomfort and recover after a week of following the aforementioned techniques.

Air Element-Breathing with Awareness

Awareness of the air element or deep diaphragm breathing increases lymphatic circulation as well as body, mind, and self connection, which is essential for enhancing healing. Various studies also report similar healthy impacts of pranayama and breath-conscious yoga practices.

Diaphragmatic Breathing Practice is a simple breathing practise that involves inhalation through the nose and breathing out through the mouth. This diaphragmatic breathing technique has been proposed to stimulate cell rejuvenation during recovery and healing [19].

Space Element- Self-Awareness

Ancient India's spiritual science equated space to one's unifying consciousness. It also refers to the state of mindful emptiness. As the patient was having problems with her sleep pattern due to disturbing thoughts, she was advised to be aware of her connection to the space element and make some charity donations to develop her optimistic outlook on life.

Results And Discussion:-

Before Treatment:

The patient felt excruciating discomfort and itchiness at the site of a varicose ulcer on both of her legs at the time she approaching Uni5 for treatment Uni5 (at the end of November 2019). As seen in Figures 1 and 2, she frequently encountered wounds that scaled, bled, and produced pus (infections) at the wound sites.

Figure 1:- Shows shallow ulceration of soft tissues and pus formation in the wounds caused by a Varicose Ulcer.



Figure 2:- Shows the superficial erythematous erosion in her ankle and foot.



Note: All the Source pictures were collected with patient consent

After Treatment with Uni5 Approach:

The patient reported a significant decrease in the pain and itching brought on by a varicose ulcer after two weeks of Uni5 treatment. Her nocturnal scratching habits first slowed down her healing process. However, Uni5 treatment involves the practise of healthy dietary habits, reducing sugar, gluten, and dairy intake, maintaining gut health, and engaging in pranayama, all of which slowly contributed to faster healing of open wounds and reduced her nocturnal itching habits[20].

Figure 3:- Patient's leg after one month of Uni5 treatment.



(All the Source pictures were collected with patient consent)

The Uni5 approach's recommended practises were put into practise, and a month later, the red, itchy lumps that had been inflicting pain and bruising on her legs began to heal (as shown in figure 3).

Additionally, the course of treatment was extended by one month in order to reap its full effects. Her body was completely cured by the Uni5 treatment after two months of ongoing therapy. Her varicose ulcer is currently fully healed, and there is no sign that it will return.

Discussion:-

The patient has been completely cured of her varicose vein problems with Uni5 approach. Her anxiety about the future and her recovery was completely gone by the time Uni5 treatment was completed. She is currently pain-free and able to carry out all of her tasks without any mental or physical limitations.

The advantages and rationale from science for each step that our patients take are briefly covered in the sections that follow.

The great diversity of good bacteria, fungus, yeast, and other microorganisms found in people's digestive tracts, known as the gut microbiome, is crucial for preserving the body's homeostasis [21]. A lack of diversity in a person's gut bacteria may contribute to the onset of diseases including venous stasis ulcers in the lower limbs and inflammatory or necrotic alterations, according to a number of studies [22]. This continues to be the rationale for numerous traditional recommendations for frequent yoga and gut-cleansing practises to enhance the digestive system and overall health of the body.

Castor oil cleaning helped her to flush out toxins together with abnormal communities of microorganisms from the gut [23]. Ingesting castor oil followed by drinking warm water triggers bowel movements and flushes out the microbial flora that colonises the intestines.

Drinking A2 cow's buttermilk (fat-free fermented milk) after castor oil cleansing, and having fermented rice for a minimum of a week, help her to restore the healthy beneficial bacteria like Lactobacillus and Bifidobacterium in her intestines [24]. The restoration of healthy flora substantially aided in her recovery from the open wounds that weren't healing and prevented pus from forming at the wounds. It also helped her protect herself from infections and encouraged health.

Mind-conscious yoga practices and stretching improved her Lymphatic circulation that in turn enhanced her immune response and helped her in quicker healing [25].

Another key factor that largely contributed to her quicker recovery is the polyphenol-rich diet she was advised to follow. This polyphenol-rich diet, especially including rutin-rich diets, helps in the dilation of her blood, improving blood circulation and overall wound healing mechanisms [26].

Conclusion:-

Varicose ulcers can have a negative impact on a person's quality of life, particularly by causing chronic sleep disruption, excruciating pain, and discomfort. They are characterised by shallow ulceration of soft tissues, improper venous valve function, exudative reddened base, discoloration of pigmented skin, and chronic inflammation of tissues. Finding a safer alternative therapy that is also the most effective is necessary. The Uni5 strategy is one of the most secure methods in accordance with traditional Siddha and ayurvedic practises. This method makes it possible to recover the long-forgotten old and customary practises that our ancestors used to follow.

It is worthwhile for clinicians to pursue the Uni5 method to treatment given the clear therapeutic outcomes, the holistic approach to preventing/relieving the symptoms of varicose ulcers, and the accessibility of its advantages with more patients.

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Consent for Publication

Written informed consent was obtained from the patient for publication of this case report and any accompanying images.

Author Disclosure Statement

No competing financial interests exist.

Conflict of interest:

The authors declare no potential conflicts of interest with respect to the authorship and publication of this article.

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