MS.ID-IJPBS-7062
International Journal of Pharmacy and Biological Sciences-IJPBS™ (2022) 12 (2): 89-94
Online ISSN: 2230-7605, Print ISSN: 2321-3272
Case Report | Biological Sciences | OA Journal | MCI Approved | Index Copernicus

Uni5 Approach to treat Varicose Ulcer: A Case Report

Pradheep Chhalliyil*, Usha Nandini and Neelima Thotta
Sakthi Foundation (Uni5), Research Centre, 1/59 Krishna Nagar 3rd St, Virugambakkam, Chennai - 600092.

Received: 12 Jan 2022 / Accepted: 10 March 2022/ Published online: 01 April 2022
***Corresponding Author Email:** publish@sakthifoundation.org

Abstract

Background: Varicose Ulcer also known as venous stasis ulcer, is a skin disease characterised by non-healing open wounds, especially affecting the regions around the lower ankle and the foot. This case reports the therapeutic assessment and treatment with the Uni5 approach for a patient with a similar case of diagnosed Varicose Ulcer on her lower extremities. **Case Presentation:** A 59-year-old female with four decades of an unresolved case history of severe Varicose Ulcer affecting her ankle, foot, and toes, was presented to Uni5 for treatment. **Uin5 Approach of Treatment:** Uni5 is a five elemental therapy that focuses on the important aspects of fundamental principles guiding Ayurveda and Siddha in treating the disease. As in this case of Varicose Ulcer, the suggested Uni5 treatment involved cleansing the gut with water/castor oil, dietary and lifestyle changes, breathing practices, exercise and medication practices for good health. **Result:** After two weeks of initial Uni5 treatment, the patient reported a drastic reduction in her itching and pain associated with a Varicose Ulcer. The wounds started healing after one month of treatment and so the treatment was continued for one more month. After two months of continued treatment, the Varicose Ulcer was cured completely and there is no evidence of its recurrence in the future. **Conclusion:** Considering the positive outcomes in relieving the symptoms of Varicose Ulcers and the cost affordability of the treatment, the Uni5 approach of treatment is worth pursuing to access its benefits with more patients.

Keywords
Varicose Ulcer, Venous Stasis Ulcer, Skin Disease, Uni5 Treatment, Healing Mechanism

*****

1. INTRODUCTION:

Varicose Ulcer (also known as venous stasis ulcer) refers to non-healing open wounds affecting the skin and soft tissues of the body. The abnormal or limited blood supply in the veins happens to be the cause of most Varicose Ulcers. In general, it occurs mostly in the region on the legs, especially the ankle, foot, and calf [1]. This in turn may increase the hydrostatic pressure in the superficial venous system, causing it to form non-healing/recurring open wounds that can significantly affect the quality of life [2]. Most treatment methods for varicose veins involve the use of compression bandages and oral medications to reduce inflammations [3]. However, the use of anti-inflammatory medications in treating oedema, especially non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen may sometimes worsen the condition of the existing ulcers and are often known to cause severe allergic reactions in prone patients [4].

Considering the adverse effects of long-term usage of these medications, patients prefer safe-

alternative traditional therapies such as Ayurvedic and Chinese therapies [5]. Several studies suggest that many herbs used in these treatments may reduce leakage in veins and swelling in the legs [6,7]. These ancient medical systems like Ayurveda and Siddha take a holistic approach to treat diseases based on the five-element principles, the PanchaBhutas.

One of such promising traditional practices is the Uni5 system, which involves five elements that are integrated into one phenomenon (Unification of five elements). These five elements are distinguished in one's being as the Body, Mind, Intelligence, Self-Awareness, and Unity-consciousness. When all these factors function harmoniously, they contribute to the betterment of the health and well-being of an individual [8-10].

2.1 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.

2.2 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:

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

The Uni5 system relies on retrieving the lost traditional practices where the method of treatment is designed in a holistic and personalized approach targeting all the five states including the physical and emotional states of an individual to reinforce healthy attributes to their wellbeing.

Uni5 treatment for Varicose Ulcers usually includes a combination of body cleaning with herbs/oil, dietary modifications, and therapies to achieve the balance between the mind, body, and the Self or Spirit. The Uni5 system followed for treating the patient with a Varicose Ulcer is detailed as follows.

2.2.1 Earth Element- Dietary Modification

Earth being one of the most basic and stable elements of the body, contributes to the vital functioning of our physical body including hard structures such as the bones, muscles, hairs, nails ligaments, and tendons. According to the ancient life science of Siddha and Ayurveda, the earth element rules the structural and digestive systems within the body. The importance of optimising our eating habits also comes under the earth element.

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

- The patient was advised to **follow a non-GMO (Genetically Modified Organism) diet** of fibre-rich whole unpolished/unrefined grain. A comprehensive study published in the Journal of the American College of Nutrition also suggested the benefits of including an antioxidant diet rich in flavonoid groups to **reduce the pressure in the lymphatic circulation**, and risk of blood clotting, and prevent thrombotic incidents [15].
- **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 for its nutraceutical benefits proven with pharmacological study, anti-catarrhal, capillary protector, antihypertensive, diuretic, antibacterial, antifungal, anthelmintic, antimicrobial, analgesic, a strong antioxidant and cancerous, antidiabetic, estrogenic, antiulcer, cardioprotective properties.
- 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].
- Further, to neutralise toxic free radicles in the body **antioxidant-rich dietary changes** such as the use of heirloom red/black rice varieties, cold-pressed oils for cooking, organic jaggery, and honey as sweeteners were suggested.

However, the polyphenols and antioxidants to desired pharmaceutical effect, they should exhibit

sufficient bioavailability levels in the human system. One of the major factors is the gut microbiome and so probiotic foods were recommended.

- **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 absorption potential of polyphenols and antioxidants from foods and herbs through the intestines.

2.2.2 Water Element- Cleansing of the Gut and the Internal organs

All of the creations on the earth are made up of five elements in different proportions. The Human body is also the product of these 5 principles of compounds in different proportions. Namely 72% water, 12% earth, 6% air, 4% fire and the rest is space. 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]. **Drinking around 1.5 litres of water** first thing in the morning was also followed by the patient to help cleanse the stomach and intestines, the blood, and all organs, rejuvenating them, and removing all 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 also showed to have positive effects in treating non-healing varicose veins [12].

2.2.3 Fire Element- Exercise

Any physical activity increases metabolic heat and hence the Fire element is attributed to exercise. It increases blood circulation and Uni5 Yoga or any form of Yoga that stimulates blood circulation along with breathing exercise and massage to stimulate lymphatic circulation was recommended. As the patient had issues doing complex yoga poses. We advised her to follow simple yoga practices as discussed below.

- **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.
- **Mountain pose (Tadasana)**- is a simple-standing pose, when done regularly it can help reduce pain associated with the varicose veins [23]. We also instructed her to focus on her breathing pattern, while doing yoga poses. This was suggested to improve her muscle-mind connection of the body.
- **Supported shoulder stand (Sarvangasana)**- This involves a bit complex posing routine. However, practising it regularly has numerous health befits. 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.

Following the above-instructed yoga poses, **improved the blood circulation of her body** and stimulated her healing and recovery mechanisms [18]. After a week of following the above practices, she noticed significant improvements in managing her pain and recovery.

2.2.4 Air Element- Breathing with Awareness

Air element or deep diaphragm breathing awareness increases lymphatic circulation and also body, mind and Self connection, which is vital for enhancing healing. Various studies also report similar healthy impacts of pranayama and breath conscious yoga practices.

- **Diaphragmatic Breathing practice**- is a simple breathing practice that involves inhalation through nose and breathing out through the mouth. This diaphragmatic breathing practice was suggested to stimulate her rejuvenation of cells in recovery and healing [19].

2.2.5 Space Element- Self-Awareness

Ancient India 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.

3. RESULTS AND DISCUSSION:

3.1 Before Treatment:

Figure 1

Figure 2

(All the Source pictures were collected with patient consent)

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

At the time of approaching Uni5 for treatment (at the end of November 2019), the patient had unbearable itching and pain at the site of a Varicose Ulcer on both of her legs. She often experienced scaling of wounds accompanied by bleeding and pus formation (infections) at the wounded sites as shown in Figures 1 and 2.

3.2 After Treatment with Uni5 Approach:

Figure 3

(All the Source pictures were collected with patient consent)

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

After two weeks of Uni5 treatment, the patient reported a significant reduction in her itching and pain associated with a Varicose Ulcer. Initially, her nocturnal itching practices hindered her healing mechanism. However, Uni5 treatment involves the practice of healthy eating habits, limiting the sugar, gluten, and dairy intakes, maintaining the gut health and practising pranayama altogether slowly contributed to faster healing of open wounds and reduced her nocturnal itching habits [20]. After implementing and following the practices suggested by the Uni5 approach for a month, the wounded sites and the red tiny bumps all over her legs causing the pruritus started healing (as shown in figure 3). Further, to get its fullest benefits, treatment was continued for one month. After two months of

continued treatment, the Uni5 treatment healed her body from inside-out, now at present her Varicose Ulcer is cured completely and there is no evidence of its recurrence of the disease.

4. DISCUSSION:

The patient has been completely cured of her varicose vein problems with Uni5 approach. At the end of Uni5 treatment, her fear about her future and recovery, was entirely resolved. At present, she can perform all of her activities without any emotional constraints and physical pain.

The benefits and scientific logic behind all the steps followed by our patient are discussed briefly as follows.

The **gut microbiome**-an enormous collection of beneficial bacteria, fungi, yeast, and kind types of microorganisms living in people's digestive tract plays a significate in maintaining the body's homeostasis [21]. Various research support that a lack of diversity in a person's gut microbes could be linked to the development of ailments including Inflammatory or Necrotic Changes, Venous Stasis ulcers in the lower extremities [22]. This remains the reason behind many ancient suggestions for regular gut cleaning practices and yoga practices to improve the gut 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 colonising 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]. This resetting of favourable flora helped her to protect herself from infections and promoted health and contributed greatly to her recovery of the open non-healing wounds and eliminated the pus formation at the wounds.
- **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 diet help in the dilation of her blood, improving blood circulation and overall wound healing mechanisms [26].

5. CONCLUSION:

Varicose Ulcers characterised by shallow ulceration of soft tissues, improper functioning of venous valves, exudative reddened base, discolouration of pigmented skin, and chronic inflammation of tissues can adversely affect one's quality of life, especially causing chronic sleep disturbance, severe pain, and discomforts. There is a need to look for a safer alternative treatment with the highest effectiveness. One of such safest approaches in alignment with ancient Siddha and ayurvedic practices is the Uni5 approach. With this approach, it is possible to retrieve the lost ancient and traditional practices followed by our ancestors.

Considering the definite curative effects, the holistic approach to preventing/relieving the symptoms of Varicose Ulcers and the cost affordability of the Uni5 approach of treatment makes it worth pursuing by clinicians to access its benefits with more patients.

ACKNOWLEDGEMENT:

We thank Mr. T. Arvind Prabhu for editing the manuscript.

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.

REFERENCES:

1. Michaels J, Campbell B, Brazier J, MacIntyre J, Palfreyman S, et. al, Health Technology Assessment Volume: 10, Issue: 13, Published in May 2006 https://doi.org/10.3310/hta10130
2. S C Cotton et. al, Behavioural recovery after treatment for varicose veins 2016 Mar;103(4):374-81. DOI: 10.1002/bjs.10081.
3. Madu Onwudike et. al, Role of Compression After Radiofrequency Ablation of Varicose Veins: A Randomised Controlled Trial,2020 Jul;60(1):108-117. DOI: 10.1016/j.ejvs.2020.03.014. Epub 2020 Apr 8.
4. Int J Surg et. al, Clinical outcomes of different endovenous procedures among patients with varicose veins and iliac vein compression: A retrospective cohort study. 2022 Apr 29; 101:106641.
5. Tafur AJ, Rathbun S.Varicose Veins. Vascular Medicine: A companion to Braunwald's Heart Diseases. doi:10.1016/b978-1-4377-2930-6.00054-9.

6. Ren S, Liu P, Zou N, Tan X. Better outcomes of varicose veins with EVLT alone than in combination with Trivex by GRA. J Grey Syst. 2008;20(3):195–204.
7. Liu P, Ren S, Yang Y, Liu J, Ye Z, Lin F. Intravenous catheter-guided laser ablation: a novel alternative for branch varicose veins. Int Surg. 2011;96(4):331–336.
8. PradheepChalliyil, Sakthi Foundation (Uni5) Research Center, 1/59 Krishna Nagar 3rd St, Virugambakkam, Chennai: 01 Vibration-The Ultimate Pattern. Sakthi Books 2021; 15-30.
9. Ren S, Liu P. Initial clinical experiences in treating 27 cases of varicose veins with EVLT plus TRIVEX. J US-China Med Sci. 2005;2(1):4–8.
10. Vasquez MA, Munschauer CE. Venous Clinical Severity Score and quality-of-life assessment tools: application to vein practice. Phlebology.
11. Melissa Andreia de Moraes Silva, Balneotherapy for chronic venous insufficiency, doi: 10.1002/14651858.CD013085.pub2
12. Deepa Patil, Sangeeta H. Jahagirdhar, Hemant D. Toshikhane, An integrated approach in the treatment of Varicose Ulcer, DOI: 10.4103/0257-7941.123000 · S
13. Lye Huey ShiBeneficial Properties of Probiotics, doi: 10.21315/tlsr2016.27.2.6
14. E. Ernst, Hydrotherapy for Varicose Veins: A Randomized, Controlled Trial, https://doi.org/10.1177/026835592007004O7
15. Katrin S. Blum,Chronic High-Fat Diet Impairs Collecting Lymphatic Vessel Function, doi: 10.1371/journal.pone.0094713
16. Sowmiya Kalaiselvan, The anti-inflammatory effect of triphala in arthritic-induced rats, https://doi.org/10.3109/13880209.2014.910237
17. Yoga For Varicose Veins,By Dr. Nutan Pakhare
18. Sequence to Boost Lymph Flow and Support Your Immune System,by Rachel Land
19. Varicose Vein Treatment: Yoga Style Deep Breathing, Evelyn Jones
20. Douglas W. Wilson, The Role of Food Antioxidants, Benefits of Functional Foods, and Influence of Feeding Habits on the Health of the varicose vein patient: An Overview, doi: 10.3390/antiox6040081
21. Pengyi Zhang, Commensal Homeostasis of Gut Microbiota-Host for the Impact of Obesity
22. Michael Kriss, Low Diversity Gut Microbiota Dysbiosis: Drivers, Functional Implications and Recovery
23. Tzu-Kai Lin, Anti-Inflammatory and Skin Barrier Repair Effects of Topical Application of Some Plant Oils
24. Rasnik K. Singh, Influence of diet on the gut microbiome and implications for human health
25. Dr. Madhur Guruprasad Aggithaya, Yoga and immune system functioning: a systematic review of randomised controlled trials
26. Tess De Bruyne, Dietary Polyphenols Targeting Arterial Stiffness: Interplay of Contributing Mechanisms and Gut Microbiome-Related Metabolism.