

**VARICOSE VEIN DILATION: ITS RELEVANCE, PREVENTION, AND THE IMPORTANCE OF PHYTOTHERAPY**

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**Annotation:** Varicose vein dilation is characterized by the expansion of blood vessels in the lower limbs, thinning of their walls, and insufficiency of the venous valves. This article provides a scientific overview of the epidemiology, risk factors, pathogenesis, modern and traditional treatments of varicose veins, including the practical role and effectiveness of phytotherapy. Particularly, a comprehensive approach to combating varicose disease is presented based on statistical data from Uzbekistan and around the world.

**Keywords:** varicose vein dilation, venous insufficiency, phytotherapy, traditional medicine, prevention, treatment, herbal medicines.

**Introduction:** Varicose vein dilation is a chronic venous disease characterized by the pathological expansion of superficial veins in the lower extremities, which is widespread and causes serious health problems. According to the World Health Organization (WHO) data from 2022, 25–30% of women and 10–20% of men worldwide suffer from varicose veins [1]. Epidemiological observations conducted in Uzbekistan indicate that 32% of women and 18% of men over the age of 40 exhibit clinical signs of varicose disease [2]. The disease is associated with other pathologies of the cardiovascular system, and factors such as a sedentary lifestyle, pregnancy, excess weight, and prolonged standing contribute to its development. If left untreated, it can lead to severe complications such as trophic ulcers, hemorrhages, and thrombophlebitis [3].

**Recommendations:**

Lifestyle changes are essential, including increased physical activity, weight loss, avoiding prolonged standing, and elevating the legs for rest.

**Modern treatment methods:**

Sclerotherapy, laser coagulation, and minimally invasive surgeries (phlebectomy) are used in moderate and severe stages of the disease [4].

**Importance of phytotherapy:**

Phytotherapy is one of the natural treatment methods that helps alleviate varicose disease. The following natural remedies are widely used in traditional medicine: Infusion of Andiz, mavrak, and mint: 100g of each is brewed in a thermos. Drink 150 ml four times a day. Topical application of pomegranate flower: Dried pomegranate flower is soaked and applied to varicose areas – it reduces bruising. Infusion of yarrow, rue, and St. John's wort: One teaspoon of each, taken twice daily. Mixture of mountain thyme, lemon balm, and yarrow:

Brewed for one hour and consumed – improves blood circulation. Infusion of nettle leaves: Half a glass is consumed three times a day. Baths with wild thyme: Prepared with willow, oak, burdock, chamomile, and rye bread. Take a 30–40-minute bath at 38–40°C. Pepperweed compress: Made from rye flour, unrefined oil, and pepperweed – applied to affected areas. Mixture of walnuts and olive oil: Infused in sunlight and applied externally. Apple cider vinegar: Used both internally and externally. The infusion is made from “Antonovka” apples and consumed with honey. Infusion of marigold, bloodroot, St. John’s wort, and mavrak: 150 ml, four times a day. Decoction of oak, willow, and chestnut branches: Prepared with chamomile and thyme. The treatment course lasts for 20 days, with a 5–10 day break before repeating. These phyto-recipes, when applied under clinical supervision, improve venous circulation, reduce symptoms, and enhance the quality of life for patients [5].

### Conclusion:

Varicose vein dilation is one of the most common vascular diseases in modern society. If the early symptoms are overlooked, it can lead to severe complications. A comprehensive approach to treatment, including the integration of modern medical methods and phytotherapy, yields effective results. Herbal remedies can ease symptoms in early stages, improve circulation, and accelerate recovery. Scientifically grounded traditional medicine has demonstrated effectiveness in practice.

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