

ETIOLOGY OF VARICOSE VEINS
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The beginning of a rock song in the seventies went like this:

*I don't need a doctor
Cause I know, what is ailing me.*

In these two lines I can read:

First: by nature human being does not need a doctor

Second: if he knows, what is causing his misery, he can avoid it himself, without anybody's help.

The same is true with varicose veins.

Essentially Human being does not need a phlebologist.

Every varicose vein was an untroubled vein in the beginning.

If we knew the cause for the change, we could avoid the problem.

Without doubt there is this cause, but it is unknown to the knowing science, it is hidden from mankind and there is a reason for this phenomenon.

Today I will unravel the mystery.

By:

checking the confusing list of so called risk factors for their role in etiology of varicose veins.

I will show you that there is a one and only cause of varicose veins.

I try to explain how the change is happening

And why the cause has not been revealed so far.

Precondition for a diseasing factor is, that it is present in the patients life. If it is not, then it cannot be the reason.

Now.

What do we read in books of science and hear from our patients?

Obesity makes varicose veins.

On one side more and more fat people come to see me. So it would make sense to see this as a cause. When we look on the other side, we see enough absolutely not fat patients as well.

That is why obesity is not the reason for varicose veins.

Weak **connective tissue**

Yes- very often we see patients with very weak tissue on their legs. On the other hand though sportsmen with very strong muscles and no sign of tissue degeneration as well.

Bad connective tissue does not cause varicose veins.

With **pregnancy-**

Yes- here we are: many women report, that it all started during pregnancy. No doubt – this is true, but many women without children come to my office, even more- men, who will never get pregnant are affected as well.

Again: Pregnancy is not the cause.

Heredity

Is to blame: One of the most frequently heard theories. In fact – many report the enlarged veins to be at the same spot, where also mother and grandmother had it before. -----That he was the only one in the family ever to have such ugly legs is heard also often enough.

This is why also heredity cannot be blamed to be the factor for varico-genesis.

Next risk-factor: **standing**

People, who stand a lot in their professional work seem to be affected very much. But- again here we have the other group - also people, who definitely do very little standing come as patients with the problem to us. Again: no factor, which can stand my crosschecking.

At this point I want to anticipate part of the discussion:

Multi-factorial would be the cause, say many critics. I can answer: if we have patients, where not a single one of the risk-factors is found, then how could we see multi-factorial influence as the cause?

Risk-factors are never ever the cause of a disease.

There is one on my list is

Sitting.

All of us sit. All human beings sit. It seemed to me, that here my cross-checking system is not possible, as we all do it and I can not form two groups.

But stop! In the Western civilised countries this disease is wide spread, while there is a relative or almost absolute freedom – or has been so far- from it in Eastern or primitive peoples respectively.

There must be a reason for this undoubted observation.

Are we in the West maybe sitting differently or more than other human beings, who apparently are less affected?

Let us have a look around.

Small children are sitting on the ground. There is no child under the age of 10 years to have varicose veins all over the world.

But among grown-ups there is a difference. In cultures in Asia, Africa, southern-America, Australia - everywhere, where other cultures still are existing, men are also sitting on the ground like they did, when they were children. They use their legs for squatting, kneeling or some other way to sit and resist the force of gravity. **This is natural sitting.**

And look: there we find regions with decreasing western influence where little, hardly any and no varicose veins are seen at all. Even though there live many even billions of people. And also these people stand, are pregnant, are born and so can inherit from their parents, and still do not ever have varicose veins. If these people move to an area of western influence they become phlebological patients after a while in the same extent as we in the West already are.

The difference in the West the change to the chair

We Western – and you westernized - people also think, that we sit, because we have been told, that this is the proper expression. But to sit is an active word, while in reality it is the unnatural instrument chair, which does the work for us. We are doing nothing we are held by the chair. It is chair-sitting, hanging in it, being suspended by the chair, **unnatural sitting**, Western sitting- I am still looking for a proper expression for this in-activity..., which over the years is causing a change in our bodies. Varicose veins are seen only on the legs, which are deprived of their natural activity.

So sitting on chairs must be the cause for varicose veins as in the other group of people, who do not sit on them, there are no varices.

The contribution and correlation of risk-factors.

Lets have a look once more on these to define their importance. To stand a lot is increasing the extension¹, an inherited readiness is possible, but only will be activated by chair- sitting, pregnancy is often the time of first appearance, but never the cause of varicose veins. Bad- connective- tissue and obesity are coexisting symptoms of unnatural inactivity such as being held by the chair

Besides detecting risk factors not to be the cause and the shown **epidemiological** data a plausible model of the pathogenetic process can support my point of view.

PLAUSIBILITY – MODEL OF TRANSFORMED ANATOMY

The wonder of our body is constantly adapting to the needs of life. In natural surroundings the result is health, physiology, natural perfection. When this principle is misled, by unnatural circumstances, the result is obviously another one. So- held in the chairs for many hours everyday there is no need for activity, with the result of weak legs. But weakness alone is not causing varicose veins yet. If it would, then we could expect a change in all veins of the leg, which is not the case. –

The central process of varicose vein development: Anatomic change of the leg. Adjusting to the form of the unnatural chair—all tissues degenerate. The double rectangular, cast like immobilisation in hip and knee produces shortening and atrophy in some, extension or hardening and hypertrophy in other tissues at the

¹ In the lecture of Dr. Pritek during VAICON 2009: Does occupation matter?- it was clearly shown, that workers, who stand for 8 hours daily are more affected by venous insufficiency than workers, who sit during their work.. There are more complaints and more objective signs in form of varices and refluxes in colour-duplex. Both groups of workers are part of an industrialized population, which is sitting during their time apart from work. Their body has already been modified during youth. Now, when working in a sitting way, the body is ready for this. It is modified anatomically to CVI in 10 to 15% . When sitting and standing adequately same hours a day, than, the body is confused. Blood flows in one way and it has to flow the other way too. Varicose veins are defined to have reflux. This is right, but it is also without doubt a vein, where also proflux is present, depending on the kind of muscle-contraction. So: Varicose veins are such with reflux and proflux. They are so and so. They are crazy, unnatural, not physiological, changed from their perfection in nature to adapted need in unnatural life.

The observation of the lecture is right. The conclusion must be, that chair-sitters, who work in standing professions **aggravate** the CVI, which is found in all industrialized people the same.

same time: **Anatomy is transformed** to a different state of beingmeaning away from physiology.

This can be seen in altered shape and noticed in mutated function.

There is an increase of calf-muscles, while muscles of the medial thighs are atrophic and replaced by fatty tissue. The average- European cannot squat or kneel anymore when grown up, like we all once were able as children, while traditionally living old Indians still can do that. The way we walk is different from the walk of Africans where as on paintings of former times it looks as if it was alike then. The harmony of muscular synchronisation is now out of order and so is the transport of blood out of them. One of many possible results of this transformation is: varicose veins with blood flow back and forth.

---Muscular disorder- venous disorder---

What I would like to make clear here is, that varicose veins are the result of a change in anatomy when the body adjusts to the chair.

This is a simple explanation it is logic, makes sense too and therefore might be the truth.

Why has it not been found

There are different reasons, why what I presented to you, has not been detected so far. First of all the changing process is so slow, that we can notice the result only after 10 years or more in the individual. And we tend to think it was the tribute to growing older.

In addition:

Western people – doctors included - cannot realize the changes in the legs, because natural postures like squatting are not done anymore as chairs are all over the place and squatting is looked at as primitive, strange, somehow unbecoming, unsocial, even rude behaviour. This is why lost function is not noticed in everyday's life in the West.

Furthermore: all the legs that we see are chair-sitters-legs. European and American eyes cannot realize these legs to look un-natural as we do not see natural legs anymore.

Then-

People who sit on chairs are chair-sitters all over their body. Even their eyes are chair-sitting eyes. A poet put this phenomenon in words:

“The funny thing about a chair- you hardly see its there.”

Two more reasons for the truth to be hidden are:

Medicine offers simple and easy ways out of the problem and is busy discussing them over and over again. So maybe therefore nobody is interested in detecting the background.

Finally:

There are affected peoples, which therefore are asking for the cause, but they are blind or blinded by the errors of science. People, who are not in need on the other hand would maybe see, but do not have the question on their mind.

There is no exchange between the two groups.

Ladies and gentlemen

You experience a moment in the history of India with a skyrocketing incidence of venous diseases.

I came all the way to you in the hope that your Indian eyes – still surrounded by hundreds of million of people, living traditionally on the ground, free of chairs and free of varicose veins – are able to see the importance of my message.

In your Nation there still is a chance for effective natural and cheap prevention of varicose veins and other venous diseases by stopping people from climbing up the chair. Tell them not to do this.

The contemporary version of the rock song now could go like this:

“You don’t need no doctor, cause now you know, the chair is ailing you!”

Thank you very much for your attention.