

## **VARICOSE VEINS — HEMORRHOIDS**

by Jeanne Rose

### **Calendula Infused Oil:**

Make Calendula infused oil using fresh Calendula flowers and a good grade of Olive oil (but not the green extra fancy from California). Calendula flowers are in bloom in June in California and later in the season in states to the east such as Montana. [1 lb fresh orange Calendula flowers to 1 gallon of good Olive oil, use the recipe in *The Aromatherapy Book, Applications & Inhalations* by Jeanne Rose]. Use what you need and keep the balance refrigerated.

**Massage Oil:** To 2 oz of the Calendula infused oil (for varicose veins) or Bruise Juice (for hemorrhoids), add 10 drops Cypress, 20 drops Lemon and 10 drops Juniper and 10 drops Rosemary. Massage very lightly and work up from the feet towards the heart concentrating on the area on the legs with the varicose veins moving your hands upwards in long strokes. Cypress is a venous decongestant while the other oils can act as astringents and reduce edema. Add the tincture of Horse Chestnut to the massage oil for added benefits.

**Essential Oils:** Essential oils for varicose veins and hemorrhoids include Cypress (*Cupressus sempervirens*) as a cleansing astringent, Lemon (*Citrus limon*) as refreshing astringent, Juniper berry (*Juniperus communis*) as an astringent, Cajuput (*Melaleuca cajuputi*) as an antiseptic, and even West Indian Sandalwood (*Amyris balsamifera*) as a venous decongestant.

Celery seed oil (*Apium graveolens*) can also be added to any massage formula — it acts as a tonic, sedative and is useful for lymphatic drainage. Another essential oil for varicose veins is Helichrysum (from Corsica). This is a beautiful light green oil with a particular honey scent. 10 drops of this essential oil added to Calendula infused oil can be used alternately to the above formula.

An especially helpful essential oil to minimize varicose veins is Yarrow (*Achillea millefolium*) which is a pale blue to dark blue essential oil. It is anti-inflammatory and is used in skin care for acne, eczema, and inflammation — used externally to minimize varicose veins and to reduce scars.

**Hydrosols:** Many different hydrosols can be used to cleanse the area of a hemorrhoid. These would include Juniper berry as an anti-bacterial cleanser, Cypress, Tea tree, and Lavender to soothe. For varicose veins these same can be used including Helichrysum as a warm or cold compress. Yarrow and Witch Hazel hydrosol are of especial use in the treatment of varicose veins and hemorrhoids. These hydrosols can be used externally as a wash and astringent cleanser and can also be taken internally as a therapeutic treatment (1 T/8oz glass of water R<sub>x</sub> 1-3 times/day).

**Foods:** Eat foods with vitamin C and bioflavonoids. Eat colored foods, berries, cranberries, purple grapes, and cherries for flavonoids as well as the whites of the Orange. Eat dark green foods, vegetables, wild foods such as Nettles and Dandelion greens and blue foods such as blue Potatoes, blue broccoli, purple long beans.

**Herbs:** Horse Chestnut extract (*Aesculus hippocastanum*) is used as a treatment for Varicose Veins and hemorrhoids (add tincture to a sitz bath).. It is well documented as a relief for chronic venous insufficiency and edema. The seeds are dried, pulverized, and soaked in alcohol. Water is added to bring the % down to 60-80%. The seeds contain hydroxycoumarins, flavonoids, tannins, and aescin which is the most active ingredient. Adverse reactions of taking the tincture/extract are rare. Take the extract 2-3 times per day or use it in creams, lotions, massage oils in combination with Horsetail, Cypress, Rosemary and Citrus.

**Vitamins:** vitamin C, E, Zinc at night with your Calcium/Magnesium and B6 and then your regular B vitamins in the morning. If you go to the health food store you will find some really good specific vitamin formulas for Varicose veins. You might want to try them.

**Exercise:** Swimming

**Formula for Hemorrhoids & Varicose Veins:** Take 30 drops (1 ml) each of Cypress, high linalool Lavender, MQV. Put into a ½ oz glass bottle. Mix them together completely. Add 120 (4 ml) drops of Bruise Juice. Mix together. Apply regularly to the hemorrhoids or apply by gentle massage to the varicose veins. This formula is available from Jeanne Rose Aromatherapy for \$50/bottle + shipping and handling.

**Source for Bruise Juice.** Call 415/564-6785 or fax order to 415/564-6799 or e-mail to [info@jeannerose.net](mailto:info@jeannerose.net). The web address is [www.jeannerose.net](http://www.jeannerose.net).

**Bibliography:** Rose, Jeanne. 375 *Essential Oils & Hydrosols*. \$15 at above address.

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