

The Best Natural Venous Insufficiency Treatment

The veins of the body are responsible for the transfusion of blood from the heart. When the veins face trouble in sending blood from the limbs back to the heart, then the condition of [chronic venous insufficiency](#) arises. The condition hampers the blood circulation in the veins of the leg. Several factors have been identified to be the cause behind the venous insufficiency. One of the primary reasons behind the issues is blood clot known as deep vein thrombosis and varicose veins.



Venous insufficiency leads to weakening of the leg muscles, thus causing a problem in regular activities such as walking and standing. According to **vein specialists**, diseases tend to impact women more than men. Some of the other common causes of venous insufficiency are:

- Obesity
- Pregnancy
- Smoking
- Cancer
- Muscle Weakness
- Injury
- Heredity

There are several **venous insufficiency symptoms**, and amongst them, the common ones are as follows:

- **Swollen legs** and ankles
- Painful legs
- Leg cramps
- Heavy legs
- Itching
- Varicose veins
- Skin discolouration
- The tightness of the calves

The minor cases of venous insufficiency can be treated easily with natural remedies. However, the severe cases of it require medical attention. So if you're suffering from venous insufficiency, then

this post is meant for you. Here is a list of some of the natural **venous insufficiency treatment** ways.

Top 5 Natural remedies for treating Venous insufficiency

The issue of venous insufficiency causes difficulty in everyday life activities. The home remedies provide some relief to the pain occurred due to venous insufficiency. Here are the best natural resources that go a long way as **chronic venous insufficiency treatment**.

1. Horse chestnut extract

Horse chestnut extract is one of the most promising natural medicine for treating venous insufficiency. The herb is known for its anti-inflammatory ability. The herb is also known for its ability to improve the blood circulation in the veins.



2. Red Vine Leaf

According to [venous insufficiency treatment Houston](#), red vine extract has antioxidants which help in reducing inflammation. The extract is said to strengthen blood vessels and improve blood circulation in the legs. Red vine extract is known to have healing abilities and reduces pain in heavy **swollen legs**.

3. Sweet clover

Sweet clover is a perennial herb that has been medically used for thousands of years. Sweet clover contains coumarins which is a potent anticoagulant. The herb helps in treating the blood clot in the veins, which is the primary **chronic venous insufficiency cause**.

4. Gotu Kola

Gotu Kola is a native plant of Asia and is famous for its ability to treat venous insufficiency. The plant also stimulates the production of collagen which heals the vein walls and tissues. The plant is known to treat **venous insufficiency symptoms** such as swelling and itching.

5. Bilberry

Bilberry contains the antioxidant anthocyanosides, which helps in strengthening the blood vessels and capillary walls. The plant treats blood circulation problems and also is a cure for chronic venous insufficiency. Bilberry also helps in reducing the growth of blood vessels which leads to the formation of varicose veins.

So these are a few natural cures for venous insufficiency. For more information about the treatment of chronic venous insufficiency, visit veintreatmenttx.com.