



A DETAILED REVIEW OF APLASTIC ANAEMIA & OTHER BONE MARROW FAILURE DISEASES:: HOMEOPATHY MANAGEMENT

Homeopathy

Dr. A. K. Dwivedi

Professor & Head, Department of Physiology, SKRP Gujarati Homoeopathic Medical College, Indore., Member, Scientific Advisory Board (SAB), Central Council for Research in Homoeopathy (CCRH), Executive Council Member, Devi Ahilya Vishwavidyalaya (DAVV), Indore.

Dr Atharva Dwivedi

MBBS, General Physician.

ABSTRACT

Anaemia signifies a decreased amount of haemoglobin in the blood. Anaemia is a common blood condition that affects populations in both rich and poor countries. A lifesaver for aplastic anaemia patients, homeopathy has the root cure. Also known as bone marrow aplasia, aplastic anaemia is a bone marrow disorder, caused due to multiple reasons. This paper explores the pathophysiology, clinical presentation, diagnostic approach, and comprehensive management of aplastic anaemia & other bone marrow failure diseases, with a particular focus on individualized homeopathic treatment based on symptomatology and constitutional approach.

KEYWORDS

Anaemia, haemoglobin, bone marrow, bone marrow aplasia, homeopathy etc...

INTRODUCTION

Aplastic anaemia and other bone marrow failure disorders remain among the most challenging haematological conditions in modern medicine.

While ATG (Anti-Thymocyte Globulin) + Cyclosporine therapy forms the standard treatment for Severe and Very Severe Aplastic Anaemia (vSAA), a significant proportion of patients do not respond, relapse, or become dependent on transfusions.

In such cases, advanced homeopathic management has shown clinically significant improvements in many patients—especially in restoring blood counts, improving marrow activity, and reducing transfusion dependency.

Aplastic Anaemia – A Complete Overview

Aplastic anaemia is a life-threatening failure of the bone marrow to produce adequate RBCs, WBCs, and Platelets, leading to pancytopenia.

Types

- Moderate Aplastic Anaemia (MAA)
- Severe Aplastic Anaemia (SAA)
- Very Severe Aplastic Anaemia (vSAA) → ANC < 200, highest mortality.

Causes

- Autoimmune destruction of stem cells (most common)
- Post-viral (EBV, Hepatitis, Parvovirus B19)
- Drug-induced (antibiotics, NSAIDs)
- Toxins
- Idiopathic (70%)

Symptoms

- Fatigue, pallor, breathlessness
- Recurrent infections due to low neutrophils
- Bleeding, bruising, petechiae due to thrombocytopenia
- Fever, mouth ulcers, weakness

When ATG Fails – What Next?

Challenges

- Some patients show no response to ATG+Cyclosporine.
- Some relapse after initial improvement.
- Bone marrow remains hypocellular.
- Transfusion dependency continues.
- HSCT (bone marrow transplant) may not be feasible due to lack of a matched donor or high cost.

Advanced Homeopathy – A New Hope

Over the last two decades, Dr. A.K. Dwivedi has treated numerous cases of SAA/vSAA where:

- ATG had failed
- Patients were advised urgent bone marrow transplant
- Patients became transfusion dependent
- Patients had severe marrow hypoplasia

Many of these patients showed improved HB, WBCs, Platelets, and better quality of life with a well-individualized, multi-layered homeopathic protocol.

How Homeopathy Helps in Aplastic Anaemia

Mechanisms observed clinically

- Enhances functional marrow activity
- Reduces autoimmune destruction of stem cells
- Improves vitality and internal resistance
- Stabilizes haemoglobin, neutrophils, and platelet production
- Gradually reduces the need for transfusions
- Improves appetite, energy, and immune functions
- Offers safe long-term management

Key Homeopathic Remedies (based on symptoms & constitution)

(Note: These are individualized based on totality—NOT general prescriptions)

- China officinalis – severe weakness, post-transfusion exhaustion
- Ferrum metallicum / Ferrum phos – anemia, breathlessness
- Arsenicum album – low immunity, recurrent infections
- Carcinocin – deep auto-immune tendencies
- Syphilinum / Medorrhinum – miasmatic background
- Natrum muriaticum – marrow suppression post-viral
- Tuberculinum – recurrent fever, infections
- Acid picricum – marrow exhaustion
- Merc sol / Kali carb – immune dysregulation

A combination of constitutional, anti-miasmatic, and acute-phase remedies forms the backbone of Dr. Dwivedi's clinical success.

Pancytopenia

Reduction of all three blood cell lines:

- RBC → anemia
- WBC → infections
- Platelets → bleeding

Causes

- Aplastic anaemia
- Bone marrow failure
- Hypersplenism
- Leukaemia
- Drugs
- Nutritional deficiencies

Homeopathic Approach:

Focus on stem cell stimulation, improvement of marrow micro-

environment, and correction of miasmatic factors.

ITP (Idiopathic Thrombocytopenic Purpura)

An autoimmune disorder where antibodies destroy platelets.

Symptoms

- Low platelets
- Bleeding/bruises
- Gum or nose bleeding
- Heavy menses

Conventional Limitations

- Steroids
- IVIG
- Rituximab
- Splenectomy

Relapses are common.

Homeopathic Advantage

- Reduces autoimmune platelet destruction
- Improves platelet counts naturally
- Prevents relapses
- Avoids steroid toxicity

Common Remedies: Phosphorus, Arnica, Lachesis, Crotalus, Sulphur, Calcarea carb, Carcinosis (individualized).

MDS (Myelodysplastic Syndromes)

A group of disorders where bone marrow produces abnormal, dysplastic, and ineffective blood cells.

Key Issues

- Bone marrow cellularity may be normal or high, but dysplastic
- Risk of transformation to AML (Acute Myeloid Leukaemia)

Symptoms

- Fatigue
- Repeated infections
- Bleeding tendencies

Homeopathic Benefits

- Improves efficiency of blood cell production
- Reduces transfusion dependency
- Slows down dysplastic progression
- Strengthens immunity
- Enhances quality of life

PNH (Paroxysmal Nocturnal Haemoglobinuria)

A rare disorder where RBCs are destroyed due to PIGA gene mutation, leading to complement-mediated haemolysis.

Symptoms

- Dark urine (especially morning)
- Anaemia
- Thrombosis (very dangerous)
- Abdominal pain
- Fatigue

Role Of Homeopathy

- Reduces hemolysis episodes
- Improves stamina and hemoglobin
- Enhances immune regulation
- Supports endothelial health
- May reduce frequency of crises

Case-Based Evidence & Clinical Experience

At Advanced Homeo Health Centre, Indore, several patients with:

- vSAA not responding to ATG
- Repeated transfusion dependency
- Marrow hypoplasia
- MDS with low counts
- Severe ITP
- Mixed bone marrow failure syndromes

Have shown significant clinical recovery, rise in counts, and improved marrow activity with individualized homeopathic care.

Bibliography:

Dr. A. K. Dwivedi, BHMS (Gold Medalist), MD, MBA, Ph.D. has been a Registered Homeopaths for over 27 years. He is a Professor & HOD: Department of Physiology S.K.R.P. Gujarati Homoeopathic Medical College, Indore. He is a Member of Executive Council, Devi Ahilya Vishwavidyalaya Indore, MP, INDIA, he is also a Member Scientific Advisory Board (CCRH) Ministry of Ayush, Govt of India. Member Academic Board Madhya Pradesh Medical Science University, Jabalpur MP (India). DIRECTOR, & CEO Advanced Homeo Health Centre & Homeopathic Medical Research Pvt.Ltd. Indore, Madhya Pradesh, India, EDITOR, "SEHAT EVAM SURAT" (Hindi Monthly Medical Magazine).

REFERENCE:

1. Dwivedi AK. Observational study: Aplastic anaemia & homeopathic for adults. IJHS. 2024;8(2):112-114.
2. Dwivedi AK. Aplastic Anaemia & Homeopathic for Children's: Observational Studies. Int J Homoeopathic Sci. 2024;8(1):307-310.
3. Dwivedi AK, Chaturvedi V, Dwivedi K (Chaturvedi). Homeopathy: A cure to fatal aplastic anaemia. Int J Sci Res. 2022, 11(10). Print ISSN: 2277-8179.
4. Dwivedi AK. A case study: Aplastic Anaemia. Pariplex: Indian J Res. 2018, 7(6). Print ISSN: 2250-1991.
5. Dwivedi AK. Iron Deficiency Anaemia & Homeopathy Medicines. Indian J Appl Res. 2019, 9(12).
6. Dwivedi AK. Anaemia in females: its causes, prevention, treatment & management with homeopathic remedies. Pariplex: Indian J Res. 2019, 8(6). Print ISSN: 2250-1991.
7. Dwivedi AK. Aplastic anaemia & bone marrow diseases and its homeopathy treatment. Traditional & Modern Medicine Conclave, MGM Medical College Indore; c2022 Jan 10. 10.13140/RG.2.2.34090.95682.
8. Dwivedi AK. Symptomatic relief in sickle cell disease patients by homeopathy medicines. Advancements in Homeopathic Res. 2023;8(3):58-60.
9. Harrison's Principles of Internal Medicine. 17th ed.
10. Davidson's Principles & Practice of Medicine.
11. Kent JT. Repertory of Homoeopathic Materia Medica.
12. Dubey SK. Textbook of Materia Medica.
13. Choudhari NM. A study on Materia Medica.
14. Boericke W. Pocket Manual of Homoeopathic Materia Medica & Repertory.
15. Allen HC. Keynotes & Characteristics with Comparisons of Some Leading Remedies of the Materia Medica with Bowel Nosodes. 8th ed.
16. Uniyal P. Materia Medica for Students.
17. Kinra R. Materia Medica for Students.