



ORIGINAL RESEARCH PAPER

Medical Science

A CASE STUDY: APLASTIC ANAEMIA

**KEY WORDS:** Aplastic Anaemia, Hypoplastic Marrow, Pancytopenia, Homeopathy Medicines, Defect, Patients, Genetic. Homeopathic Treatment

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ABSTRACT

Aplastic anemia is pancytopenia with bone marrow hypocellularity, It's a rare disease in which the bone marrow and the hematopoietic stem cells that reside there are damaged. This causes a deficiency of all three blood cell types (pancytopenia): red blood cells (anemia), white blood cells (leukopenia), and platelets (thrombocytopenia). *Aplastic* refers to the inability of the stem cells to generate mature blood cells. In this study the patients were treated with Homeopathy medicines and their recovery was monitored.

INTRODUCTION:

Aplastic anemia develops when damage occurs to your bone marrow, slowing or shutting down the production of new blood cells. Bone marrow is a red, spongy material inside your bones that produces stem cells, which give rise to other cells. Stem cells in the bone marrow produce blood cells — red cells, white cells, and platelets. In aplastic anemia, the bone marrow is described in medical terms as aplastic or hypoplastic — meaning that it's empty (aplastic) or contains very few blood cells (hypoplastic).

Factors that can temporarily or permanently injure bone marrow and affect blood cell production include:

- **Radiation and chemotherapy treatments.** While these cancer-fighting therapies kill cancer cells; they can also damage healthy cells, including stem cells in bone marrow. Aplastic anemia can be a temporary side effect of these treatments.
- **Exposure to toxic chemicals.** Exposure to toxic chemicals, such as some used in pesticides and insecticides, may cause aplastic anemia. Exposure to benzene — an ingredient in gasoline — also has been linked to aplastic anemia. This type of anemia may get better on its own if you avoid repeated exposure to the chemicals that caused your initial illness.
- **Use of certain drugs.** Some medications, such as those used to treat rheumatoid arthritis and some antibiotics, Painkiller, Steroids Anti Malarial Antipyretic can cause Aplastic Anemia.
- **Autoimmune disorders.** An autoimmune disorder, in which your immune system begins attacking healthy cells, may involve stem cells in your bone marrow.
- **A viral infection.** Viral infections that affect bone marrow may play a role in the development of aplastic anemia in some people. Viruses that have been linked to the development of aplastic anemia include hepatitis, Epstein-Barr, cytomegalovirus, parvovirus B19, and HIV.
- **Aplastic anemia that occurs in pregnancy** may be related to an autoimmune problem — your immune system may attack your bone marrow during pregnancy.
- **Unknown factors.** In many cases, doctors aren't able to identify the cause of aplastic anemia. This is called idiopathic aplastic anemia.

Confusion with myelodysplastic syndrome

Aplastic anemia can be mistaken for a condition called myelodysplastic syndrome. In this group of disorders, the bone marrow produces new blood cells, but they're deformed and underdeveloped. The bone marrow in myelodysplastic syndrome is sometimes called hyperplastic — meaning that it's packed with blood cells. But some people with myelodysplastic syndrome have empty marrow that's difficult to distinguish from aplastic anemia.

Connections with other rare disorders

Some people with aplastic anemia also have a rare disorder known as paroxysmal nocturnal hemoglobinuria. This disorder causes red blood cells to break down too soon. Paroxysmal nocturnal hemoglobinuria can lead to aplastic anemia, or aplastic anemia can evolve into paroxysmal nocturnal hemoglobinuria.

Fanconi's anemia is a rare, inherited disease that leads to aplastic anemia. Children born with it tend to be smaller than average and have birth defects, such as underdeveloped limbs. The disease is diagnosed with the help of blood tests.

Risk factors

- Aplastic anemia is rare. Factors that may increase your risk include:
- Treatment with high-dose radiation or chemotherapy for cancer
  - Exposure to toxic chemicals
  - The use of some prescription drugs — such as chloramphenicol, which is used to treat bacterial infections, and gold compounds used to treat rheumatoid arthritis
  - Certain blood diseases, autoimmune disorders, and serious infections
  - Pregnancy, rarely

SYMPTOMS

Aplastic anemia symptoms may include:

- Fatigue
- Fever
- Shortness of breath with exertion
- Rapid or irregular heart rate
- Pale skin
- Frequent or prolonged infections
- Unexplained or easy bruising
- Nosebleeds and bleeding gums
- Profuse menstrual bleeding
- Prolonged bleeding from cuts
- Skin rash
- Dizziness
- Headache

Aplastic anemia can progress slowly over weeks or months, or it may come on suddenly. The illness may be brief, or it may become chronic. Aplastic anemia can be very severe and even fatal.

Role of Homeopathy in Aplastic anemia

- Homeopathy medicines attempt to stimulate the healthy portion of bone marrow to improve cell production. This may help to reduce the number of blood transfusions.
- Homeopathy medicines improve general vitality and well-being of a patient to help him fight infections.
- Homeopathy medicines can be useful to control bleeding disorder associated with Aplastic anemia.
- Homeopathy medicines are beneficial in countering side-effects associated with conventional therapy.
- Homeopathy medicines have a very effective long-term beneficial effect or preventive effect in terms of countering genetic tendencies and balancing disturbed immunity that are root causes of this serious malady. The chances of relapse significantly diminish with homeopathy treatment.

Homeopathic medicines help in maintaining the normal range of red blood cells, white blood cells, and platelets

**EXPERIMENTATION AND STUDY DESIGN:**

A total of 50 patients were taken as a sample who were suffering from the aplastic anaemia in the different age group.

The distribution of different age group patients are as under:

AGE GROUP	PERCENTAGE
03 – 15 YEARS	25 – 32 %
16 – 45 YEARS	33 – 45 %
46 – 65 YEARS	20 – 30 %
66 – 85 YEARS	10 – 12 %

Following are the Homeopathic medicines prescribed to different patients:

Acetic acid	Kali phosphoricum
Aconitum napellus	Manganum
Arsenicum album	Medorrhim
Borax	Mercurius
Calcarea carbonicum	Natrum muriaticum
Cinchona officinalis	Nitric acid
Ferrum metallicum	Phosphorus
Ferrum arsenicum	Plumbum
Graphites	Squilla
Helleborus niger	Sulphur
Kali arsenicum	Sulphuric acid
Kali carbonicum	

**RESULTS & DISCUSSION:**

Many patients attending my clinic in Indore from all over India & abroad suffering Aplastic Anemia, Pancytopenia ,Hypoplastic Bone marrow, who has done platelet, PRP, SDP transfusions may time before approaching me & many of them are taken ATG treatment Cyclosporine & Steroids but without any fruitful results, their platelets decreases even below 10000 within week or even in 4-6 days.

After giving 50 millesimal potency homeopathic medicines on such patients on the basis of totality of symptoms & on their Pathological investigations / Bone marrow Examinations many such patients respond very well to homeopathy. So many treated patients testimonial are available on my you tube channels.

Following were the results obtained on the patients of different age group:

Sr. No.	Symptoms	Percentage of relief observed in sample Age group		
		05 to 35 years	36 to 45 years	46 to 85 years
1	RBC decreased	58 %	62%	68%
2	Platelets decreased	80	74	62
3	WBC decreased	54	68	65
4	Over all blood decreased	60	72	78
5	Haematuria , nose bleed , gums bleeding	78	70	64
6	Pallor , cyanosed	64	70	67
7	Weakness , breath less ness	68	76	64

**Effect of different homeopathic medicines in Different Symptoms in the case of APLASTIC ANAEMIA:**

Symptom	Medicines	Result Percentage	Remark
BLOOD LEVEL DECREASED	FERRUM PHOSPHORICUM	70%	
	FERRUM METALLICUM	74%	
	CINCHONA OFFICINALIS	72%	
RBC DECREASED	CINCHONA OFFICINALIS	78%	
	PHOSPHORUS	58%	

PLATELETS DECREASED	EUPATORIUM PERFOLIATUM	70%	
	CARBO VEGETALIS	30%	
	ARSENICUM ALBUM	24%	
PANCYTOPENIA , HAEMATURIA	HAMAMELIS	76%	
	PHOSPHORUS	64%	
PECULIAR MEDICINE FOR DIAGNOSED APLASTIC ANAEMIA	FERRUM PHOS	54%	Helps in Raising hemoglo bin level
	HAMAMELIS	58%	

**CONCLUSION:**

- Patients suffering from “Aplastic Anaemia” consulted for Homeopathic Treatment.
- Most of them are benefited in most shortest duration by using 50 milisimal potency of medicines on the basis of symptoms totality & after proper assessment of their investigations.
- Homeopathic medicines prescribed which gives desired relief in symptoms.

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