



ORIGINAL RESEARCH PAPER

Physiology

ANAEMIA IN FEMALES ITS CAUSES, PREVENTION, TREATMENT & MANAGEMENT WITH HOMEOPATHIC REMEDIES

KEY WORDS: Anaemia, females, homeopathy, blood condition, haemoglobin.

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ABSTRACT

Anemia signifies a decreased amount of hemoglobin in the blood. Iron deficiency anemia is the most common type of anemia, and it occurs when your body doesn't have enough of the mineral iron. Anaemia is a common blood condition that affects populations in both rich and poor countries. In this paper study has been done on Female patients. The treatment was carried out with the help of Homeopathic medicines. In this paper the effect of homeopathy in the treatment of anaemia is discussed in detail.

INTRODUCTION:

Anaemia is a condition that develops when blood in your body lacks healthy red blood cells or haemoglobin. Haemoglobin is a main part of red blood cells which binds oxygen. If your body have abnormal or too few red blood cells or your haemoglobin level is abnormal or low, the cells in your body will not get enough oxygen and which will leads to abnormal conditions in your body. It is the most common blood disorder in the general population. Symptoms can include headaches, chest pains, and pale skin.

The most common type of anemia worldwide is iron deficiency anemia, which is caused by a shortage of iron.

CLASSIFICATION OF ANAEMIA:

- Anemia may be classified in different ways,
1. Based upon the morphology of the red cell
 2. Upon the aetiology (the cause of anemia)

TYPES OF ANAEMIAS:

- Iron deficiency anaemia
- Aplastic anaemia
- Pernicious anaemia
- Sideroblastic anaemia
- Anaemia of chronic renal insufficiency
- Hereditary spherocytosis
- Hereditary elliptocytosis
- Sickle cell anaemia
- Sickle cell trait
- Acquired autoimmune haemolytic anaemia
- Haemolytic disease of the newborn
- Thalassaemia
- Polycythaemia
- Leukaemia
- Infectious mononucleosis
- Multiple myeloma
- Glucose 6- phosphate dehydrogenase (G-6-PD) deficiency.

Iron deficiency anemia is the most common type of anemia, and it occurs when your body doesn't have enough of the mineral iron. Your body needs iron to make hemoglobin. When there isn't enough iron in your blood stream, the rest of your body can't get the amount of oxygen it needs.

Causes of iron deficiency anemia are Inadequate iron intake, Pregnancy or blood loss due to menstruation, Internal bleeding, Inability to absorb iron, Endometriosis.

Symptoms of iron deficiency anemia are general fatigue, weakness, pale skin, shortness of breath, dizziness, strange cravings to eat items that aren't food, such as dirt, ice, or clay, a tingling or crawling feeling in the legs, tongue swelling or soreness, cold hands and feet, fast or irregular heartbeat, brittle nails, headaches.

You can usually prevent iron deficiency by consuming the right amount of iron in your diet. After menopause, healthy women only need about 8 mg per day because they do not experience blood loss due to menstruation. Meat, poultry, legumes, oysters, tuna, pork, nuts, dark green vegetables, tomato juice, and potatoes are all good sources of dietary iron.

Aplastic anemia is a condition that occurs when your body stops producing enough new blood cells. Aplastic anemia leaves you feeling fatigued and with a higher risk of infections and uncontrolled bleeding.

Causes of aplastic anemia are Radiation and chemotherapy treatments, Exposure to toxic chemicals, Use of certain drugs, Autoimmune disorders, A viral infection, Pregnancy, Unknown factors.

Symptoms of Aplastic anemia are Fatigue, Shortness of breath with exertion, Rapid or irregular heart rate, Pale skin, Frequent or prolonged infections, Unexplained or easy bruising, Nosebleeds and bleeding gums, Prolonged bleeding from cuts, Skin rash, Dizziness, Headache.

The aplastic anemia can be prevented, If your work requires you to work with the industrial chemicals, take all necessary precautions to be safe from them. If you have to work with insecticides or pesticides, avoid direct exposure to them as much as possible. As a consumer, avoid buying foods that are treated with these chemicals. Autoimmune disorders put your immune system at risk and damage your bone marrow. If you have an autoimmune disorder, get it treated as soon as possible. If you are at higher risk of getting aplastic anaemia, ask your doctor for medicines to prevent aplastic anaemia.

Pernicious anemia is one of the vitamin B-12 deficiency anemias. It's caused by an inability to absorb the vitamin B-12 needed for your body to make enough healthy red blood cells. Pernicious anemia is a rare condition, with a prevalence of .1 percent in the general population and 1.9 percent in people who are older than 60 years. Causes of Lack of vitamin B-12, Lack of Intrinsic Factor & Macrocytes.

Symptoms of Pernicious anemia are weakness, headaches, chest pain, weight loss, an unsteady gait, spasticity, which is stiffness and tightness in the muscles, peripheral neuropathy, which is numbness in the arms and legs, progressive lesions of the spinal cord, memory loss, nausea and vomiting, confusion, depression, constipation, loss of appetite, heartburn.

Care to be taken for prevention of although uncommon, some people develop pernicious anemia because they don't get enough vitamin B12 in their diets. One can take steps to prevent pernicious anemia caused by dietary factors. Eating foods high in vitamin B12 can help prevent low vitamin B12

levels.

Sickle cell anaemia is a condition in which there aren't enough healthy red blood cells to carry adequate oxygen throughout body. Sickle cell gene is passed from generation to generation in a pattern of inheritance called autosomal recessive inheritance. Symptoms of sickle cell anaemia are Anemia, Episodes of pain, Painful swelling of hands and feet, Frequent infections, Delayed growth, Vision problems.

The sickle cell anaemia can be prevented by taking following measure like Drinking plenty of water, Avoiding extremely hot or cold temperatures. Avoiding places or situations with low oxygen, such as high altitudes, military boot camp, or strenuous athletic training. Getting plenty of rest and taking frequent breaks during exercise. Taking the medicine Hydroxyurea. People taking hydroxyurea must be monitored regularly by a doctor to ensure the right dose is given for the best effect.

MANAGEMENT WITH HOMOEOPATHIC REMEDIES:

Women are especially likely to develop this type of anemia for several reasons. First, women aged 12 to 49 lose blood approximately once a month during their periods. Iron is needed to make the new blood that replaces the blood lost with each menstrual period. The risk of anemia is higher among women with periods that are especially long or include very heavy bleeding. Some women also lose iron from uterine fibroids (non-cancerous growths in the womb) that bleed slowly, or from bleeding caused by using certain intrauterine devices (IUDs) for birth control. Second, women need extra iron during pregnancy for the proper development of their babies. In fact, pregnant women need 50 percent more iron than usual (27 mg per day instead of the usual 18 mg per day). Women also lose blood during childbirth.

It is important for women who are pregnant or plan to become pregnant to have their iron levels checked and to tell their health care providers about any symptoms of anemia. Prenatal vitamins contain iron and can help prevent low iron levels and pregnancy-related anemia.

DIET CHART FOR FEMALES OF ANAEMIA:

S. NO.	FOOD STUFF	S. NO.	FOOD STUFF
1	Roasted gram + Jaggery	11	Carrot
2	Warm milk (with turmeric)	12	Sapota
3	Roasted almond	13	Beet
4	Roasted Soybeans	14	Apple
5	Spinach	15	Pomogranate
6	Papaya	16	Raisin
7	Date	17	Dried Dates
8	Gram powder soup + jaggery	18	Prunes
9	Oatmeal + jaggery + milk	19	Fish/ Egg
10	Indian gooseberry jam/ Indian gooseberry candy	20	(for non vegetarians)

FERRUM METALICUM:

Ferrum met. is one of the top remedies for anemia. The persons needing Ferrum Met are weak with paleness, and have frequent false flushings appearing at the slightest excitement. Vertigo, pulsating headaches and ringing in ears are also experienced by patients. Difficulty in breathing, shortness of breath with palpitations in heart are dominantly present in such patients, as is coldness of body. Ferrum met is also prescribed for females who are anemic due to excessive bleeding during periods. The blood flows abundantly and the periods last much longer than normal.

CINCHONA OFFICINALIS:

China is the best remedy for anemia following excessive bleeding. The bleeding can be the result of a traumatic injury, excessive bleeding in periods or bleeding from any part of

body like throat, bowels, nose, etc. The person is exhausted and even fainting spells occur due to extreme anemic conditions consequent to blood loss. Episodes of vertigo with marked weakness are also experienced. The body feels cold and pallor is marked. The face especially appears pale with sunken features. China acts both as a haemorrhage controller as well as enhances the amount of blood after the bleeding episodes.

NATRUM MURIATICUM:

Natrum muriaticum is one of the best medicines for anemia with weight loss. Natrum Mur acts very efficiently to control weight loss as a result of anemia. The person appears very lean and emaciated with loss of flesh. The headache due to anemia is also best treated with Natrum Mur. The headache is mainly bursting in character. Nausea and vomiting may accompany the pain in head. Natrum Mur is also effective when anemic patients experience palpitations. Natrum Mur has a great ability to control palpitations due to decreased blood. Anemia due to longstanding grief is also best treated with this remedy Natrum Mur. Natrum mur patients have a craving for salt, this is a strong indication of Natrum mur. Natrum mur. is effective for anemia following malaria. Natrum Mur is also known to cut the bad effects of taking excessive quinine used as an anti-malarial drug.

FERRUM PHOSHORICUM:

Ferrum phos is a haemoglobin enhancer. Ferrum Phos is the most frequently used Homeopathic medicine to increase the haemoglobin level. It can be safely used among people of all age groups. Even during anemia in pregnancy, Ferrum Phos is a safe Homeopathic remedy though the dosage is to be properly handled by the physician during pregnancy. The skin appears pale in persons needing Ferrum Phos and they also experience palpitation of heart and weakness. The pulse rate is quickened. Vertigo and headache also appear as symptoms. Ferrum Phos is also the best remedy for controlling sweat in anemic patients especially at night.

PICRIC ACID:

Picric acid is an effective remedy for pernicious anemia. Picric Acid have extreme weakness and prostration. Very marked weakness is present with a tired feeling all day. Tingling in limbs with needle-like sensation is often present. There is also an aversion to do any kind of work

PHOSPHORUS:

Phosphorus is another effective remedy for pernicious anemia. Phosphorus is of great help when there is a numbness of hands and arms. Longstanding diarrhoea with weakness is also experienced. An increased desire for cold drinks and ice creams is often noticed in Phosphorus patients. Phosphorus is also prescribed for anemia due to kidney diseases.

ARSENIC ALBUM:

Arsenic alb is another effective remedy for anemia following malaria. Arsenic Album is prescribed when there is a marked weakness that gets worse at night. The person seems exhausted with much weakness. Even a slight exertion seems to worsen the weakness. Other important symptoms include anxiety and restlessness.

ALUMINA:

Alumina is an effective remedy for anemia due to nutritional disturbances. Alumina is the best remedy when there is sluggishness of the gastric system and the person remains very constipated. The intestines are so sluggish that the stool is retained for many days together. The urge to pass stool is absent. Along with constipation, pica is dominant and there is a desire for chalk, coffee grounds and other indigestible things. The person also has sensitivity to cold air.

NUXVOMICA:

Nux vomica is also effective for anemia due to nutritional disturbances. Nux Vomica has constipation and sensitivity to cold air. Nux Vomica, the constipation symptom is scanty stool with frequent ineffectual desire to pass stool. Acidity and heaviness in abdomen after eating is also marked.

CALCAREA PHOSPHORICUM:

Calcarea Phos is the best remedy for children with anemia and a weak digestive power. The abdomen is full of gas. Desire for salt or meat (especially smoked meat) is often noted. The child is also usually irritable and also has weak bones.

CALCAREA CARBONICUM:

Calcarea carb is suited for fat, flabby persons who have a desire for lime, chalk and pencils. Copious sweat on head is a guiding symptom of Calcarea carb. Calcarea carb patients have a craving for boiled .

NITRIC ACID:

Nitric acid is an effective remedy for anemia with craving for chalk, paper, earth or any such indigestible things. There are often cuts at the corners of mouth. Aphthae or ulcers in the mouth are also seen frequently

PULSATILLA NIGRICANS:

Pulsatilla is an excellent remedy for anemia of those patients who were heavily and irrelevantly drugged by medications and tonics or due to accidental stoppage of menses. Pulsatilla patient is of weeping disposition and cries at the drop of a hat. Pulsatilla patient feels better in open air and worse in heat. Thirstlessness is another guiding symptom of this remedy.

KALI CARBONICUM:

Kali carb is an effective remedy for anemia. Blood lacks red blood corpuscles. The skin is milky white or watery with great debility. Young ladies at the time of puberty have menstrual troubles on account of great weakness. There is bloating of face, eyelids , and backache in lower back. These conditions occurring during menopause , especially bloating this remedy is indicated.

CONCLUSION:

Homeopathy can cure the anemia. If the dosages of properly prescribed homeopathic medicines are taken regularly the anemia can be treated. The medicines like Kali Carbonicum, Pulsatilla Nigricans, Nitric Acid, Calcarea Carbonicum, Calcarea Phosphoricum, Nux Vomica, Alumina, Arsenic Album, Phosphorus, Picric Acid, Ferrum Phosphoricum, Natrum Muriaticum, Cinchona Officinalis, Ferrum Metallicum, the different types of anemia can be treated completely.

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