

## Review Article

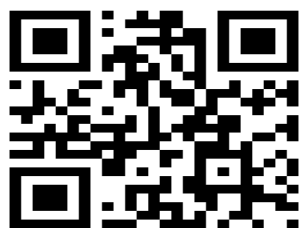
### Anaemia and Its Homoeopathic Approach

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#### ABSTRACT

Anemia is decrease in number of red blood cell or less than normal quantity of hemoglobin in the blood. It can include decreased oxygen-binding ability of each hemoglobin molecule due to deformity or lack in numerical development. It is the concentration of hemoglobin, red blood cell volume, or red blood cell number. Anemia can be seen anytime during life, since birth to old age irrespective of urban or rural area, cast and gender, educational or social status of the people. The major problem of this disease is that it has very gradual onset without any apparent signs and symptoms remaining silent for long time still producing exhaustion of the human economy. In this regard homoeopathy has better scope because according to Hahnemanian classification, anemia is chronic disease which can be cure by homoeopathic similimum. The present article focused on anemia, types of anemia and their homoeopathic treatment.



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**Conflict of Interest:** None Declared!

(Received 15<sup>th</sup> February 2021; Accepted 27 February 2021; Published 20 March 2021) ISSN: 2347-8136 ©2020 JMPI

#### INTRODUCTION

Anemia is one of the most common disease a physician can come across in the community. It can be defined as HB<13g/dl for male and <12 g/dL for females as per WHO.

#### Causes

It can be due to nutritional deficiency, blood loss and increase in destruction of RBCs or due to disturbance in formation of RBCs in bone marrow. Detailed history and clinical examination is must to reach the diagnosis. Chronic anaemia patients are usually well-adjusted to HB as low as 5 g/Dl.

#### When to suspect

#### Symptoms

Easy fatigability  
Breathlessness  
Swelling of feet  
Hypomenorrhoea, amenorrhoea  
Stunted growth in adolescent  
History to be inquired for etiology of anaemia

#### Acute

-H/O blood loss-hematemesis, hemoptysis, or any other

H/O fever or jaundice-acute blood loss due to either

Hemolysis or blood loss due to coagulopathy.

-H/O petaeche, ecchymosis or lymphadenopathy with fever-Acute Leukemia

Recovering from surgery

#### Chronic

Antenatal or postnatal female

H/O passage of worms in stool causing chronic blood loss

H/O Chronic blood loss-Haemorrhoids, Malena, Menorrhagia

H/O Chronic Alcoholism leading to Vit.B12 deficiency

H/O Anorexia or any GI complaints leading to malnutrition

H/O chronic diarrhoea, malabsorption

H/O chronic illness e.g. chronic renal failure,

TB or any

Other causing anaemia of chronic disease

**Signs**

Pallor-Conjunctiva,mucous membranes,skin

Nails-platynychia (flat), or koilonychias (spoon shaped) nails in iron deficiency anaemia

Severe anaemia signs of hyperdynamic circulation eg. Tachycardia, flow murmurs, cardiomegaly

Congestive heart failure-with oedema feet, right hypochondriac tenderness

Others- icterus, lymphadenopathy, stigmata of TB

**Various Types of Anemia**

**Haemorrhage:** After accidental trauma, heavy bleeding during periods in women or bleeding during childbirth, bleeding in medical conditions like gastric ulcers, inflammatory bowel disease, cancer of gut, parasitic manifestation in gut-like hook worm, schistosomiasis.

**Iron deficiency:** Iron Deficiency Anemia is common during pregnancy and lactation and from acute haemorrhage or chronic blood loss. The cause is either a decreased intake of iron rich diet or impaired absorption of iron in the gut.

Deficiency of Vitamin B12 or Folic Acid: It leads to Megaloblastic Anemia.

**Pernicious Anemia:** This type of Anemia arises from an autoimmune disorder where there is atrophy of gastric mucosa with the resultant decrease in parietal cells and intrinsic factor produced by these cells. Intrinsic factor is required to absorb Vitamin B12. So, in Pernicious Anemia, defective absorption of Vitamin B12 is the cause and not its nutritional deficiency.

**Haemolytic Anemia:** It is a result of destruction of red blood cells as in malaria, and abnormal red blood cells prone to breakage as in Sickle Cell Anemia.

**Thalassemia:** An inherited disorder in which the haemoglobin production is impaired.

**How to investigate**

Complete Blood Count

Mean cell volume (normal-76 to 96)

Low MCV (Microcytic anaemia)

Iron deficiency anaemia (most common)

Thalassemia (hereditary hemolytic anemia)

Normal mcv (normocytic anaemia)

Acute blood loss

Hemolysis

Anaemia of chronic disease

Chronic Renal failure

Pregnancy

Bone marrow failure (aplastic anaemia)

Hypothyroidism

**High mcv (macrocytic anaemia)**

Vit B12 or folate deficiency

Alcoholism

Myelodysplastic syndromes (MDS)

Drug induced eg. Phenytoin

**Stool Examination**

Parasites, occult blood, malabsorption

**Other Baseline Investigations**

FBS, Creatinine, Liver enzymes, LDH

Iron studies, serum folic/Vit. B 12 levels

Bone marrow biopsy if malignancy suspected

**When to refer**

Severe anaemia (HB < 4g/Dl) requiring blood transfusion

Signs of Heart failure

No response to oral supplements of Iron or B12 and folate at the end of 2 months

Any suspicion of leukemia, lymphoma, MDS or aplastic anaemia.

No apparent cause found

**Homoeopathic approach to anaemia**

Ferrum Metallicum

When patient has appearance of full bloodedness or

**Plethora** which is followed by paleness or earthiness of the face and puffiness of extremities, then Ferrum will benefit Patient is easily exhausted. Vomiting of food after eating may occur.

The patient is constantly chilly and perhaps has an afternoon or evening fever stimulating hectic fever.

By giving the indicated preparation of iron it removes underlying dyscrasia giving rise to anemic or chlorotic conditions and cures the trouble

**Pulsatilla**

Pulsatilla is great antidote to Iron, and hence is indicated in the anemic condition produced by large or continued doses of it.

The system is relaxed and worn out, patient is chilly and suffers from gastric and menstrual derangements.

Pulsatilla patient feels better in open air.

Dizziness on rising, absence of thirst, and peculiar disposition will lead to remedy.

### **Cinchona**

Chief remedy for anemia resulting from loss of fluids, as in lactation or haemorrhage or from all exhausting discharges, such as menstrual flow, long lasting diarrhea, and sexual excesses and loss of semen.

Special symptoms are heaviness of head, loss of sight, fainting, and ringing in the ears, pale sallow complexion, sour belching, poor digestion and bloated abdomen.

Patient sensitive to draughts of air yet wants to be fanned.

### **Calcarea Carbonica**

Calcarea carbonica is indicated by the psoric, scrofulous, or tubercular diathesis and general symptoms of the drug, by disgust for meat, craving for sour and indigestible things, swelling of abdomen, vertigo and palpitation on going upstairs.

The patient is in state of worry. Constantly imagining calamities.

### **Arsenicum**

This being the direct poison to the red blood corpuscles takes first rank in cases of pernicious anaemia or in anaemias due to malarial or toxic influence.

Its indications are excessive prostration, considerable oedema, violent and irregular palpitation, marked appetite for acids and brandy, extreme anxiety and rapid emaciation.

There is irritable stomach and intense thirst.

### **Natrum muriaticum**

There is paleness, emaciation. Attacks of throbbing headache and dysnoea, especially on going up stairs, constipation, depression of spirits and consolation aggravates. Palpitation, fluttering and intermittent action of heart. Hypochondriasis is marked scanty menstruation is very well marked

### **Secale**

This remedy produces progressive general anemia. It is shown by the peculiar cachexia of Anemia, pale, bloodless, jaundiced colour. By its effect on blood corpuscles it produces general anemia, threatening not only life of part but vitiating the whole life of bodily economy. It is sort of mechanical anemia.

### **Helonias Dioica**

Excellent remedy in anemia and chlorosis

and suits especially from prolonged hemorrhage in woman enervated by indolence and luxury or such as are worn out. With hard work, they are too tired to sleep and strained muscles burn and ache. Characteristic modality is patient is better when attention is engaged, hence better when Doctor comes. This anemia is associated with disturbances in urinary and sexual organs. Tired, anemic, backache females need helonias.

### **Natural Homeopathic Medicines for Anemia after hemorrhage**

The best Homeopathic medicines for replenishing the blood lost due to haemorrhage are Ferrum Met and China. Ferrum Met is used when palpitations, weakness and coldness are marked. China is an ideal Homeopathic medicine when faintness and vertigo with complete exhaustion from bleeding is the symptom picture.

### **Homeopathic medicines for treatment of Pernicious Anemia**

The top natural Homeopathic medicines for Pernicious Anemia are Picric Acid and Phosphorus. The symptoms that help in selection of Picric Acid are 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 is a Homeopathic remedy 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 persons who can benefit with Homeopathic medicine Phosphorus.

### **Homeopathic medicines for Anemia following malaria**

Arsenic Album, Natrum Muriaticum and Alstonia Scholaris are efficient natural Homeopathic remedies for Anemia due to malaria. Natrum Mur can help all those patients who are emaciated with weakness. Usually a history of chronic malaria is found among such patients. Natrum Mur is also known to cut the bad effects of taking excessive quinine used as an anti-malarial drug. The persons needing Natrum Mur have

a weakness that shows its presence markedly in morning. Headache and palpitations may also be experienced. Excessive craving for salts is an important symptom guiding towards the use of Homeopathic remedy Natrum Mur. On the other hand, Arsenic Album is the Homeopathic choice 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. Homeopathic medicine Alstonia Scholaris is considered a complete tonic for patients who have Anemia and other complaints following malarial fever. The complaints apart from Anemia are weak digestion. The patients needing Alstonia Scholaris list a history of diarrhoea during malarial fever.

#### **Homeopathic treatment for Anemia due to nutritional disturbances**

Alumina, Nux Vomica and Calcarea Phos are wonderful natural Homeopathic medicines for Anemia due to nutritional disturbances. Alumina is the best Homeopathic 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. The main symptom for using Homeopathic medicine Nux Vomica is also constipation and sensitivity to cold air. But the character of constipation is exactly opposed to Alumina. For using 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 Phos is the Homeopathic 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.

#### **Homeopathic medicines for Anemia during pregnancy**

Ferrum Phos and Aletris Farinosa are very efficient natural Homeopathic medicines for Anemia during pregnancy. Ferrum Phos is of great help for all women during pregnancy suffering from anemia. The symptoms that may be found are paleness, weakness and palpitations with a fast pulse. Aletris Farinosa is the ideal Homeopathic remedy when extreme weariness and tiredness are the symptoms. Fainting and vertigo are also experienced. Although these are safe remedies, the Homeopathic physician's advice should always be taken before using these medicines as the dose and potency varies in every case. Homeopathic medicines for Anemia where pica is predominantly present- Alumina and Calcarea Carb are the natural Homeopathic medicines for anemia that work well to control pica. Alumina is used when a person desires chalk or coffee/tea grounds or dry rice. Constipation is marked along with pica. Calcarea Carb is the Homeopathic medicine recommended when there is a desire for lime, chalk and pencils. Craving for boiled eggs and increased sweat on head are important symptoms that if present add more weightage in selecting Calcarea Carb over Alumina.

#### **Homeopathic medicines to control palpitations in anaemic persons**

Ferrum Met and Natrum Mur are the best natural Homeopathic medicines to treat palpitations in anemic patients. Homeopathic medicine Ferrum Met is used when palpitations get worse with motion. Chest oppression with difficulty in breathing are accompanying symptoms. Homeopathic medicine Natrum Mur works well when palpitations with fluttering sensations are marked. The palpitations are violent, shaking the whole body. Natural Homeopathic medicines for Anemia with Weakness- Ferrum Met, China and Natrum Mur are the Homeopathic medicines that are very beneficial in treating weakness in Anemic patients. Ferrum Met is most suited when there is a marked weakness when walking and speaking. China is the best Homeopathic remedy when vertigo and weakness in addition to weakness are present. And for weakness that is worse in morning, Natrum

Mur is the most suitable Homeopathic remedy.

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