

## Role of Homoeopathy in Anemia

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**Abstract:** Background: The general definition of 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. By curing anemia one can prevent many illnesses. Material and Method: 30 cases were taken from the patients attending the OPD. The medicines were prescribed on the basis of the similarity between the totality of symptoms of a given case and symptoms of the remedy prescribed. The Potency selection and repetition was adjusted according to the susceptibility and requirement of the case Result: 57% of the cases were cured, 23% of the cases were improved and 20% of the cases were not improved. Conclusion: Homoeopathic similimum remedy can be used as therapeutic & preventive measure for upcoming diseases [Doshi J Natl J Integr Res Med, 2019; 10(1):43-46]

**Key Words:** Anemia, Homoeopathic Medicine, similimum remedy

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**Introduction:** The general definition of 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<sup>1-3</sup>.

Anemia is a great problem globally and worse in developing country like India. In India according to National family health survey (NFHS -2&3-1998 -99, 2005-06) 69% children ageing 6-59 months are suffering from anemia. As far as adult is concern ageing from 15-49th age group 56% woman and 24% of male are facing such problem<sup>2</sup>.

Symptoms in patients with anemia depend on five factors: 1.The reduction in the oxygen-carrying capacity of the blood; 2.The degree of change in total blood volume; 3. The rate at which 1 and 2 have developed; 4.The associated manifestation of the underlying disorder that resulted in the development of anemia, and 5. The capacity of cardiovascular and pulmonary systems to compensate for the anemia<sup>5-10</sup>.

The binding and release of oxygen by hemoglobin are profoundly affected by the variations in the concentration of 2, 3-diphospho glyceric acid (2,

3-DPG), which are known to occur in the cell in disease<sup>10</sup>. The oxygen affinity of hemoglobin is reduced as the concentration of 2, 3-DPG increases. An increase in red cell 2, 3-DPG is found in chronic anemia. 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.

It requires more attention among all because this disease is responsible for initiation of other fatal disorder like Cardiomegaly and Plummer-Vinson syndrome (PVS). Need of oxygen is everywhere in body cells, so lack of it affects the vital functions resulting in to disharmony and thus disease becomes the base for other illnesses to grow. It is also responsible for increasing susceptibilities to routine infections.

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.

As recommended and data was available after NFHS-2(1998-99) measures were taken to prevent anemia like iron and folic acid oral supplement administered to pregnant and anemic woman Iodinated salt were

recommended & Iron chocolates were given to anganwadi's children.

But it is shocking to know that in last survey NFHS-3(2005-06) the percentage of anemia in woman are increased from 52 to 56 % and there were symmetrically distributed anemic patients neither relived or nor cured. After giving nutritious diet and iron preparation regularly, patient improves temporary (symptomatic relief) but not cured permanently!

In this regard homoeopathy has better scope because according to Hahnemanian classification, anemia is chronic disease which can be cure by homoeopathic similimum<sup>11-16</sup>.

Homoeopathy treats the patient & not the anemia hence while treating anemia the totality of symptoms with underlying miasm is considered for prescription.

Easy palatable pills can be administrated to the patient of any age without resistance which is usually seen in other system of medicine like Ayurved & Modern medicine due to its large quantity, disagreeable taste and unpleasant odor.

By curing anemia one can prevent many illnesses, thus homoeopathic similimum remedy can be used as therapeutic & preventive to upcoming diseases.

This is an attempt to prove the efficacy of homoeopathy medicine in the treatment of anemia especially in rural area where in homoeopathic treatment will be blessing since these are the medicines which are affordable, palatable and easy to administer

#### **Aims and Objectives:**

- A. To evaluate the efficacy of Homoeopathic medicines in cases of Anemia.
- B. To evaluate the miasmatic background in cases of Anemia.

**Materials and Methods:** Cases were taken from the patients attending the OPD of

1. Government Homoeopathic dispensary, Po: Sejakpar Ta.Syala Dist: Surendranagar.
2. Government Homoeopathic dispensary, Po: Devcharadi Ta.Dhrangdhra Dist: Surendranagar
3. Dr.Kharod Hospital, Bus Station road Surendranagar.

**Materials:** The material utilized for the study well,

- Case record form specially prepared for the study.
- Lab report
- Homoeopathic software like Hompath 8.00, Cara, Source books and clinical Materia Medica and Organon by stalwarts. Homoeopathic medicines selected from SBL Homoeopathic Pharmacy.

**Method of collection of data:** The study was performed in following way:

- 30 cases of Anemia were selected. Case taking was done according to guidelines mentioned by Dr. Hahnemann in Aphorisms 83-104 in the standard case record form which is specially modified to take the history of Anemia.
- A diagnosed case of Anemia was given more.
- Mostly pre diagnosed cases were taken. In rest of the cases diagnosis was made by clinical history and diagnostic tool like lab report as and when necessary.
- Cases belonging to different age group and both sexes were taken.
- The cases were recorded by keeping the holistic concept in both Mental & Physical aspect.
- The investigation conducted were blood examination and signs of Conjunctiva, Nail, Skin, Tongue, etc, are noted.
- The miasmatic inheritance was studied in each & every case base on present history, past history, family history.
- The cases were analyzed and evaluated with the formation of totality of symptoms.
- The medicines were prescribed on the basis of the similarity between the totality of symptoms of a given case and symptoms of the remedy prescribed
- The Potency selection and repetition was adjusted according to the susceptibility and requirement of the case.
- Nutritional diet advised given in all cases
- Duration of study: - 9 Months.
- The responses were analyzed in three categories :
  1. **Cure:** Feeling of mental & physical well being with disappearance of all sign & symptoms of anemia with normalization of Hb without any relapse.
  2. **Improvement:** Improvement in the sign & symptoms of anemia with increase of Hb

compare to previous one but not up to normal limit.

**No Improvement:** No improvement in any sign & symptom.

**Result and Discussion :** Observations & results of 30 cases of Anemia which were selected randomly for the study are given below.

- 1. Distribution of anemia cases according to age incidence:** the maximum age incidences of 15 cases (50%) were in 13-30 year of age group. The minimum age incidences of 2 cases (6%) were in 51years & above group.
- 2. Distribution of Anemia cases according to Gender:** the maximum numbers of cases were found in female (63%) & less in male (37%).
- 3. Distribution of Anemia cases according to past history:** the maximum No. of cases in their past history are worms (50%), Malaria/fever (30%), Long Lasting illness (37%), & No history of any peculiar illness marked (17%).
- 4. Distribution of Anemia cases according family history (Table 1)**

Table 1: Family history of cases sows one or more chronic illness

Family history of disease	No. of cases with Anemia	Percentage
Rheumatism	5	17%
Cancer	2	7%
D. M.	2	7%
T.B.	4	13%
Hypertension	6	20%
P. Falciparum	4	13%
Others	7	23%

- 5. Distribution of Anemia cases according dominant miasm:** 73% cases have Psora dominant miasm, 17% have sycotic dominant miasm and 10% case have syphilitic dominant miasm.
- 6. Distribution of Anemia cases according fundamental miasm:** 50% cases have psora as fundamental miasm, 27% have sycosis as fundamental miasm and 23% case have Syphilis as fundamental miasm
- 7. Distribution of cases of anemia as per result:** 57% of the cases were cured, 23% of the cases were improved and 20% of the cases were not improved.
- 8. Distribution of cases according to Types of Anemia found:** 73% of the cases were

diagnosed Iron Deficiency Anemia, 17% cases were diagnosed Anemia of chronic deceases and 10% cases were diagnosed as Megaloblastic Anemia.

- 9. Distribution of cases of Anemia according to Level of Susceptibility:** out of 30 cases, 66% (20 cases) found with moderate susceptibility while high and low susceptibility were found in 5 cases each.
- 10. Distribution of cases of Anemia according to their indicated medicines covering Dominant Miasm of the Case( Table 2) :** As shown in the table, out of 30 selected cases, total 26 medicines were prescribed. 22 cases were prescribed Anti Psoric, 5 cases were prescribed Anti Sycotic and 3cases were prescribed Anti Syphilitic medicines.

Table 2: Distribution of cases of Anemia according to their indicated medicines

Name of indicated medicines	Anti Psoric	Anti Sycotic	Anti Syphilitic	Total
Antim Tart	1			1
Apis mel	1			1
Arg. Met.	1			1
Baryta c	1			1
Borex	1			1
Causticum		1		1
Cal Carb	1			1
China		1		1
Cup Met		1		1
Carbo Veg	1			1
Hyoscyamus	1			1
Kali bich	1			1
Kali Carb	2			2
Lachesis			1	1
Lycopodium	1	1		2
Mercurius	1			1
Natrum	1			1
Nitric Acid			1	
Natrum	1			1
Nux Vomica	2		1	3
Phosphorus	1			1
Pulsetilla	1			1
Sepia		1		1
Silicea	1			1
Sulphur	1			1
Vertrum	1			1
Total	22	5	3	30

**Conclusion** : Study Suggest that Homoeopathic similimum remedy can be used as therapeutic & preventive measure for upcoming diseases.

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