

Effectiveness Of Homoeopathic Medicines In Increasing Haemoglobin Level In Pregnant Anaemic Women

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Abstract: Background: Anaemia is prevalent in society as leading disorder is for dissertation which starts usually since birth and it is seen at any age during life time irrespective of sex, area, community or life style. It seems to be difficult to treat or prevent the occurrences by the government because it is multi facet illness, in the sense that there are several types of anaemia and with different causative factors, the line of treatment varies with each and every group of patient with same causative factor or similar symptoms totality. Aim: To evaluate the efficacy of Homoeopathic medicines and Homoeopathic Approach in Increasing Haemoglobin Level in Pregnant Anaemic Women. Material And Methods: Number of cases: 60, Duration of study: 24 months. Result: Laboratory Findings: Haemoglobin levels before and after the treatment, Case record form is especially modified to take the history of Anaemia, Inclusion criteria: Only pregnant anaemic women of child bearing age are included in the study. Conclusion: As per the totality of case the most similar remedy were chosen to satisfy Susceptibility. And the Indicated Constitutional Dynamic Medicine was administered to establish a state of Health and in few cases, Biochemic Medicines were also been prescribed, depending on the deficiency of concerned salts. [Patel A Natl J Integr Res Med, 2022; 13(3): 32-36, Published on Dated: 10/05/2022]

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Introduction: Anaemia is prevalent in society as leading disorder which start usually since birth and it is seen at any age during life time irrespective of sex, area, community or life style. It seems to be difficult to treat or prevent the occurrences by the government because it is multi facet illness, in the sense that there are several types of anaemia and with different causative factors, the line of treatment varies with each and every group of patient with same causative factor or similar symptoms totality.

It is again a problem to deal with the illness because the progress and development of anaemia is gradual, silent and unnoticed. Thus magnitude of the problem is high in the society especially in rural areas due to lake of awareness regarding nutrition, hygiene and illness. Thus recognizing the severity of the disease great deal of work is to be done, by which one can understand the importance of the disease which needs to be studied. As we know Anaemia is a big problem of India Especially in Rural areas, it is major threat in our country. It is also proved that anaemia initiate life threatening illness in several cases. Allopathic school of medicine is trying it's all possible measures to prevent occurrences and treat the illness in all aspect. Now in this regards

we can more effectively treat patients as a whole according to our science. We can cure sufferings in gentle, permanent and comprehensive manner, as it is lacking in allied science. Thus by curing the most often seen and prevalent entity, we can get rid of many health related issues in therapeutic, prognostic and preventive manner.

A condition that I encounter on daily basis in my patients is that of anaemia. It is seen more frequently in females, especially pregnant women. To understand anaemia, it is the condition where either the absolute numbers of the red blood cells are low or the haemoglobin level in an individual RBC is low. The normal level of Hb in a normal male is about 14-17 gm/100 ml.

In a female it is 12-15 gm/100 ml. Anaemia leads to decreased ability to transport oxygen in the blood. Due to deficiency of oxygen, one tends to get short of breath very easily. Slightest exertion or physical activity is difficult. The heart beat tends to increase disproportionately while exercising or climbing stairs. This is known as palpitation. One tends to feel tired and weak. The eyes and skin of the face, hands and feet are pale. This paleness is also manifested in the nails, which lose their normal pink colour, which is

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termed as Koilonychia. Another symptom that is seen in anaemic persons is hair fall. Even nails tend to be brittle and break easily.

There is mental irritability. Sometimes, one feels like eating earth, chalk and other such strange things which are otherwise indigestible.

During my practice of several years, I have come across many cases of Anaemia with good scope of homoeopathic medicines. In Anaemia, Modern science does not have much scope except symptomatic relief, with supplementary or artificial nutritious diet which gives temporary relief and leaving the root causes untreated or untouched.

The last source in Modern science for Anaemia is blood transfusion which is necessary in few cases as a life saving measure, while in many cases it is not recommendable due to many reasons i.e. Cost wise, again temporary, and much risky now in the days of increasing HIV and other complications.

In spite of all, according to the research and revealed facts oral supplement or BT given from outsource cannot be permanent and safe enough to advocate, because accepted blood cannot perform like blood of individual.

Regarding causes of Anaemia, we can mention several causes but the few reasons which are often seen during OPD are:

- Metabolic: Poor nutritious diet, low in iron, vitamin B12 and folic acid
- Anatomic: Diseases causing abnormalities of assimilation and absorption
- Congenital: Bone marrow disorders and other blood disorders
- Traumatic: Major physical trauma, malaria and other chronic Secondary disease

Material & Methods: Aims And Objective Of The Study: To evaluate the efficacy of Homoeopathic medicines and Homoeopathic Approach In Increasing Haemoglobin Level in Pregnant Anaemic Women.

Research Questionnaires: Are Homoeopathic medicines useful in Anaemia and in elevating the blood levels of Haemoglobin in Pregnant Anaemic

women? Government Homoeopathic Dispensary, C/O Shri Vallabhacharya Trust Hospital, Maninagar Char Rasta, Maninagar, Ahmedabad-380008. The study is performed in following way: Case taking is done according to guidelines Mentioned by Dr. Hahnemann in Aphorisms 83-104 and case record form is especially designed for the study of Anaemia.

The remedy is selected on the basis of symptom Similarity with that of the selected remedies.

The remedies are used in various potencies as per the requirement.

Response Is Analyzed Into 3 Criteria:

- Improved: After prescribed duration of medicines, out of weakness, giddiness and pallor, tiredness and fatigue three or more symptoms are relieved, and then it is considered to be improved case.
 - Moderate Improved: After prescribed duration of medicines, out of weakness, giddiness and pallor, tiredness and fatigue only two symptoms are relieved, and then it is considered to be moderate improved.
 - Status quo/Left the Treatment: No improvement in any symptoms or left the treatment.
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|-----------------------|---|--|
| • Number Of Cases | : | 60 |
| • Duration Of Study | : | 24 months. |
| • Laboratory Findings | : | Haemoglobin levels before and after the treatment |
| • Case record form | : | is especially modified to take the history of Anaemia. |

Inclusion Criteria: Only pregnant anaemic women of child bearing age are included in the study.

Results: The results of the present study are analyzed and discussed at the end of the completion of this study.

1. According To Hb Level Increased In Pregnant Women: Among study of cases of pregnant women, there was marked improvement in Hb value i.e., 30 cases(50%) showed improvement of Hb upto 13.1-14%, While 11 cases(18.33%) showed it up to 12.0-13% and 5 cases(8.33%) showed improvement up to 10-11.9 %.

2. According To Results In Pregnant Women: Among pregnant women, 41 cases (68.33%) showed fair improvement, 5 cases (8.33%) showed moderate improvement while 14 cases (23.33%) either felt no improvement or left the treatment in between.
3. According To Medicines Prescribed In Pregnant Women: Among this study most commonly prescribed remedy was FP/CP 12x (20 cases) and Pulsatilla 200 (14 cases), while other remedy prescribed was Sepia 200(8 cases), China 200(6 cases), Ferrum met 200(4 cases) in cases of pregnant women.
4. According To Age Incidence In Pregnant Woman: Incidence of Anemia in pregnant women was seen slightly more in age group of 23-30 years 53.33% (32 cases) than the age group of 31-40 years 46.66% (28 cases).
5. As Per The Effect Of Medicines On Pregnant Woman: In the cases of pregnant women , the prescribed medicines which brought marked improvement in majority cases was FP/CP 12x (20 cases) while other medicines Pulsatilla 200 (11 cases) and sepia 200 (5 cases) also showed favourable improvement.
6. According To Symptoms Improvement In Pregnant Women: Among cases of Pregnant women symptoms like pallor, giddiness and weakness improved in 41 cases out of 60 and in symptom of tiredness 28 cases improved out of 60 and in symptom of fatigue 25 cases improved out of 60 cases.
7. According To Hb Level Increased After Up to Five Months Of Treatment: Among cases of Pregnant women after treatment up to five months or less, Hb level increased up to 2 gm % were 5 cases, whereas 24 cases showed marked improvement of Hb rise between 2-3 gm % and above 3 gm % of Hb rise, was seen in only 1 case after the treatment out of 30 cases in this category.
8. According To Hb Level Increased After Five Months Of Treatment: Among cases of Pregnant women after treatment for more than five months, Hb level increased up to 2 gm % were 0 cases, whereas 14 cases showed marked improvement of Hb rise between 2-3 gm % and above 3 gm % of Hb rise, was seen in only 2

cases after the treatment out of 16 cases in this category.

Discussion: The Basic Approach followed in this study is in accordance to Homoeopathic Fundamentals. The Cases which are included here for studies are diagnosed as Cases of Anaemia on Clinical Verification. All of them are also informed about a simple balanced diet and its importance. After analyzing these 60 Cases, the commonest ailment factor found was dietary restrictions and nutritional deficiencies due to Low socioeconomic Standards of living.

In their personal life space level, constant disputes among with family members add more to this condition. So, due to sum up effects of all this, Females undergoes stress which leads to loss of appetite which ultimately leads to nutritional deficiencies and ultimately to Anaemia.

In standard of living in pregnant woman, anaemia is more in upper middle class, due to mental stress and family bindings. Careful History taking and findings in clinical view point are very important in cases of Anaemia. The clinical picture of illness is the immediate individualized expression of patient's deranged equilibrium, which is clearly indicating for correct Similimum.

Improvements are seen in majority of cases with suitable Similimum and in few cases, with Biochemic Medicines. Estimation of Haemoglobin levels were done within span of few months to assess whether the remedies has acted on obtaining the Haemoglobin levels or not. The study of Scope of homoeopathic science in cases of Anaemia Showed the following highlighting features:

Nutritional deficiency either due to dietary restriction or inadequate food patterns is the main underlying cause of Anaemia.

Mental Stress is another major contributing factor in development of anaemia. A proper history or case taking by physician is needed in such cases.

A physician should also pay careful and vigilant attention to patient's suffering as well as on emotions to get aimed Similimum. Other Emotional causative factors like stress may be due to any reason like poor born and brought up,

poor studies, family issues, distorted behaviour with husband, financial issues, constant pressure of family members, etc. should be taken into prime consideration. And for such cases Homoeopathy works as best curative treatment and also as an appropriate answer to Anaemia and in increasing the Haemoglobin levels in pregnant women.

Conclusion: From above no.7 and no.8, retrospectively, we can conclude that out of total 60 cases of pregnant women, 46 cases were been evaluated in improved and moderate improved category, and the maximum number of cases were between 2-3 gm % of raised Hb, and the mean Hb level increased was 3 gm %. So, further, we can conclude that after taking treatment upto 5 months, 3 gm % Hb is increased, resulting into 0.6 gm % increase in Hb on monthly basis, and in giving treatment of more than 5 months, 3 gm % Hb is increased, resulting into 0.4 gm % increase in Hb on monthly basis, which is highly significant after giving only homoeopathic medicines.

Incidence of Anaemia in India is very prevalent about 80-90% and most commonly among the females. And the prevalence of anaemia is higher in the pregnant women. Women bear excess of burden of responsibilities. It can be physical, Mental, social or psychological. And add into it deficiency in diet leads to entity named anemia.

The Findings Of Presented Study Are Mentioned Below: The prevalence of nutritional deficiency anaemia was found to be more among pregnant women. Majority of patients belongs to upper socio-economic level in pregnant women. Majority of patients have shown remarkable improvement in their presenting complaints.

As per the totality of case the most similar remedy were chosen to satisfy Susceptibility. And the Indicated Constitutional Dynamic Medicine was administered to establish a state of Health and in few cases, Biochemic Medicines were also been prescribed, depending on the deficiency of concerned salts.

In each and every case, Homoeopathic approach guided along with definite principles of therapeutics and principles of biochemistry. Thus this study is evident that thorough case taking including past history, family history, Associated complaints, totality, with the skilful knowledge of

disease and Materia Medica and Biochemistry (12 salts) will direct towards the cure of disease.

Still more research can be done on this subject and still more medicines can be prescribed, as per the patient's constitution, totality of symptoms and availability of respective medicines.

So this Study will help to know the Homoeopathic Approach and the Effectiveness of Homoeopathic medicines in Cases of Anaemia and increasing the Haemoglobin levels in pregnant women.

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