



A Study to Ascertain the Effect of Homoeopathic Medicines in cases of Anaemia with its Miasmatic Analysis

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Abstract

Anaemia is one of the most common nutritional disorder world-wide, especially in India and other developing countries. Young children and women in their reproductive age group are most vulnerable to anaemia. Anaemia is not in itself a disease it just gives an indication towards various medical conditions associated with diseases. Anaemia is the most familiar hematologic disorder. Homoeopathy can cure Anaemia.

Key Word- Anaemia, Miasm, Homoeopathy, Hemoglobin, Paired t-test.

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Received – 15/02/2021

Revised- 25/3/2021

Accepted – 30/03/2021

INTRODUCTION

Anaemia is the blood disorder characterized by the reduction in Red blood cell (RBC) count, haemoglobin content, packed cell volume (PCV), due to decreased production of RBC, increased destruction of RBC and excess loss of blood from the body. Hemoglobin is an iron rich protein present in red blood cells which helps red blood cells to supply oxygen from lungs to the rest of the tissue. Hence reduction in this iron protein inhibits proper oxygen supply to tissues and organs, causing shortness of breath,

dizziness or headache and fatigue. WHO defines anaemia as Hb concentration <12g/dl in women &<13g/dl in men, it is mostly used as a parameter for judging anaemia. In India, recent nationally represented data from the National Family Health Survey (NFHS-4) conducted in 2015-16, present the statistics that mark a growth in cases pertaining to anaemia.

How to Cite this Article- Dholival B.,Kaur S., Kmar S., Kmar V., Khanra S., A Study to Ascertain the Effect of Homoeopathic Medicines in cases of Anaemia with its Miasmatic Analysis. TUJ. Homo & Medi. Sci. 2021;4(1):08-13

Around 53% of women are anemic, with 23% men in the age group of 15 to 49 yrs being anaemic; more than 1/3rd of Indian women have body mass index (BMI) > 18.5 kg/m², reflecting chronic energy & micronutrient deficit. About 40% women are mildly anaemic, 12% of these women are classified as moderately anaemic & 1% severely anaemic.

Homoeopathy system is based on natural principle of cure without producing any adverse effects. The selection of remedy is based upon the theory of individualization and symptom similarity by using holistic approach. This is the only way through which a state of complete health can be regained by removing all the signs and symptoms from which patient is suffering. The constitution and causation are considered supreme, primary and worthwhile.

The aim of Homoeopathy is not only to treat anaemia but to address its underlying cause and individual susceptibility. Homoeopathy being a holistic system of medicine treats the individual as a whole considering both psychological and pathophysiological causes.

This study is an attempt to ascertain that homoeopathic constitutional remedies are very effective in treating anaemia in all age group.

Aim:

1. To study the effect of homoeopathic medicine in patients of anaemia.
2. To determine the individual effect of homoeopathic medicine in cases of anaemia.

Objectives:

1. Scope of Homoeopathy in cases of Anaemia.
2. Understand predominant miasm of Anaemia.

Clinical Features

The Hb level at which symptoms & signs of anaemia develop depends on the speed of onset of anaemia, severity of anaemia, age of patient.

Common Symptoms of Anaemia:

Tiredness, Fatigue, Breathlessness, Palpitation, Dizziness, Headache, Weakness, Exhaustion

If Anaemia is Severe: Chest pain, Leg pain, Shortness of breath, Irritate easily, Poor memory, Difficulty in swallowing, Strange food cravings (PICA), Sweatiness, Tinnitus, Sore mouth & gums

Signs of Anaemia:

1. **Pallor:** Pallor may be seen in the mucous membranes, conjunctivae and skin
2. **Cardiovascular System:** Tachycardia, collapsing pulse, cardiomegaly, mid systolic flow murmur, dyspnea on

exertion and in the case of elderly, congestive heart failure.

3. **Central Nervous System:** Faintness, giddiness, headache, tinnitus, drowsiness, numbness and tingling sensations of the hands and feet.
4. **Ocular Manifestations:** Retinal haemorrhages
5. **Reproductive System:** Menstrual disturbances such as amenorrhea and menorrhagia and loss of libido.
6. **Gastrointestinal System:** Anorexia, flatulence, nausea, constipation and weight loss may occur.
7. Cracked and Sore tongue (Glossitis)
8. Hair loss
9. Spoon shaped nails
10. Premature wrinkles

METHODOLOGY

Inclusion Criteria:

1. All patients who are coming to the OPD of Sri Ganganagar Homoeopathic Hospital OPD were included in the study.
2. All patients irrespective of age, sex and socio-economic status were considered for the study.
3. Patient who are willing to give an informed consent was a part of this study.

Exclusion Criteria:

1. Cases with severe anaemia requiring blood transfusion.

2. Cases with grave pathological changes.

Withdrawal Criteria:

- Volunteers who withdrawn without giving any reason.
- Patients with only one visit.
- Patients with non-compliance to treatment.

OBSERVATIONS & OUTCOME

For “A Study to Ascertain the Effect of Homoeopathic Medicines in cases of Anaemia with its Miasmatic Analysis” 100 cases of Anaemia have been included. The data obtained was sorted out in the form of different charts and tables.

Table 1: Distribution of 100 Cases of Anaemia according to “Age incidence”

Sr. No	Age Group (in years)	No. of Cases	(%)
1	1-10	10	10%
2	11-20	25	25%
3	21-30	42	42%
4	31-40	17	17%
5	41-50	05	05%
6	51 -60	01	01%
	Total	100	100%

As shown in above graph out of 100 cases of Anaemia maximum cases were observed in the age group 21-30 yrs 42 cases (42%), where as minimum cases i.e. 1 case (1%) was observed in age group 51-60 yrs.

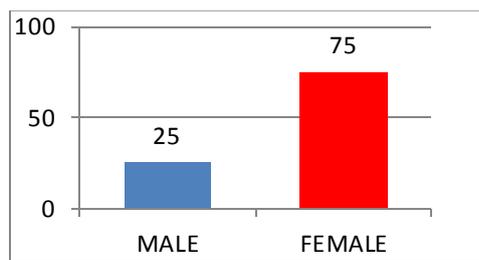


Fig 1: Graphical representation of Distribution of 100 Cases of Anaemia according to “Gender Incidence”

As shown in the above graph, out of 100 cases maximum cases of Anemia were observed in females i.e. 75 cases (75%) whereas 25 cases (25%) of Anaemia were in males.

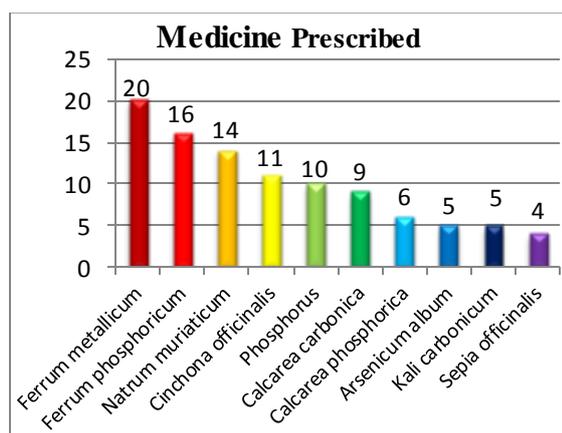


Fig 2 Graphical representation of Distribution of 100 Cases of Anaemia according to Medicine prescribed

As shown in above graph, out of 100 cases of Anaemia Ferrum metallicum was prescribed in maximum cases i.e. 20 cases (20%) followed by Ferrum phosphoricum in 16 cases (16%), Natrum muriaticum in 14 cases (14%), Cinchona officinalis in 11 cases (11%), Phosphorus in 10 cases (10%), Calcarea carbonica in 9 cases (9%), Calcarea phosphoricum in 6 cases (6%),

Arsenicum album and Kali carbonicum in 5 cases (5%) each, Sepia prescribed in 4 cases (4%)

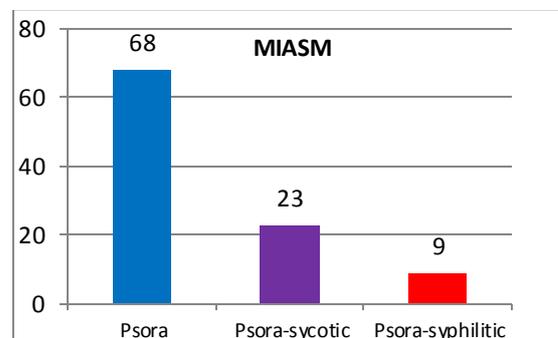


Fig 3 Graphical representation of Distribution of 100 Cases of Anaemia according to predominant Miasm

As shown in above graph, out of 100 cases of anaemia maximum no. of cases 68 (68%) were attributed to psoric miasm, 23 cases (23%) psora-sycotic and 9 cases (9%) psora-syphilitic.

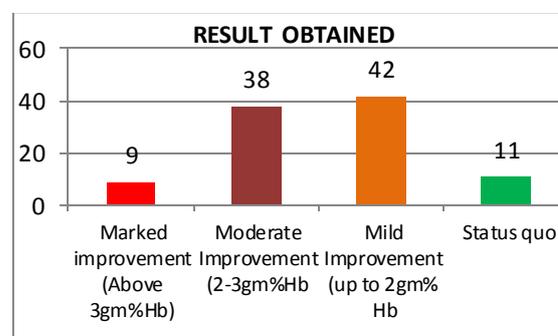


Fig 4 Graphical representation of Distribution of 100 Cases of Anaemia according to Results Obtained

As shown in above graph, out of 100 cases of Anaemia maximum cases i.e. 42 cases (42%) have shown Mild Improvement, 38 cases (38%) have shown Moderate Improvement, 11 cases (11%) have shown no Improvement,

where as 9 cases (9%) have shown Marked Improvement.

DISCUSSION

In this study of 100 cases of Anaemia, maximum cases were observed in the age group 21-30 yrs 42 cases (42%), where as minimum cases i.e. 1 case (1%) was observed in age group 51-60 yrs. It appears that Anaemia affects more or less all age group.

In this study, it is observed that females (75%) are more prone to suffer from anaemia than males (25%). This could be due to loss of menstrual blood every month in females a Miasmatic analysis of the cases was done on the basis of presenting complains, past history, family history and patient's mental and physical constitution. As far as the miasmatic background is concerned, in this study out of 100 cases maximum cases of Anaemia were attributed to Psoric miasm i.e. 68 cases (68%), Psoro-sycosis was observed in 23 cases (23%) & Psoro-syphilis in 9 cases (9%). Nutritional disturbances, functional disturbances come under the psoric manifestation. Nutritional deficiency anaemia occurs due to the inadequate intake of food.

In this study, Ferrum metallicum was prescribed in maximum cases i.e. 20 cases (20%) followed by Ferrum phosphoricum in 16 cases (16%) each, Natrum

muriaticum in 14 cases (14%), Cinchona officinalis in 11cases(11%), Phosphorus in 10 cases(10%), Calcarea carb in 9 cases (9%), Calcarea phosphoricum in 6 cases (6%), Ars-alb & Kali-carb in 5 cases (5%) each and Sepia in 4 cases(4%). The variability of selection of medicine is according to individuality of the patient. Moreover Ferrum met, Ferrum phos & Natrum-mur high for anaemia.

In this study, 09 cases (09%) observed with marked improvement, and 38 cases (38%) moderate improvement, 42 cases (42%) mild improvement and remaining 11cases (11%) showed no improvement at all. In this way overall 89% (09% +38%+ 42%) cases showed positive results.

CONCLUSION

Anaemia seems to be a major health problem in our community. Females, vegetarians and lower socio-economic groups are at more risk to develop anaemia. This was an observational study with positive result. This study showed positive effect in increasing the hemoglobin concentration by using homoeopathic medicines in Aaemic patients. However more clinical trials and large sample size study is needed with a national prevention program including health education must be planned and carried out.

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Conflict of Interest: None**Source of Support: Nil**