

An Evidence Based Clinical Case Study to Assess Effectiveness of Homoeopathy in Case of Anemia

Dr. Nirav Ganatra¹, Dr. Dhara Doshi², Dr. Parth Dave²

¹MD Scholar, Department of Homoeopathic Philosophy and Organon of Medicine,

²MD Scholar, Department of Case Taking and Repertory,

^{1,2}Rajkot Homoeopathic Medical College, Parul University, Rajkot, Gujarat, India

ABSTRACT

Anemia is defined as a low number of red blood cells. In a routine blood test, anemia is reported as a low hemoglobin or hematocrit. Hemoglobin is the main protein in your red blood cells. It carries oxygen, and delivers it throughout your body. In anemia, hemoglobin level will be low too. If it is low enough, tissues or organs may not get enough oxygen. Homeopathic remedies could be a ray of hope for such patients. While conventional treatment advocates the supplementation of deficient nutrients artificially, homeopathy recommends natural sources instead, namely eating fruits like apples, dates and amla, and vegetables like brinjal, beetroot, broccoli, and spinach. Homeopathic remedies work towards removing or reducing the tendency of anaemia and tackling causative factors, rather than temporarily treating the condition or offering symptomatic relief.

KEYWORDS: Anemia, Hematocrit, Homoeopathy, Individuality

INTRODUCTION

Anemia is not in itself a disease, it just gives an indication towards various medical conditions associated with diseases. Anemia refers to a reduction of red blood cell count or decreased haemoglobin level. Since the red cell production is reduced or the red blood cells are destroyed at a high rate, the end result is weakness, fatigue and various other symptoms. Homeopathic remedies provides a complete cure for anemia. The natural Homeopathic medicines are free from any side effects and are very effective in the treatment of Anemia.

Various Causes And 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.

How to cite this paper: Dr. Nirav Ganatra | Dr. Dhara Doshi | Dr. Parth Dave "An Evidence Based Clinical Case Study to Assess Effectiveness of Homoeopathy in Case of Anemia" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-6 | Issue-3, April 2022, pp.300-305, URL: www.ijtsrd.com/papers/ijtsrd49508.pdf



IJTSRD49508

URL:

Copyright © 2022 by author(s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



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

Symptoms of Anemia

Pallor; weakness or fatigue; vertigo; mouth soreness; difficulty in breathing or shortness of breath; palpitation; jaundice in Haemolytic Anemia; Koilonychia (spoon-shaped nails) in Iron Deficiency Anemia; pica (desire to eat strange indigestible things including chalk, clay, lime, dry rice, etc) in Iron Deficiency Anemia; gastric symptoms (like diarrhoea, nausea and vomiting); tingling and numbness of limbs in Pernicious Anemia.

In men, anemia is typically defined as hemoglobin level of less than 13.5 gram/100 ml and in women as hemoglobin of less than 12.0 gram/100 ml. Anemia is caused by either a decrease in production of red blood cells (decreased erythropoiesis) or hemoglobin, or an increase in loss (usually due to bleeding) or destruction of red blood cells.

Scope of Homoeopathy in Anemia :-

Homeopathy treats the person as a whole. It means that homeopathic treatment focuses on the patient as a person, as well as his pathological condition. The homeopathic medicines are selected after a full

individualizing examination and case-analysis, which includes the medical history of the patient, physical and mental constitution, family history, presenting symptoms, underlying pathology, possible causative factors etc. A miasmatic tendency (predisposition/susceptibility) is also often taken into account for the treatment of chronic conditions.

Clinical Case Report Study :-

A 31-years-old lady, approached on 15/04/2021 for her complaints of weakness and easily getting fatigued after slightest exertion. She was suffering from the complaints since 3-5 months and was facing following symptoms, such as headache, dizziness, drowsiness, no willingness for doing any work as it caused very much tiredness and fatigue. She had taken allopathic medicine such as iron supplements, vitamin supplements, etc for all these complaints but no cure was perceptible, once the medication stopped the complaints reappear. On examination her skin, nails and conjunctiva appeared pale and tongue showed map like condition and pale. She felt very thirsty whole day and needed to drink water every now and then. Excessive perspiration especially on palms.

PRESENTING COMPLAINTS :-

LOCATION	SENSATION	MODALITIES	CONCOMITANTS
System, Location, Origin, Duration, Frequency, Progress	Pathology with Intensity	Should consider Reportorial rubrics	Can eliminate all other symptoms for prescription
CVS ↓ BLOOD ↓ ANEMIA	<ul style="list-style-type: none"> Weakness on slight exertion Fatigue Excessive perspiration on palms 	>lying down	Violent aching Headache as if hammering which generally started in morning and aggravated as day progressed and relieved on sunset

PAST HISTORY:-

Diseases suffered from	Age at	Duration	Medicines & treatment taken
Hypertension	08 years	Till now	Allopathic medication

FAMILY HISTORY:-

RELATION TO PATIENT	DISEASE SUFFERING FROM	ALIVE/ DEAD	CAUSE OF DEATH
Father	HTN & IHD	Alive	-----
Sister	Diabetes mellitus	Alive	-----

PERSONAL HISTORY:-

- ACCOMODATION:- Good
- ECONOMIC STATUS:- Sound
- DIET & FOOD HABITS:- desire for raw salt, but now doesn't take due to HTN
- HOBBIES:- Listening music
- Vaccination:- done as per schedule
- LIFE SPACE INVESTIGATION:-
 - BIRTH & EARLY DEVELOPMENT:- All the milestones were achieved normally
 - BEHAVIOUR DURING CHILDHOOD:- Jolly natured
 - EDUCATION:- B.COM
 - OCCUPATIONAL HISTORY:- Housewife
 - MARITAL HISTORY :- Normal
 - CHILDREN:- One (Male)

GYNAECOLOGICAL HISTORY:-

- Nothing specific was observed. She had normal cycle of 27+/- 2 days

OBSTETRIC HISTORY:-

- Full term normal delivery was done.

GENERAL SYMPTOMS:-

A. PHYSICAL GENERALS:-

- APPEARANCE:- Lean, thin person
- TASTE:- not specific
- THIRST:- thirst for large quantity of water
- STOOL:- Constipated with hard stool
- URINE:- frequent urging for urination with offensiveness of urine
- SWEAT:- Profuse, especially on palms
- SLEEP:- sound

B. MENTAL GENERALS:-

Patient complained that she has now become very absent minded. And cant concentrate while doing work mannier times got injury while cutting vegetables.

Headache starts immediately if she gets some work and she has to think a lot about its management and excessive exertion on thinking and mental work triggers headache. On questioning what she thinks when she is not able to concentrate or about absent mindedness, she said I continuously think about things for which I had to listen without my fault. I feel very angry but cant tell it to anyone. And that thing goes on in my mind and then I keep on crying when alone and cant get that thing out of my mind. I get panic attacks especially at night and when I get anxious I start biting my nails.

EXAMINATION:-

➤ GENERAL EXAMINATION:-

- Face pale
- Skin, nails and conjunctiva showed pallor
- Tongue showed map like condition

➤ SYSTEMIC EXAMINATION:-

Nothing specific was observed in other systemic examinations.

DIAGNOSIS:-

All the features and the examinations are strongly suggestive of ANEMIA

CASE PROCESSING:-

➤ Analysis of symptoms :-

● Mental Generals:-

- Absent mindedness
- A/F Mental exertion
- A/F suppressed anger
- Anxiety especially at night and biting nails during it
- Difficulty in concentration
- Brooding over past events

● Physical generals:-

- Thirst for large quantity of water
- Profuse perspiration especially on palms
- Urine offensive and frequent urging for urination
- Hard stool
- Dizziness , weakness on slightest exertion and fatigue
- Desire for raw salt in meals

● Physical particulars:-

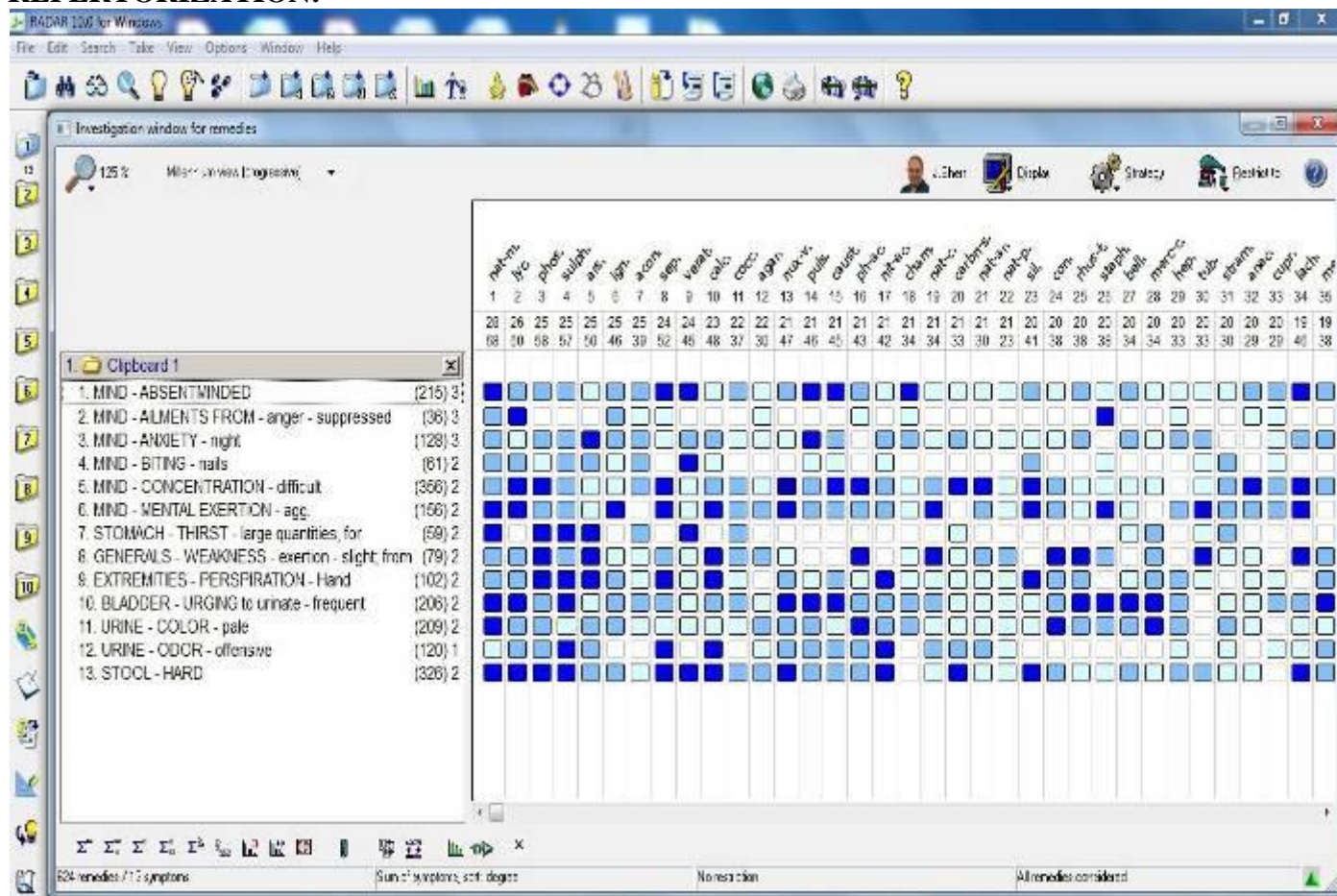
- Headache as if hammering
- Mapped tongue
- Pallor of skin, nails and conjunctiva

Evaluation of symptoms:-

- Absent mindedness
- A/F Mental exertion
- A/F suppressed anger
- Anxiety especially at night and biting nails during it
- Difficulty in concentration
- Headache as if hammering
- Mapped tongue
- Pallor of skin, nails and conjunctiva
- Thirst for large quantity of water
- Profuse perspiration especially on palms
- Urine offensive and frequent urging for urination
- Hard stool
- Dizziness , weakness on slightest exertion and fatigue

POTENTIAL DIFFERENTIATING FIELD :-

- Craving for excessive salt in meals
- Brooding over past events
- Headache with sensation as if hammering
- Headache started in morning and aggravated as day progressed and relieved on sunset
- Mapped tongue
- Pallor of skin, nails and conjunctiva

REPEDITORIZATION:-**PRESCRIPTION:-**

On 15/04/2021, according to the basis of reportorial result, intensity of mental symptoms, susceptibility and referring to potential differentiating field the remedy and potency selected was ,

- **NATRUM MURIATICUM 1M SINGLE DOSE STAT ORALLY**
- **SAC-LAC 4X3X7 DAYS**

➤ FOLLOW UP:-**02/05/2021:-**

- Patient was feeling much better in the general complaints,
- Better in complaints of weakness
- Complaint of frequent urging for urination and headache still present
- Constipation was also relieved with 60 % but hardness in stool still present
- Mental complaints better
- **RX :- NATRUM MURIATICUM 1M SINGLE DOSE STAT ORALLY SAC-LAC 4X3X30 DAYS**

13/06/2021:-

- Patient was able to do her routine household chores without feeling fatigue
- Could concentrate on her work
- Was very happy as her complaints of weakness, fatigue and mental exertion relieved upto 80%
- Anxiety decreased
- Constipation and complaints of urination relieved.
- **RX :- NATRUM MURIATICUM 1M SINGLE DOSE STAT ORALLY SAC-LAC 4X3X60 DAYS**

10/08/2020:-

- Improvement in All the complaints
- Perceptible increase in haemoglobin levels
- Relief in all the physical as well as mental complaints.
- **RX :- SAC-LAC 4X3X15 DAYS**

Neugen Unipath Specialty Laboratory LLP
 (Formerly known as Neugen Diagnostic Laboratories LLP)
 Regd. Office : Second Level, Radhika Hospital, Kotecha Circle,
 Kalawad Road, Rajkot - 360 005
 Phone: +919099001939 | Email: neugenunipath@gmail.com
 LLP Identification Number: **ATT-2629**



TEST REPORT					
Reg. No. :	2028003696	Reg. Date :	15-Apr-2021 13:39		
Name :			Collected On :	15-Apr-2021 13:39	
Age :	31 Years	Gender :	Female	Reported Date :	15-Apr-2021 19:13
Ref. By :			Dispatch At :		
Location :			Tele No. :		

Test	Results	Unit	Bio. Ref. Interval
Complete Blood Count			
Hemoglobin	07.8	g/dL	12.0 - 15.0
RBC Count	4.24	X 10 ¹² /L	3.8 - 4.8
Hematocrit	40.0	%	36 - 46
MCV	94.4	fL	83 - 101
MCH	31.3	pg	27 - 32
MCHC	33.2	g/dL	31.5 - 34.5
RDW-CV	13.40	%	11.5 - 14.5
RDW-SD(calculated)	42.80	fL	36 - 46
Total WBC count	5340	/μL	4000 - 10000
DIFFERENTIAL WBC COUNT			
	[%]	EXPECTED VALUES	[Abs] EXPECTED VALUES
Neutrophils	63	38 - 70	3364 /cmm 1800 - 7700
Lymphocytes	27	21 - 49	1442 /cmm 1000 - 3900
Eosinophils	2	0 - 7	107 /cmm 20 - 500
Monocytes	8	3 - 11	427 /cmm 200 - 800
Basophils	0	0 - 2	0 /cmm 0 - 100
NLR (Neutrophil: Lymphocyte Ratio)	2.33	Ratio	1.1 - 3.5
Platelet Count	177000	/cmm	150000 - 410000
PCT	0.16	ng/mL	< 0.5
MPV	9.20	fL	6.5 - 12.0
PDW(calculated)	H 14.3	fL	9 - 14
P-LCR	26.600		

Test done from collected sample.

This is an electronically authenticated report.

Approved by: **Dr. Mahesh Vidja**
 M.D. (Path)

Generated On : 15-Apr-2021 19:13

Approved On: 15-Apr-2021 13:52

Neugen Unipath Specialty Laboratory LLP is registered under limited liability

Neugen Unipath Specialty Laboratory LLP
 (Formerly known as Neugen Diagnostic Laboratories LLP)
 Regd. Office : Second Level, Radhika Hospital, Kotecha Circle,
 Kalawad Road, Rajkot - 360 005
 Phone: +919099001939 | Email: neugenunipath@gmail.com
 LLP Identification Number: **ATT-2629**



TEST REPORT					
Reg. No. :	2028002798	Reg. Date :	13-Jun-2021 11:08		
Name :			Collected On :	13-Jun-2021 11:08	
Age :	31 Years	Gender :	Female	Reported Date :	13-Jun-2021 17:15
Ref. By :	Dr. Nirav Ganatra	Dispatch At :			
Location :			Tele No. :		

Test	Results	Unit	Bio. Ref. Interval
Complete Blood Count			
Hemoglobin	10.84	g/dL	12.0 - 15.0
RBC Count	4.26	X 10 ¹² /L	3.8 - 4.8
Hematocrit	41.0	%	36 - 46
MCV	92.4	fL	83 - 101
MCH	33.3	pg	27 - 32
MCHC	32.2	g/dL	31.5 - 34.5
RDW-CV	14.40	%	11.5 - 14.5
RDW-SD(calculated)	41.80	fL	36 - 46
Total WBC count	5240	/μL	4000 - 10000
DIFFERENTIAL WBC COUNT			
	[%]	EXPECTED VALUES	[Abs] EXPECTED VALUES
Neutrophils	64	38 - 70	3364 /cmm 1800 - 7700
Lymphocytes	28	21 - 49	1442 /cmm 1000 - 3900
Eosinophils	1	0 - 7	107 /cmm 20 - 500
Monocytes	9	3 - 11	427 /cmm 200 - 800
Basophils	0	0 - 2	0 /cmm 0 - 100
NLR (Neutrophil: Lymphocyte Ratio)	2.43	Ratio	1.1 - 3.5
Platelet Count	187000	/cmm	150000 - 410000
PCT	0.16	ng/mL	< 0.5
MPV	9.20	fL	6.5 - 12.0
PDW(calculated)	H 13	fL	9 - 14
P-LCR	28.600		

Test done from collected sample.

This is an electronically authenticated report.

Approved by: **Dr. Mahesh Vidja**
 M.D. (Path)

Generated On : 13-Jun-2021 17:15

Approved On: 13-Jun-2021 17:15

Neugen Unipath Specialty Laboratory LLP is registered under limited liability

Neugen Unipath Specialty Laboratory LLP
 (Formerly known as Neugen Diagnostic Laboratories LLP)
 Regd. Office : Second Level, Kothnika Hospital, Kotecha Circle,
 Kailowad Road, Sakar - 369 005
 Phone: +919099001939 | Email: neugenunipath@gmail.com
 LLP Identification Number: ATT-2629



TEST REPORT			
Reg. No. : 2028002796	Reg. Date : 10-Aug-2021 12:05	Collected On : 10-Aug-2021 12:05	Reported Date : 11-Aug-2021 15:21
Name :	Gender : Female	Ref. No. :	Dispatch At :
Age : 31 Years			Tele No. :
Ref. By : Dr. Nirav Ganatra			
Location :			
Test	Results	Unit	Bio. Ref. Interval
Complete Blood Count			
Hemoglobin	13.62	g/dL	12.0 - 15.0
RBC Count	4.16	X 10 ¹² /L	3.8 - 4.8
Hematocrit	41.5	%	36 - 46
MCV	92.2	fL	83 - 101
MCH	33.5	pg	27 - 32
MCHC	33.2	g/dL	31.5 - 34.5
RDW-CV	13.40	%	11.5 - 14.5
RDW-SD(calculated)	44.80	fL	36 - 46
Total WBC count	6130	/µL	4000 - 10000
DIFFERENTIAL WBC COUNT			
	[%]	EXPECTED VALUES	[Abs] EXPECTED VALUES
Neutrophils	66	38 - 70	3364 /cmm 1800 - 7700
Lymphocytes	24	21 - 49	1442 /cmm 1000 - 3900
Eosinophils	3	0 - 7	107 /cmm 20 - 500
Monocytes	8	3 - 11	427 /cmm 200 - 800
Basophils	0	0 - 2	0 /cmm 0 - 100
NLR (Neutrophil: Lymphocyte Ratio)	2.43	Ratio	1.1 - 3.5
Platelet Count	184000	/cmm	150000 - 410000
PCT	0.16	ng/mL	< 0.5
MPV	9.20	fL	6.5 - 12.0
PDW(calculated)	H 13	fL	8 - 14
P-LCR	26.600		
Test done from collected sample. This is an electronically authenticated report.			
Generated On : 11-Aug-2021 15:21		Approved by: Dr. Mahesh Vidja M.D. (Path) Approved On : 11-Aug-2021 15:21	

Conclusion :-

A homeopathy doctor tries to treat more than just the presenting symptoms. The focus is usually on what caused the disease condition? Why ‘this patient’ is sick ‘this way’. The disease diagnosis is important but in homeopathy, the cause of disease is not just probed to the level of bacteria and viruses. Other factors like mental, emotional and physical stress that could predispose a person to illness are also looked for. No a days, even modern medicine also considers a large number of diseases as psychosomatic. The correct homeopathy remedy tries to correct this disease predisposition. The focus is not on curing the disease but to cure the person who is sick, to restore the health. If a disease pathology is not very advanced, homeopathy remedies do give a hope for cure but even in incurable cases, the quality of life can be greatly improved with homeopathic medicines.

References :-

[1] Munjal YP, Sharm SK. API Textbook of Medicine, Two Volume Set. JP Medical Ltd; 2012 May 18.
 [2] Aphale, P. (2017). To Study The Efficacy Of Ferrum Phos In Management Of Iron

Deficiency Anemia. International Journal of Research in Drug & Pharmaceutical Science (IJRDPS), [online] 1(1), p.4. Available at: <https://ijournals.in/ijrdpsvolume-1-issue-1/> [Accessed 1 Jun. 2017].

[3] Durai R. Prevalence of Anaemia in Tertiary Care Hospital. World Journal of Pharmaceutical Sciences [Internet]. 2018 [cited 30 September 2018]; (2321-3086):04.
 [4] Murphy R. Homoeopathic Medical Repertory (Iind Ed.). B. Jain Publishers; 1998.
 [5] Boger CM. A Synoptic Key of the Materia Medica, New Dehli.
 [6] Phatak SR. Concise Repertory of Homoeopathic Medicines. B. Jain Publishers; 2004.
 [7] Clarke JH. Clinical Repertory. B. Jain Publishers; 1994.
 [8] Boericke W. Boericke's New Manual of Homoeopathic Materia Medica with Repertory. 3 rd Revised and Augmented Edition Based on 9th ed. New Delhi: B.