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EFFICACY OF HOMOEOPATHIC MEDICNES IN THE TREATMENT OF IRON DEFICIENCY ANAEMIA OF FEMALES WITH CONSTITUTIONAL APPROACH - CASE REPORT

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ABSTRACT

Anaemia is a serious public health problem, which affects the mental and physical development, as well as health maintenance and work performance. Iron deficiency is by far the most common cause of anaemia worldwide. About 2 billion people are suffering from varying degrees of anaemia in developing countries. The cases of iron deficiency anaemia are commonly found in day to day (routine) practice. A case of 34 years old female suffering from iron deficiency anaemia reported in the clinic was treated successfully within 5 months by individualised homoeopathic medicine Arsenicum Album 200 with repetition as per requirement. The evidence of improvement was reduced breathlessness and increased serum haemoglobin level.

INTRODUCTION

Anaemia is defined as a reduction in the oxygen-carrying capacity of the blood.

Iron deficiency occurs when insufficient iron is absorbed to meet the body's needs. This may be due to inadequate iron intake, poor iron absorption, increased iron need in the body or chronic blood loss. Prolonged iron deficiency leads to iron deficiency anaemia (IDA).

Iron deficiency ranges from depleted iron stores without functional or health impairment to iron deficiency with anaemia, which affects the functioning of several organ systems.

Anaemia can be caused by excessive destruction of red blood cells, blood loss, and inadequate production of red blood cells. The most common forms of microcytic anaemia is iron deficiency anaemia caused by reduced dietary intake. Early intervention may prevent later loss of cognitive function.

Average values:

- Males: 14-18 gm/dL
- Female: 12-16 gm/dL
- Infants: 14-20gm/dL

Anaemia causes fatigue, stress on bodily organs, generalised muscular weakness, lethargy and headache, decreased appetite (especially in children), brittle nails, irritability, blood in stool, pale skin colour (pallor), shortness of breath, sore tongue, unusual food craving (called pica) etc. sometimes infants or children may have a gastrointestinal disease such as a chronic infection, chronic diarrhoea, celiac disease.

DIAGNOSIS

- Physical examination
- Paleness in the skin, nail beds and gums.
- Rapid or irregular bleeding
- Bleeding: any blood loss
- Family and Medical history
- Complete blood count
- Serum Hb level
- Haematocrit level

Few Homoeopathic medicines for Iron Deficiency Anemia

Arsenicum Album, Natrum muriaticum, Pulsatilla, Ferrum metallicum, Kali carbonicum, Sepia

CASE REPORT:

A 34-year-old female presented with complaints of breathlessness and fatigue since 6 months which was aggravated by walking, climbing stairs, cold exposure and ameliorated by warmth and rest. The patient did not take any prior treatment before reporting for homoeopathic medication. On physical examination pallor was present. After investigation her serum haemoglobin level was 9.1 gm/dl.

The patient was vegetarian and of pale, tall, lean built. She has anxiety, angered easily and shouts when angry, aversion for company.

She was thermally chilly and also has a tendency to catch cold easily.

Report as on 4th January 2023.

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NAME :Akanksha (34Y/F)
REF. BY : DR M PRAKASH KUMAR
TEST ASKED : HEMOGRAM
PATIENTID : TT21216797

HOME COLLECTION :
3RD BLOCK RAJAJINAGAR BANGALORE - 560010

TEST NAME	VALUE	UNITS	Bio. Ref. Interval.
TOTAL LEUCOCYTES COUNT (WBC)	9.33	X 10^3 / µL	4.0 - 10.0
NEUTROPHILS	55.6	%	40-80
LYMPHOCYTE	31.5	%	20-40
MONOCYTES	3.6	%	2-10
EOSINOPHILS	4.3	%	1-6
BASOPHILS	0.9	%	0-2
IMMATURE GRANULOCYTE PERCENTAGE(IG%)	0.3	%	0.0-0.5
NEUTROPHILS - ABSOLUTE COUNT	5.19	X 10^3 / µL	2.0-7.0
LYMPHOCYTES - ABSOLUTE COUNT	2.94	X 10^3 / µL	1.0-3.0
MONOCYTES - ABSOLUTE COUNT	0.34	X 10^3 / µL	0.2 - 1.0
BASOPHILS - ABSOLUTE COUNT	0.08	X 10^3 / µL	0.02 - 0.1
EOSINOPHILS - ABSOLUTE COUNT	0.4	X 10^3 / µL	0.02 - 0.5
IMMATURE GRANULOCYTES(IG)	0.03	X 10^3 / µL	0.0-0.03
TOTAL RBC	5.2	X 10^6/µL	4.5-5.5
NUCLEATED RED BLOOD CELLS	0.01	X 10^3 / µL	0.0-0.5
NUCLEATED RED BLOOD CELLS %	0.01	%	0.0-5.0
HEMOGLOBIN	**9.1**	g/dL	12.0-17.0
HEMATOCRIT(PCV)	43.9	%	40.0-50.0
MEAN CORPUSCULAR VOLUME(MCV)	**70.2**	fL	83.0-101.0
MEAN CORPUSCULAR HEMOGLOBIN(MCH)	**21.8**	pq	27.0-32.0
MEAN CORP.HEMO.CONC(MCHC)	**26.3**	g/dL	31.5-34.5
RED CELL DISTRIBUTION WIDTH - SD(RDW-SD)	42.1	fL	39-46

RED CELL DISTRIBUTION WIDTH (RDW-CV)	13.4	%	11.6-14.0
PLATELET DISTRIBUTION WIDTH(PDW)	10.1	fL	9.6-15.2
MEAN PLATELET VOLUME(MPV)	8.2	fL	7.5-8.3
PLATELET COUNT	289	X 10^3 / µL	150-410
PLATELET TO LARGE CELL RATIO(PLCR)	21	%	19.7-42.4
PLATELETCRIT(PCT)	0.28	%	0.19-0.39

Remarks : Alert!!! RBCs:Mild anisopoikilocytosis. Predominantly normocytic normochromic with ovalocytes. Platelets:Appear adequate in smear.

Please Correlate with clinical conditions.
Method : Fully automated bidirectional analyser (6 Part Differential SYSMEX XN-1000)
(This device performs hematology analyses according to the Hydrodynamic Focussing (DC method), Flow Cytometry Method (using a semiconductor laser), and SLS- hemoglobin method)

~~ End of report ~~

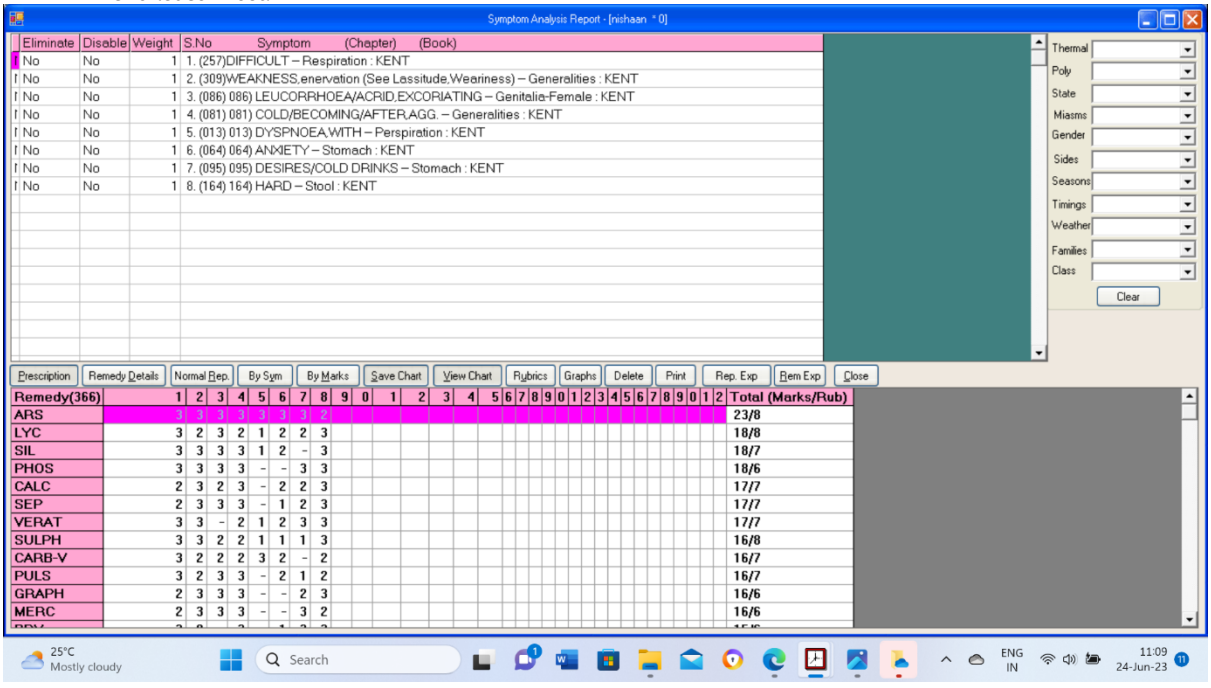
Sample Collected on (SCT) : 4 Jan 2023 10:00
Sample Received on (SRT) : 4 Jan 2023 13:06
Report Released on (RRT) : 4 Jan 2023 14:27
Sample Type : EDTA
Labcode : 1810074741/BAN03

Dr Syeda Sumaiya MD(Path) Dr.Ashwin Mathew MD(Path)

Past History: She had no major illnesses in the past and was apparently healthy.
Family History: Nothing significant
The following symptoms were considered for repertorization:

- Difficulty in breathing
- Generalized weakness
- Acrid leucorrhoea
- Cold aggravation
- Breathlessness with anxiety
- Anxiety felt in stomach
- Desire- cold drinks
- Hard stools

The reportorial result that followed using stimulare software:



Details of the treatment is given below:
First prescription (5 January 2023)-
Arsenicum Album 200/3 doses – OD for 3 days
Placebo 200 TID/ 15days
Basis of prescription:
In terms of reportorial analysis, Arsenicum album covered 8/8 symptoms. In this case Arsenicum album was selected based on reportorial analysis and the constitution of the patient was similar to that of Arsenicum album.
Follow up:

1. 30/01/2023 – Patient is feeling better
   No fresh complaints, no breathlessness and weakness reduced
   Advice – Placebo 200 TID/!5 days
2. 26/02/2023 – Paleness reduced
   No complaints of leaucorrhoea noted in the past month
   Advice – Rx Placebo 200 TID/15days
3. 23/03/2023 – Patient is feeling better
   No complaints of weakness
   Anxiety reduced
   Advice- Arsenicum album 1M OD for 3 days
   Placebo- 15 days
4. 20/04/2023 – Patient is feeling better
   No paleness noted
   Advice- Rx Placebo 200 TID/ 30 days
5. 15/05/2023 – No fresh complaints noted
   Menstrual flow improved
   Advice - Placebo 200 TID/30days

6. 16/06/2023- Hemoglobin – 12.8g/dl No fresh complaints

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Sample Type : EDTA
Labcode : 1810074741/BAN03

Dr Syeda Sumaiya MD(Path) Dr.Ashwin Mathew MD(Path)

Results:
After prescription of Arsenicum album in various potencies, menstrual cycle became regular, no weakness, reduced anxiety and breathlessness reduced. After treatment, serum haemoglobin level increased from 9.1 mg/dl to 12.8 mg/dl.

DISCUSSION

Iron deficiency anaemia occurs in body due to low dietary intake, poor iron absorption, increased iron need in body or chronic blood loss. Iron deficiency anaemia affects the functioning of organs. Most common form of iron deficiency anaemia is microcytic anaemia. It mainly affects females of puberty and child bearing age. It causes fatigue, muscular weakness, decreased appetite, irritability and blood in stool.

Because of reduction in red blood cells, decreases the ability to absorb oxygen from the lungs. Serious problems can occur in prolonged and severe anaemia that is not treated. Anaemia can lead to secondary organ dysfunction or damage, including heart arrhythmia and heart failure. Homoeopathy literatures mention several medicines for the conditions in which a similimum can help a patient to cure iron deficiency anaemia. Homoeopathic remedies can offer gentle and safe cure with highest satisfaction of patient after treatment.

In this case, there was scanty menses, weakness, fatigue, anxiety and headache. Severe Pallor was present. Her serum Hb level was 9.1 mg/dL. She was tall, pale and lean. Proper case taking and repertorization was done. Arsenicum album 200 was prescribed to this patient after referring homoeopathic materia medica. After treatment her menses became regular and other symptoms improved. In this case, Arsenicum album was prescribed in various potencies like 200, 1M,

Although the case was successfully treated, patient visited regularly for follow ups which also helped in quick recovery of patient.

CONCLUSION

In this case study Homoeopathic treatment has shown positive results in the treatment of iron deficiency anaemia. It reconfirms the importance of Individualised Homoeopathic treatment based on holistic basis rather than particular pathological diagnosis.