

Homeopathic Approach In Iron Deficiency Anaemia

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Abstract: In present global worming most common disease in women is anaemia. This condition also seen in during pregnancy also. In my study also find out which miasmas are more prominent during pregnancy may be responsible for iron deficiency anaemia. [Soni A Natl J Integr Res Med, 2021; 12(1):77-79]

Key Words: Iron Deficiency Anaemia, Miasmatic Evaluation, Psora, Scosis And Syphilis Miasm.

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Introduction: Material mortality is a disease of poverty, India's most population up to about 60 to 70 % survive in rural areas and people living below the poverty line are about 30 – 40 % and in this more suffers are females those who reside in rural areas because of malnutrition and due to other female disorders the females suffers from anaemia. If this anaemia is iron deficiency anaemia especially during pregnancy then there is high risk pregnancy. This is the one of the important causes form maternal mortality.

Iron deficiency anaemia during the pregnancy is included in the national health programmed. The concept of healthy motherhood is the aim of twenty first century. Women expect to go safely through the journey of pregnancy and childbirth.

Women make the investment in motherhood and she expects a successful return as a healthy newborn. So the launch of the safe motherhood initiative 20 years ago was a significant milestone in global health. The safe mother hood imitative attempted to balance the global health landscape and made the reduction of maternal death a global priority. Until that point death among women during pregnancy of childbirth in developing countries has been largely ignored by the global heath community which lead to the question "where is the M in MCH?

Hence this subject of iron deficiency anaemia during pregnancy is apparently simple because we consider it as one of nutritional disorder but it is difficult to handle because about 95% of women suffering from iron deficiency anaemia and 19% cause for maternal death is this. Pregnancy is the core of femininity an experience in which woman is put in touch with her inner self – essence of her being. Pregnancy is the

process of bringing a divine soul down into this world. So it is important time for homeopathy, an opportunity to discover her constitutional remedy, because very deep seated symptoms reveal themselves, bringing out the inner dimension of the women and enabling the Homeopath to observe and perceive in depth her state of mind.

Hence I feel to give insight to the medical field for handling the cases of iron deficiency anaemia with homeopathic approach. Because Homeopathy is a therapeutic science which stands on the Nature's Law of Cure is "SIMILIA SIMILIBUS CURANTER" means Let Likes be cured by Likes.

Aim and Objective: To clinically assess the efficacy of homeopathic drugs in iron deficiency anaemia in pregnant women. To evaluate the role of Hahnemann's chronic miasms in the management of Iron Deficiency anaemia in pregnant women.

This condition is a very common especially, during the time of pregnancy. It is also one of the disorders which is included in the national health programmed. Hence I have selected this topic to evaluate the miasmatic background and to understand the role of miasmatic remedies in the successful homoeopathic managements of this prevalent state.

Material and Methods: The commonly indicated medicine in iron deficiency anaemia was selected for detailed study through the following sources.

Through the knowledge of various books of Materia medica. Through the knowledge of various books of philosophy.

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Through various journals. The characteristic symptoms related to iron deficiency anaemia and other constitutional symptoms were selected for their application on the patient.

Efficacy Of Medicine In Clinical Practice: 30 cases of iron deficiency anaemia were taken from the patients attending my OPD. The cases were taken in standard case Performa used in OPD. The cases were analyzed and evaluated with the formation of totality of symptoms. The medicine was prescribed as an anti-miasmatic or constitutional or supplementary as per requirement of case during the course of disease.

The Response Of The Treatment Was Classified As

- **Improved:** sense of well-being with decrease in intensity and frequency of subjective and objective symptoms.
- **Not Improved:** No change in presenting complaint even after prescribed duration of study.
- **Left The Treatment:** when the patient did not maintain follow-up at least 3 month.

Result: A total number of thirty cases were included in the study. All the thirty cases were observed and various data were collected.

Age Incidence: the maximum age incidence of 24 years and 26 years in 20 case. The minimum age incidence of in one patient, the youngest was 20 years of age and the oldest was 33 years of age.

Socio-Economic Status: The studies showed that 14 patient belonged to the low socio economic status, 11 patients belonged to the lower middle socioeconomic status, and 5 patient belonged to the upper middle.

Miasmatic Background: The studies of 30 cases shows that about 17 patient were with psoric background, 6 cases had Psora- Sycotic background, 2 cases i.e. Had Sycotic background and 2 cases had syphilitic background while last 3 each were seen with Psora – syphilitic background.

Haemoglobin Level: Haemoglobin level rises in between 9.1 to 10.1 gm% in 10 patients. In 12 patient haemoglobin level rise between 10.1 to 11.0gm % after taking the treatment. While there is no improvement in 6 patients.

Result Of Treatment: After the studying of 30 cases we get improved result in 22 patients and in 6 cases the response of treatment is not good. While 2 patients left the treatment half way.

Discussion: The approach followed was in accordance to homeopathic principles. The cases taken up for studies were clinically diagnosed cases of iron deficiency anaemia. Many parents were advised a balanced diet. Out of total thirty cases taken the commonest causes was diet restriction and nutritional deficiencies due to socio economic. At home constant disputes among family members add worry of females in the society. So because of all this females were under stress with loss of appetite that causes nutritional deficiency which leads to iron deficiency anaemia in females.

In the socio economic level also it was seen that in the low class and middle class females the incidence of iron deficiencies anaemia is common due to poor intake of food, mental stress, nutritional deficiency are main cause while in upper class stress were importance cause.

History and clinical findings are importance in case of iron deficiency anaemia. The clinical picture at the time of the illness is the immediate expression of the patient's disturbed equilibrium, where that is clearly expressed the clinical similitum is the appropriate response,

Out of 30 cases taken for the study majority of cases were found to be having predominant Psora miasmatic phase. Improvement was observed in majority of cases during study. Out of 30 cases we get the improved result in 18 patient, moderate result in 8 patient and in 4 cases the response of treatment is not good. In these case haemoglobin levels were checked within the span few cases to know whether anti miasmatic remedies was helping to increase the haemoglobin level or not.

Study of scope of homeopathy is in iron deficiency anaemia showed the following highlighting feature that:

Nutritional deficiency is the underline causes of iron deficiency. Stress is the causes for the iron deficiency anaemia. An excellent case taking is needed by the physician in such cases. A physician should have respected of the emotional of the patient, his sufferings the patient. A female

has stress factor like poor brought up poor studies, distorted behaviour by the husband, management of finances for future of family member, development of their children with that nutritional deficiency.

So for such cause or stress, homeopathy is the best reliever therapy and an appropriate answer to Iron deficiency anaemia.

Conclusion: Incidence of iron deficiency anaemia 80 – 90 % in india and of course more among females. The prevalence of iron deficiency anaemia is higher in pregnant women's. Women bear excess of burden of responsibilities, psychologically and physically. Deficiency in diet causes the iron deficiency anaemia.

The Findings Of The Present Study Are As Follows

The prevalence of iron deficiency anaemia was found to be more among pregnant women. Psora miasm predominance in majority of cases. Majority of patient belong to the lower socio economic level. Majority of this study group has shown remarkable improvement of their complaints. With the sign and symptoms the similar remedy selected satisfies susceptibility. The indicate constitutional dynamic medicine given to establish a relative state of health.

Whatever is the remedy, miasmatic approach guided by definite principle of therapeutics?

Thus through this study it is more evident, the through case taking including past history, family history, associated complaints, totality, knowledge of materia medica, knowledge of disease result in the complete cure of the disease. So this study will help in homeopathic approach in iron deficiency anaemia during pregnancy with miasmatic approach.

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