

Utility of Homoeopathic Medicines in Treatment and Management of Iron Deficiency Anaemia in Women of Reproductive Age Group using Kent Repertory

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Abstract: Iron Deficiency Anaemia arises when the balance of Iron intake, iron stores, and body loss of Iron are insufficient to fully support production of erythrocytes. Anaemia affects an estimated 2.36 billion individuals globally, especially women and children. The prevalence of anaemia is estimated to be higher in India when compared to all other developing countries. Also, it is the second leading cause of maternal deaths in the country. The third national family health survey (NFHS-3) estimates suggest that 56% of women and 70% of children in India have anaemia. Homoeopathic system of medicine is a safe, rapid, gentle mode of treatment causing permanent annihilation of disease. The aim of this study was to study the utility of individualised Homoeopathic medicines in treatment and management of Iron Deficiency anaemia using Kent Repertory. The medicines were administered on the basis of Homoeopathic principles, & we fulfilled our objective to show effectiveness of homoeopathically similar medicine in taking the case towards improvement & cure. The patients diagnosed with Iron Deficiency anaemia were selected from OPD & peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana. The patient improvement was assessed from Haemoglobin levels and reticulocyte count using paired t test. In the study, it is found that 30% (15 patients) patients have shown marked improvement in their Reticulocyte count, 52% of cases (26 patients) showed moderate improvement & no case got worsened. Similarly, it is found that 28% (14 patients) patients have shown marked improvement in their Haemoglobin count, 56% of cases (28 patients) showed moderate improvement & no case got worsened.

Keywords: Iron deficiency anaemia, Anaemia, Homoeopathy, Kent Repertory, Organon of Medicine

1. Introduction

Anaemia is defined as reduction in oxygen carrying capacity of blood with either fall in Haemoglobin level, Red Cell count or Blood volume. Iron Deficiency anaemia is the commonest nutritional Deficiency disorder throughout the world but its prevalence is higher in developing countries. More than half of patients with anaemia are assumed to have iron deficiency. Between 30% and 70% population in the developing world is iron deficient. The third national family health survey (NFHS-3) estimates suggest that 56% of women and 70% of children in India have anaemia. Over half of all cases of anaemia are secondary to iron deficiency. Iron deficiency passes through a latent phase to overt iron deficiency anaemia (IDA). IDA is associated with cognitive impairment, reduced work output and is an important contributor to increased maternal and perinatal mortality.

2. Literature Survey

According to WHO, Iron deficiency is defined as a condition in which there are no mobilizable iron stores and in which signs of a compromised supply of iron to tissues, including the erythron, are noted. The more severe stages of iron deficiency are associated with anaemia. As per Samuel Johnson's Dictionary of English language(1755) 'Repertory means a treasure or a book in which anything is be found' In "Essentials of Repertorisation" by Prof Dr S.K Tiwari-'Repertory is a systematically and logically arranged index to the homoeopathic materiamedica, which is full of

information collected from toxicology, drug proving and clinical experience'.⁴

Some important Homoeopathic medicines for depression are -, Ars, , Bell, Calc-p, Calc, Carb-s, Cocc, , Ferr-ar, Ferr-m, Ferr, Graph, Lyc, Mang, Nat-m, Nit-ac, Phos, Plat, Puls, Senec, Sep, Sulph.

3. Methodology

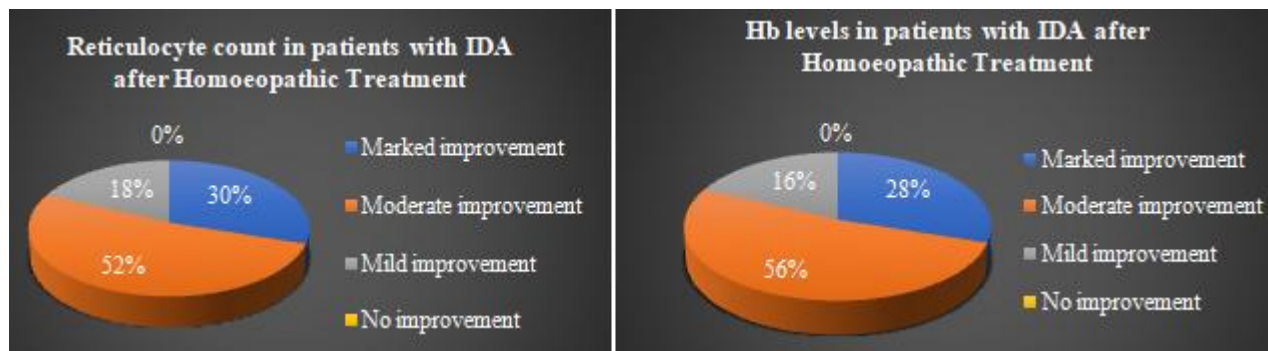
It was an exploratory study. The study was undertaken at OPD & peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana. The cases of Female patients, from 15 to 49 years of age, suffering from Iron Deficiency Anaemia (as per Haemoglobin level and reticulocyte count) were taken into the study. Iron deficiency anemia complicated with other systemic diseases was excluded. Assessment was done on the basis of Symptomatology and Haemoglobin and reticulocyte count. Each case was followed up at an interval of 15 days.

4. Results & Discussion

Out of 50 cases, under the influence of individual simillimum Homoeopathic remedy, it is found that 30% (15 patients) patients have shown marked improvement in their Reticulocyte count, 52% of cases (26 patients) showed moderate improvement & no case got worsened. Similarly, it is found that 28% (14 patients) patients have shown marked improvement in their Haemoglobin count, 56% of cases (28

patients) showed moderate improvement & no case got worsened. Major remedies prescribed are Chin, Ferr, Nat

mur, Puls, Staph, Phos, Ars, and Sulphur.



5. Conclusion

After going through the whole research work, the analysis & observations, we conclude that there has been an appreciable clinical response in terms of improvement of patients with Iron Deficiency anaemia, thus Homoeopathy has proved itself effective in treatment and management of Iron Deficiency anaemia. Detailed case taking as per Homoeopathic principles, making the totality of symptoms & administering the most similar remedy along with proper diet & regimen, has given positive results. Thus, Homoeopathy is surely & undoubtedly a very safe & effective healing art, especially for the persons suffering from Iron deficiency anaemia.

Conflicts of Interest

None declared.

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