

A Clinical Comparative Study of Efficacy of Constitutional Homeopathic Remedies for Anemia in Age Group of 10 to 15 Years

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Abstract: Anemia is one of the most common nutritional deficiency disorders, affecting the children in the developing countries. Anemia prevalence in young children continues to remain over 75% in most of the part in the India; despite a policy being in place and program that has been initiated for long time. The irreparable damage that anemia in childhood can cause particularly to the development of young child on one hand and the knowledge and mechanism available for its control on the other, make silent morbidity completely unacceptable in this modern era. The school going children in the age group of 10 to 15 years for the study were selected from all referral OPD and IPD patients and the various schools of adopted villages by M.H. foundation' Homoeopathic Medical College and Hospital, Hahnemann Hills, Chandanapuri Ghat, Gunjalwadi Pathar, Tal. Sangamner, Dist. Ahmednagar. Each case will be followed up to 12 months. It is single blind control trial, Prospective Quantitative study. **Result:** The use of well selected Homoeopathic Remedy has beneficial effect to improve Hb% as well as general health of the patient. **Conclusion:** We observed faster recovery in 10 to 15 years children with anemia. Here we observed the effectiveness of homoeopathic remedy like Ars. Alb., Calc.carb., china off, Ferrum met., Ferrumphos., kail..Carb., Lecithinum, Nat. mur., Nux.vom., Phos., Puls. etc. in 30 C potency, in the cases of anemia in 10 to 15 years children.

Keywords: Anemia, Homoeopathic constitutional remedy, Children

1. Introduction

- Anaemia is not in itself a disease; it just gives an indication towards various medical conditions associated with diseases. **Anaemia refers to a reduction of red blood cell count or decreased haemoglobin level.**
- Anemia is generally defined according to hemoglobin levels, which may vary according to many factors most importantly age, gender, and ethnicity. Any level below 13 gm/dL for males and below 12 gm/dL for females is considered abnormal. In children 11-13 gm/ dl is normal level of haemoglobin
- Homoeopathic remedies provide a complete cure for anaemia. The natural homoeopathic medicines are free from any side effects & are very effective in the treatment of anaemia.

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.

Homeopathic Medicines for Anemia

- Baryta carb, Calcarea Carb, China, Cina, Ferrum Met, Merc. Sol, Natrummur, Phos, Pulsatilla etc.

2. Methodology

Material and Methods

Study setup:

The subject for the study will be collected from

- OPD and IPD of Vrundavan Hospital.
- Schools of the Adopted villages

Study duration: 12 months

Patients taken from schools of adopted villages & the registered patients from Vrundavan hospital OPD & IPD

Study Design: Single blind clinical control trial

Study group- 50 Patients have given homeopathic constitutional remedies with dietary management.

Control Group- 50 Patients has given sac lac with dietary management. Informed consent was obtained from participants & parents prior to the conduct of study official & written permission was taken from principal of the school.

Does the study require any investigation or intervention to be conducted on patients?

- Yes- Diagnosis will be done on symptoms and history of patients

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- CBC (Haemogram) required
- Packed cell volume, mean corpuscular volume, bleeding time and clotting time if required.
- Serum B12 level, Serum Folic acid level if required
- Followed up to 6 months to 1 year.
- **Follow Up-** Monthly follow ups
- Results expected after 6 months to 1 year

Inclusion criteria:

- Age group from 10 to 15 years
- Children of both sexes irrespective of ethnic group, socio-economic status are considered
- All the children with signs and symptoms of anemia are considered.

Exclusion criteria:

- Patients with complications of nutritional anemia.
- Patients suffering from other than nutritional type of anemia like aplastic hemolytic congenital or anemia due to chronic diseases, hemorrhagic anemia.

Method of Collection of data (Including sampling procedure, if any)

- Method- Simple Non- randomized control trial
Sample size-100
Study group – 50
- Control group- 50
- Patients will be selected on the basis of inclusion and exclusion criteria
- Non-judgmental sampling procedure shall be adopted
- Selection of sample by doing
CBC
Clinical examination
Signs and symptoms of nutritional anemia.

3. Results

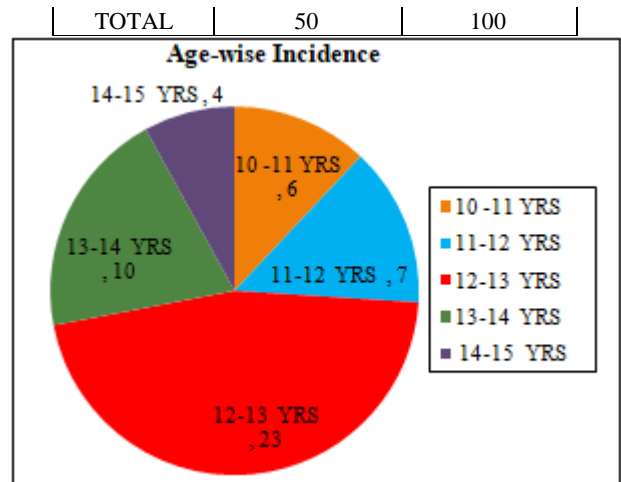
- The study found that; well selected ‘Constitutional Homoeopathic Remedy (by considering susceptibility, disposition, miasms, physical and mental make-up)’ had improved Hb% & general health of a patient. We observed faster recovery in children with anemia in study group. Both groups had different recovery status & were given different differences in Hb% levels.
- Here we have proved the efficacy of constitutional Homoeopathic remedy in cases of anemia in children age group 10 yrs. to 15yrs.

4. Analysis

Observations of the study were analyzed & findings were evaluated by using statistical methods (χ^2 test and Student’s ‘t’ test)

Table 1: Age Group Statistics of Study Group

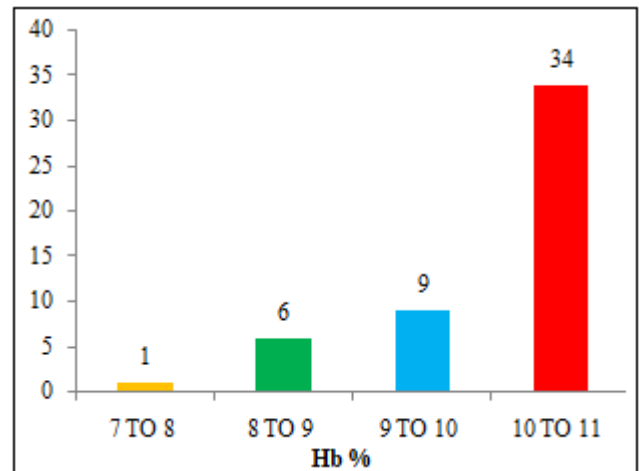
| Age Groups | No. of patients | Percentage % |
|------------|-----------------|--------------|
| 10 -11 YRS | 6 | 12 |
| 11-12 YRS | 7 | 14 |
| 12-13 YRS | 23 | 46 |
| 13-14 YRS | 10 | 20 |
| 14-15 YRS | 4 | 8 |



The above observation shows higher incidence of anaemia in age group 12-13 yrs i.e. 46%, followed by age group 11-12 yrs i.e. 14%, & minimum incidence of anaemia is in age group 14-15 yrs i.e. 2% in study group

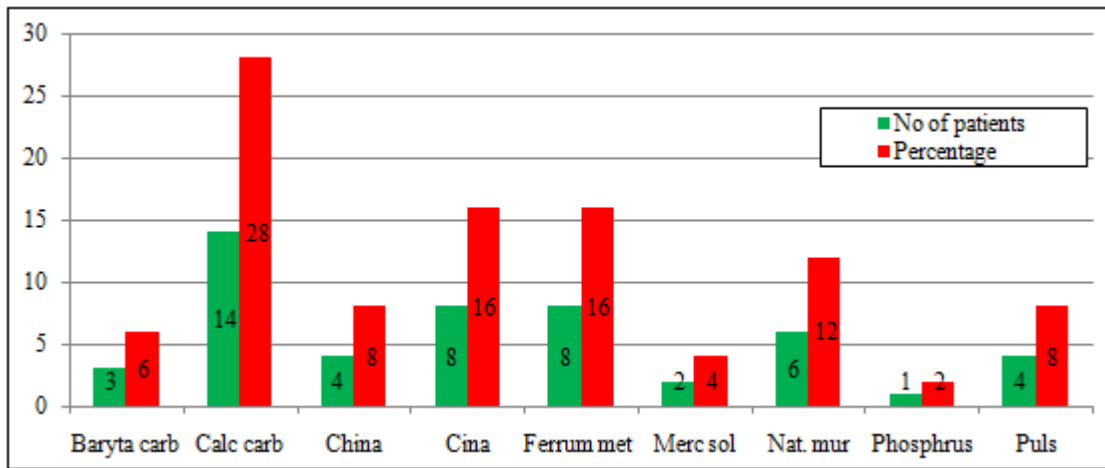
Table 2: Hb % statistics Case Group

| Hb % | No .of patients | Percentage % |
|-----------|-----------------|--------------|
| 7 TO 8 | 1 | 2 |
| 8 TO 9 | 6 | 12 |
| 9 TO 10 | 9 | 18 |
| 10 TO 11 | 34 | 68 |
| TOTAL | 50 | 100 |
| MEAN ± SD | 10.02% ± 2.06% | |



Above observation shows the patients of anaemia with Hb-10% -11% are 34 cases (68%) & minimum Hb 7%-8% only 1 case (2%) in case group

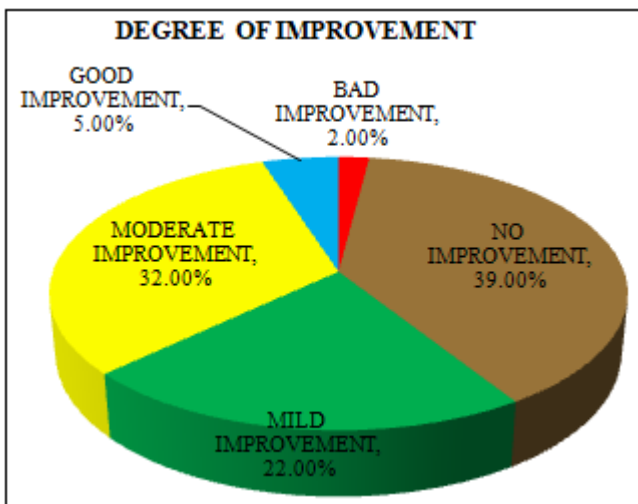
| Prescribed remedy | No. of patients | Percentage % |
|-------------------|-----------------|--------------|
| Baryta carb | 3 | 6 |
| Calc carb | 14 | 28 |
| China | 4 | 8 |
| Cina | 8 | 16 |
| Ferrum met | 8 | 16 |
| Merc sol | 2 | 4 |
| Nat. mur | 6 | 12 |
| Phosphorus | 1 | 2 |
| Pulsatilla | 4 | 8 |
| Total | 50 | 100 |



Above observation shows calc.carb -28% i.e. maximum used constitutional remedy in case group

Overall (Case group + Control group): Degree of improvement

| Degree of improvement | No of patient | % |
|-----------------------|---------------|----|
| Bad improvement | 2 | 2 |
| No improvement | 39 | 39 |
| Mild improvement | 22 | 22 |
| Moderate improvement | 32 | 32 |
| Good improvement | 5 | 5 |



The above observations states that 02 cases i.e. 2% showed Bad improvement, 39 cases i.e. 39% showed no improvement, 22 cases i.e. 22% showed mild improvement, 32cases i.e. 32% showed moderate improvement, 05 cases i.e. 5% showed good improvement.

5. Discussion & Conclusion

- 1) Anaemia is more commonly seen in children because of dietary deficiency, imbalance diet & malnutrition, metabolic disorders, poor economy, etc. found in both vegetarian & non-vegetarian peoples. Psora is prominent miasm in anaemia as it is deficiency disorder.
- 2) After 6 month of treatment with constitutional homeopathic medicine we observed specific improvement in clinical features of anaemia with P value<0.001.

- 3) After giving constitutional homeopathic medicine like Barytacarb., Calcarea Carb, China, Cina, Ferrum Met, Merc. Sol, Natrum Mur, Phos, Pulsatilla etc. we observe significant improvement in clinical features such as pallor, anorexia, weakness, fatigue, irritability & so on. Also improves the Haemoglobin status & body metabolism & finally relief in clinical symptoms are observed.
- 4) After 6 month of treatment we observed in case group Hb was increased by 98 % whereas control group Hb was increased by only 20%.
- 5) In control group improvement in Hb value was not satisfactory.
- 6) No adverse effects were recorded when homeopathic remedies were given. It is concluded from the percentage of symptomatic relief (50% to 90%) that homeopathic constitutional remedies are very much useful in treating the anaemia.