

### WHAT IS ANAEMIA ?

Now a days many people mainly children, women and men in their adolescent ages are becoming anaemic (a low blood Hb level) that leads to severe health related problems and sufferings. So there is a need to create awareness among the public about anaemia and its prevention.

#### DEFINITION:

Anaemia is a condition that occurs when you have an abnormally low amount of red blood cells.

#### NORMAL VALUES:

The normal Haemoglobin level are

	In average
In adult male	15g %
In adult female	14.5g %
In children (After 1 year upto 12 year)	17g %
In infant (1 year of age)	20 to 25g %

#### WHAT IS HAEMOGLOBIN (HB):

Red blood cells contain haemoglobin, a red pigment which gives blood its colours. The job of haemoglobin is to carry oxygen through out the body. When red blood cells and therefore haemoglobin are low, the blood fails to supply sufficient amount of oxygen to the body tissues. As a result our lungs and heart have to work harder to get oxygen into the blood leading to the development of anaemic symptoms, such as difficulty in breathing, palpitations, etc.,

#### CAUSES OF ANAEMIA:

The following are reasons for Anaemia:

- Heavy periods, pregnancy
- Diet low in iron, vitamin B12, Folic acid
- Internal bleeding for example intestinal or gastric ulcer, a tumour.
- Blood diseases such as Leukaemia.
- Infections, such as malaria.
- Infection with hookworm.
- Toxic effects of drugs
- Bone marrow depression due to heavy antibiotics.

#### SYMPTOMS OF ANAEMIA:

As Anaemia causes a shortage of oxygen, the main symptom is usually chronic tiredness and palpitations other symptoms are:

- Fatigue and generalized weakness.
- Pale appearance.
- Shortness of breath and dizziness
- Fainting.
- Angina.
- A red sore tongue and a reduced sense of taste, this is usually the symptoms with folic acid and vitamin B12 deficiency anaemia.

#### TYPES OF ANAEMIA:

The main types of anaemia are caused by shortages of iron, vitamin B12 and folic acid, all of which are needed to produce red blood cells.

- ❖ Iron Deficiency Anaemia
- ❖ Vitamin B12 Deficiency
- ❖ Folic Acid Deficiency
- ❖ Sickle Cell Anaemia
- ❖ Thalesaemia
- ❖ Haemolytic Anaemia
- ❖ Aplastic Anemia

**HOMOEOPATHIC MANAGEMENT:**

The following are the important homoeopathic medicines for Anaemia are:

- **Ferrum.met** - Extreme paleness of face lips
- **Ars.alb** - Debility and exhaustion
- **China** - Debility and Anaemia after loss of Vital fluid.
- **Ferrum.phos** - Paleness and Weakness & Sluggishness
- **Pulsatilla** – Anaemia in young girls
- **Aletris.farinosa** - Tired all the time and heavy periods
- **Calc.carb** - Lack of assimilations of food, Anaemia due to heavy bleeding because of Uterine fibroid.
- **Calc.phos** – Anaemic children with weak digestion and for young girls at puberty.

**DIETARY SOURCES FOR ANAEMIA:**

- Dark green vegetables - carrot, beetroot, etc.,
- Whole meal bread
- Fortified breakfast cereals
- Dried fruits like dates, fig
- Beans and meat
- Spinach

**WHAT HAPPENS IF ANAEMIA IS LEFT UNTREATED?**

If Anaemia is left untreated your symptoms will get worse

- You may become very tired and weak,
- You may also develop angina
- You may suffer with leg pains & cramps when walking.
- The body's ability to fight against infection may become lowered.
- You may find that you pick up infections more easily.

**IS THERE ANYTHING I CAN DO TO AVOID BECOMING ANAEMIC?**

To avoid getting Anaemia you should seek healthier balanced diet, and ensure you eat food that contains good sources of iron, folic acid and vitamin B12. You should avoid consuming alcohol. If you are a strict vegetarian you should take vitamin B12 supplements to avoid deficiency.