

A Case Report On Iron Deficiency Anaemia In Indian Female

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ABSTRACT:

Iron deficiency anaemia (IDA) among women in India is a significant public health concern. Women in India are particularly at risk for several reasons. A major factor is poor nutrition, characterized by a lack of iron-rich foods in their diets. Irregular or heavy menstrual cycles can also result in considerable iron loss. Furthermore, the heightened iron requirements during pregnancy and childbirth increase the risk of developing IDA. If left untreated, anaemia can lead to decreased work capacity and a greater susceptibility to infections. The prevalence of IDA varies by age and geographic region within India.

KEYWORDS: Anaemia, Iron Deficiency, Homoeopathy, Indian Female, Haemoglobin, therapeutic medicines, phosphorus

INTRODUCTION

Anaemia is a significant global health issue, particularly prevalent in developing countries, with iron deficiency anaemia (IDA) being a major concern in India. According to the WHO, India has one of the highest rates of anaemia in the world, affecting over half of Indian women, children, and women of childbearing age.^[1]

Women in India are especially susceptible to IDA for several reasons, including poor nutrition and a lack of iron-rich foods in their diets. Additionally, irregular and heavy menstrual cycles can lead to substantial iron loss each month. Other contributing factors include childbirth and pregnancy, which increase the body's iron demands, as well as conditions such as gastrointestinal bleeding and chronic kidney disease that can result in iron loss.^[2]

Anaemia is defined as a significant reduction in red blood cell mass, leading to decreased oxygen-carrying capacity in the blood. At high altitudes, blood values tend to be higher, roughly correlating with elevation above sea level.^[3] This blood disorder is characterized by a decrease in red blood cell (RBC) count, haemoglobin content, and packed cell volume (PCV). Generally, reductions in RBC count, haemoglobin content, and PCV can occur due to decreased production of RBCs, increased destruction of RBCs, or excessive blood loss.^[1,2]

CASE REPORT

A 20-year-old female presented on 13/07/2023 with complaints of delayed menses accompanied by clotted blood and profuse bleeding during the first three days for the past four months. She reported weakness, especially in the morning and after slight exertion, as well as vertigo upon rising in the morning and heaviness in the head following mental exertion for the last two months.

The symptoms began five months ago when she noticed profuse menstrual bleeding, which was dark red and clotted, lasting for three days, and accompanied by abdominal pain. Her last menstrual period (LMP) was delayed by 10 days. She also reported persistent weakness since a viral fever three months ago, which has not resolved despite the use of iron and vitamin supplements. She stated that the symptoms reappeared after stopping the medications.

On examination, she appeared pale, with pallor noted on the skin, nails, and conjunctiva. Her tongue showed a pale, map-like appearance. Additionally, she expressed a strong desire for ice cream and an aversion to warm food.

Mental Symptoms

Anxiety about health, aversion to mental works with oversensitive to noise. Likes company, complains worse when patient alone.

Physical Examination

Pulse: 76/min

B.P: 100/70mm of Hg

R/R: 18/min

Temp: 97.8F

Lymph nodes: NAD

Oedema: NAD

Skin: Brownish spot on face

Hair: Brittle

Nail: Brittle

Built: Lean

Sclera: Pale

Conjunctiva: Pale

Tongue: Clear

SYSTEMIC EXAMINATION:- Nothing specific was observed in other systemic examinations

Investigations:

13/07/2023

Haemoglobin: 8.4 gm%

Diagnosis:

Iron deficiency Anaemia

Case processing-

Analysis of Case:

]Mental general:

- Anxiety about health
- Like company
- Oversensitive to light
- Aversion to mental work

Physical general:

- Desire for Ice-cream
- Aversion to warm food
- Menses profuse
- Vertigo after rising especially in morning
- Heaviness in head from mental exertion

Particulars

- Weakness < Morning, Slight exertion
- Heaviness in head after mental exertion.

Evaluation of Symptoms:

- Anxiety about health
- Fear of disease
- Oversensitive to noise
- Likes company
- Vertigo after rising in morning
- Heaviness in head from mental exertion
- Lean
- Desire for Ice-cream
- Aversion to warm food
- Menses profuse
- Weakness from slight exertion

Rubrics:

Mind-Anxiety-health-(7/1)

Mind-Company-alone-while agg.-(12/2)

Mind-Fear-disease of-(44/2)

Mind-Sensitive-Oversensitive-light-(78/2)

Vertigo-morning-rising-after-(96/2)

Head-heaviness-mental exertion-from-(125/2)

Stomach-aversion-warm food-(481/2)

Stomach-desire-Ice cream-(485/1)
Female Genitalia-menses-copious-lean women in-(725/2)
Generalities-weakness-exertion- from slight-(1417/1)

Repertorial Analysis:^[4]

Phosphorus- 28/10
Cal. Carb.- 15/8
Ars. Alba-10/5
Lyc-10/5

Remedy	Phos	Calc	Ars	Lyc	Ph-ac	Lach	Nat-c	Kali-c	Nit-ac	Nux-v	Sep	Acon	Ign	Nat-m	Sil
Totality	28	15	10	10	9	8	8	7	7	6	6	5	5	5	5
Symptoms Covered	10	8	5	5	4	5	4	4	3	3	3	4	4	4	4
[Kent] [Mind] Anxiety:Health,about:	2	2	1	0	1	1	1	1	3	1	2	1	1	0	1
[Kent] [Vertigo] Morning:Rising:After:	3	1	0	3	0	1	0	0	2	0	0	0	0	1	1
[Kent] [Head]Heaviness (see pressing):Mental exertion,from:	3	2	0	1	3	0	3	0	0	0	0	0	0	1	0
[Kent] [Stomach] Aversion:Food:Warm:	3	2	0	2	0	2	0	0	0	0	0	0	2	0	2
[Kent] [Stomach]Desires:Ice cream:	3	2	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent] [Genitalia female] Menses:Copious:Lean women,in:	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent] [Generalities] Weakness, enervation (see lassitude, weariness):Exertion, from slight:Agg:	3	3	3	2	3	3	3	1	0	0	2	1	1	2	0
[Kent] [Mind]Company:Desire for:Alone,while agg:	3	1	3	2	0	0	0	2	0	0	0	0	0	0	1
[Kent] [Mind]Fear (see anxiety):Disease,of impending:	3	2	1	0	2	1	1	3	2	2	2	1	1	1	0
[Kent] [Mind] Sensitive,oversensitive (see offended):Light:	3	0	2	0	0	0	0	0	0	3	0	2	0	0	0

Phos. Acid-9/4

Selection of medicine

Phosphorus was selected for prescription on the basis of reportorial totality with symptoms covering ^[5]

- Anxiety about health
- Fear of disease
- Oversensitive to noise
- Likes company
- Vertigo after rising in morning
- Heaviness in head from mental exertion
- Desire for Ice-cream
- Aversion to warm food
- Menses profuse
- Weakness from slight exertion

Prescription

13/07/2023

Phosphorus 200/BD/2 days

SL 30/BD/14 days

Follow up sheet:

Date	Symptoms	Prescription
27/07/2023	c/o – slight decrease in vertigo, headache	R SL30/BD/15 days
11/08/2023	c/o – pt feel slight weakness on mental work occasionally	R SL 30/BD/ 15 days
25/08/2023	c/o – paleness decrease partial improved Hb% - 10.06gm%	R SL 30/BD/15 days
10/09/2023	c/o- weakness decrease mentally feel active patient get relief in heavy menstrual flow	R Phos.200/OD/1 days SL 30/BD/10 days
20/09/2023	c/o – complaints better Hb% - 12.4 gm%	R SL30/BD/15 days

Conclusion

A homeopathy doctor aims to address more than just the symptoms that a patient presents. The focus is on understanding the underlying causes of the illness and exploring why a particular individual is experiencing their symptoms in this way. While disease diagnosis is important, homeopathy goes beyond identifying bacteria and viruses, also considering factors such as mental, emotional, and physical stress that may contribute to a person's illness.^[6]

Today, even modern medicine recognizes many diseases as psychosomatic. The goal of homeopathic remedies is to address these underlying predispositions to illness. Rather than merely curing the disease, the emphasis is on healing the individual to restore overall health. If the disease is not too advanced, homeopathic treatments can offer a pathway to recovery. Even in cases deemed incurable, homeopathic medicines can significantly enhance the quality of life.

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