Iron-Deficiency Anemia and Homoeopathy

Dr. Rajneesh Kumar Sharma M.D. (Homoeopathy)
Dr. Swati Vishnoi B.H.M.S.

Iron-Deficiency Anemia and Homoeopathy

© Dr. Rajneesh Kumar Sharma M.D. (Homoeopathy)
Dr. Swati Vishnoi B.H.M.S.
Homoeo Cure & Research Institute
NH 74, Moradabad Road, Kashipur (Uttaranchal)
INDIA Pin- 244713 Ph. 05947- 260327, 9897618594
E. mail- drrajneeshhom@hotmail.com
www.treatmenthomoeopathy.com
www.homeopathictreatment.org.in
www.homeopathyworldcommunity.com

Contents

Definition

The name itself is explanatory. The most common cause of anemia is iron deficiency (Psora). Iron is needed to form hemoglobin. Iron is mostly stored in the body in the hemoglobin. One third of iron is also stored as ferritin and hemosiderin in bone marrow, spleen, and liver.

Causes

The following may cause iron-deficiency anemia-

Diet poor in iron

Iron is obtained from foods in diet, however, only 1 mg of iron is absorbed for every 10 to 20 mg of iron ingested. An imbalanced iron-deficient diet may suffer from some degree of iron-deficiency anemia. (Causa occasionalis)

Body changes

An increased iron requirement and increased red blood cell production is required when the body is going through changes such as growth spurts in children and adolescents, or during pregnancy and lactation. (Psora)

Gastrointestinal tract abnormalities

Malabsorption of iron is common after some forms of gastrointestinal surgeries. Majority of the iron taken in by foods is absorbed in the upper small intestine. Any abnormalities in the gastrointestinal tract could vary iron absorption and result in iron-deficiency anemia. (Psora/ Syphilis/ Sycosis)

Blood loss

Loss of blood can cause a decrease of iron and result in iron-deficiency anemia. Sources of blood loss may include GI bleeding, menstrual bleeding, or injury. (Causa occasionalis/ Psora)

Symptoms

Most common symptoms of iron-deficiency anemia may include.

- Abnormal paleness or lack of color of the skin
- Irritability
- Lack of energy or tiring easily (fatigue)
- Increased heart rate (tachycardia)
- Sore or swollen tongue
- Enlarged spleen
- A desire to eat peculiar substances such as dirt or ice (a condition called pica)

However, each individual may experience symptoms differently the symptoms of iron-deficiency anemia may simulate other blood conditions or medical problems.

Diagnosis

Iron-deficiency anemia may be questionable from general findings on a complete medical history and physical examination, such as complaints of tiring easily, abnormal paleness or lack of color of the skin, or a tachycardia.

- Blood tests –CBC/ Haemogram
- Bone marrow aspiration and biopsy

Treatment

It is based on-

- Age, overall health, and medical history
- Extent of the anemia
- Cause of the anemia
- Patient's tolerance for specific medications, procedures, or therapies
- Expectations for the course of the anemia

Treatment may include-

Iron-rich diet

- Worthy sources of iron are-meats - beef, pork, lamb, liver, and other organ meats
- Poultry - chicken, duck, turkey, liver (especially dark meat)
- Fish - shellfish, including clams, mussels, and oysters, sardines, anchovies

- Leafy greens of the cabbage family, such as broccoli, kale, turnip greens, and collards
- Legumes, such as lima beans and green peas; dry beans and peas, such as pinto beans, black-eyed peas, and canned baked beans
- Yeast-leavened whole-wheat bread and rolls
- Iron-enriched white bread, pasta, rice, and cereals

Iron supplements

Iron supplements can be taken over several months to increase iron levels in the blood. Iron supplements can cause irritation of the stomach and discoloration of bowel movements. They should be taken on an empty stomach, or with orange juice, to increase absorption.

Biochemistry of Iron

Iron is present in many foods and absorbed into the body through the stomach. During this process of absorption, oxygen combines with iron and is transported into the plasma portion of blood by binding to transferrin. From there, iron and transferrin are used in the production of hemoglobin, stored in the liver, spleen, and bone marrow, and utilized as needed by all body cells.

The following is a list of foods that are good sources of iron.

Iron-Rich Foods	**Quantity**	**Approximate Iron Content (milligrams)**
Beef liver	3 ounces	7.5
Bran flakes	1/2 cup	2.8
Cashew nuts	1/2 cup	2.65
Chickpeas	1/2 cup	3.0
Clams	2 ounces	4.2
Egg	1	1.0
Green beans	1/2 cup	1.0
Green peas	1/2 cup	1.5
Ground beef	3 ounces	3.0
Kidney beans	1/2 cup	2.2
Lima beans	1/2 cup	2.3
Oysters	3 ounces	13.2
Peanuts	1/2 cup	1.5
Pork roast	3 ounces	2.7
Potato	1	1.1
Prune juice	1/2 cup	5.2
Prunes	1/2 cup	1.9
Raisins	1/2 cup	2.55
Roast beef	3 ounces	1.8
Sardines	3 ounces	2.5
Shrimp	3 ounces	2.6
Spinach	1/2 cup	2.4
Sweet potato	1/2 cup	1.0
Turkey, dark meat	3 ounces	2.0
Walnuts	1/2 cup	3.75

Homoeopathic Therapeutics

CLINICAL - ANEMIA - impaired production of red blood cells - iron deficiency, from, chlorosis abies-c. ABROT. ABSIN. ACET-AC. acetan. ACON. ALET. ALUM. alumin-p. alumn. AM-C. AMBR. ANT-C. ANT-T. aq-mar. ARG-MET. arg-n. ars-i. ars-s-f. ARS. art-v. aur-ar. bar-c. BELL. BRY. cadm-met. calam. calc-ar. CALC-P. CALC. calen. carb-an. CARB-V. CARBN-S. card-b. caust. cent-u. CHIN. CHININ-AR. chlor. cina cob-n. COCC. coch. CON. CUPR. CYCL. dig. FERR-AR. FERR-I. FERR-M. ferr-p. FERR-S. FERR. franz. gent-l. geum glech. GRAPH. grat. GUAR. HELL. HELON. HEP. ign. IP. KALI-AR. kali-bi. KALI-C. KALI-FCY. KALI-P. kali-perm. kali-s. lac-c. lach. lec. leon. LYC. LYS. MANG. MED. melis. merc. MILL. NAST. NAT-C. nat-hchls. NAT-M. nat-p. NIT-AC. NUX-V. olnd. peti. PETR. ph-ac. PHOS. phyt. pic-ac. PLAT. PLB. PULS. rham-cath. rub-t. rubu-fr. rumx. sabin. sacch-a. SENEC. SEP. SIN-N. SPIG. staph. STRY-AF-CIT. sul-ac. SULPH. tein. thuj. thymu. til. URT-U. ust. valer. vanad. verb. XAN. zinc-m. zinc.

CLINICAL - ANEMIA - impaired production of red blood cells - iron deficiency, from, chlorosis - every other day, symptoms agg. On alum.

CLINICAL - ANEMIA - impaired production of red blood cells - iron deficiency, from, chlorosis - winter, in FERR.

CLINICAL - ANEMIA - impaired production of red blood cells - iron deficiency, from, chlorosis - anger, from NUX-V. sacch-a.

CLINICAL - ANEMIA - impaired production of red blood cells - iron deficiency, from, chlorosis - emotions, from ign.

CLINICAL - ANEMIA - impaired production of red blood cells - iron deficiency, from, chlorosis - heart complaints, with abrot.

CLINICAL - ANEMIA - impaired production of red blood cells - iron deficiency, from, chlorosis - stomach disorders, with ABROT.

Clinical - anemia, general - iron, deficiency, anemia - alternate days, symptoms, agg. alum.

Clinical - anemia, general - iron, deficiency, anemia - anger, from ferr. Nux-v.

Clinical - anemia, general - iron, deficiency, anemia - emotions, from ign. nat-m.

Clinical - anemia, general - iron, deficiency, anemia – splenic cean. rub-t.

Clinical - anemia, general - iron, deficiency, anemia - winter, in Ferr.

GENERALITIES - ANEMIA - impaired production of red blood cells - iron deficiency, from, chlorosis - alternate days, symptoms agg. alum.

GENERALITIES - ANEMIA - impaired production of red blood cells - iron deficiency, from, chlorosis - anger, from Nux-v.

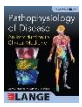
GENERALITIES - ANEMIA - impaired production of red blood cells - iron deficiency, from, chlorosis - emotions, from ign.

GENERALITIES - ANEMIA - impaired production of red blood cells - iron deficiency, from, chlorosis - Winter, in Ferr.

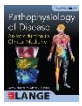
Bibliography

Anemia > IRON-DEFICIENCY ANEMIA CURRENT Diagnosis & Treatment: Family Medicine, 4e ... ESSENTIALS OF DIAGNOSIS Low iron and serum ferritin levels, and elevated total iron...

Anemia > Leading Hypothesis: Iron Deficiency Anemia Symptom to Diagnosis: An Evidence-Based Guide, 3e

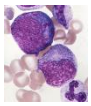


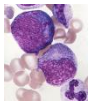
Blood Disorders > Iron Deficiency Anemia Pathophysiology of Disease: An Introduction to Clinical edicine, 7e .... The most likely cause of anemia in this patient is iron deficiency. Iron deficiency anemia is the most...

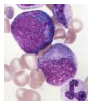


Blood Disorders > Iron Deficiency Anemia Pathophysiology of Disease: An Introduction to Clinical Medicine, 7e

Blood Disorders > IRON DEFICIENCY ANEMIAS Current Medical Diagnosis & Treatment 2016 ... ESSENTIALS OF DIAGNOSIS Iron deficiency is present if serum ferritin is less than 12...


C. Red Cell Alterations in Non-Clonal Hematological Disorders > 159. Iron Deficiency Anemia Lichtman's Atlas of Hematology ... I.C.159 Iron deficiency anemia. Blood film. Note moderately severe hypochromia. Microcytosis...


C. Red Cell Alterations in Non-Clonal Hematological Disorders > 81. Iron Deficiency Anemia, Mild Lichtman's Atlas of Hematology ... I.C.81 Iron deficiency anemia, mild. Blood film. In contrast to the image in I.C.080...


C. Red Cell Alterations in Non-Clonal Hematological Disorders > 80. Iron Deficiency Anemia, Severe Lichtman's Atlas of Hematology ... I.C.80 Iron deficiency anemia, severe. Blood film. The field displays virtually all...

Chapter 144. Hematologic Diseases > Iron Deficiency Fitzpatrick's Dermatology in General Medicine, 8e .... The iron is then stored in the form of ferritin to be recycled. Iron deficiency anemia can result from...

Chapter 173. Abnormalities in Red Blood Cells > Iron Deficiency Anemia Principles and Practice of Hospital Medicine ... Ferrous gluconate: 300 mg 35 mg elemental iron Ferrous sulfate: 300 mg 60 mg...

Chapter 34. Hematologic Disorders in Pregnancy > Iron Deficiency Anemia CURRENT Diagnosis & Treatment: Obstetrics & Gynecology, 11e

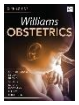
Chapter 41. Hematologic Emergencies > Iron-Deficiency Anemia CURRENT Diagnosis & Treatment Emergency Medicine, 7e ... Iron-deficiency anemia occurs when body iron content is insufficient for erythropoiesis...

Disease Management > IRON DEFICIENCY ANEMIA CURRENT Practice Guidelines in Primary Care 2015

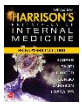
Diseases of Red Blood Cells > Iron Deficiency Anemia Laboratory Medicine: The Diagnosis of Disease in the Clinical Laboratory

Encyclopedia Homoeopathica

Hematologic Disorders > 1. Iron-Deficiency Anemia CURRENT Diagnosis & Treatment: Pediatrics, 22e ... intake of iron (ages 6–24 months). Chronic blood loss (age > 2 years). Microcytic hypochromic...



Hematological Disorders > Iron Deficiency Anemia Williams Obstetrics, 24e ... The two most common causes of anemia during pregnancy and the puerperium are iron deficiency...



Iron Deficiency and Other Hypoproliferative Anemias > STAGES OF IRON DEFICIENCY Harrison's Principles of Internal Medicine ... FIGURE 126-2 Laboratory studies in the evolution of iron deficiency. Measurements...

Obstetrics & Obstetric Disorders > A. Iron Deficiency Anemia Current Medical Diagnosis & Treatment 2016 ... of pregnancy. Because iron deficiency is by far the most common cause of anemia in pregnancy, treatment...

Oncologic and Hematologic Emergencies in Children > IRON DEFICIENCY ANEMIA Tintinalli's Emergency Medicine: A Comprehensive Study Guide, 8e ... Iron deficiency anemia is the leading cause of anemia in childhood and can be profound. Healthy...


Radar 10