



Anaemia : Deficiency or Disease?

Blood is Red. What is the significance of Red as a colour?

Red is the colour of:

- ~ Heat
- ~ Fire
- ~ Passion
- ~ Ardent love
- ~ Blood and wounds
- ~ Apple and Good health
- ~ Of Children and primitives
- ~ For love & courage
- ~ Of maternal love.

For Christians, it denotes the last Judgment, when all was consumed by the fire.
Does this mean Justice?



Dr VISHPALA PARTHASARATHY

Red is blood = health. Health brings with it enthusiasm; increased ability to perform, to achieve, to progress in life. It helps surmount obstacles, to glow and to spread the glow.

The last is most important for a doctor, since it helps him spread good health.

Our question on the cover 'Anaemia: a disease or a deficiency?' is somewhat misleading. Anemia is a deficiency, which can prove graver than any disease, because it does not get the attention a disease should get. It is produced from neglect and poverty on one hand and a fetish for slimming and having an hourglass figure on the other. It is something so basic that it has no business to be there in the first place. Also it requires only very little attention to prevent. Just having normal food, just basic food ingredients, grains and vegetable and jaggery would keep a person in pink of health (literally!). No fancy or expensive items are needed, not even fruits. In Anaemia the blood is pale and so is the person. There is no enthusiasm, no love for the children, no health, no cheer to spread around. You have what could be called a live corpse. And the repercussions of this are tremendous and far reaching. No child of this mother can be a real balanced person.

Red is also the colour of . . . anger and cruelty. Violence, hatred, murder and carnage. An anaemic man cannot raise the strength to perpetuate these. A Negative Boon? Can we hope for this affliction for Osama Bin Laden?



Coming back to NJH, after the trauma of Jaundice issue (Remember the last minute flood of cases and my subsequent high blood pressure?) this Anaemia issue has been a Balm ! I feel rich. To begin with, on Day 1 itself, we had 7 articles plus 2 cases left over from Jaundice - a veritable treasure, would you not say? The other articles took some doing but we got there. (Not that we can completely avoid the last minute rush- 4 articles came yesterday, the closing day of the issue!)



Thus we have been able to bring out this issue in 7 weeks! Now let us all wish on the wishing star, that the flow of material continues. Let us see the magic of collective thinking. Yes, keep your fingers crossed, but unfold them quickly! You need to continue writing.



Is it not strange how our expectations are always belied? We thought Jaundice would be the easy issue and get us lot of case material and Anaemia the more difficult to show results of Homoeopathy. Just the opposite happened. It sure surprised us.

Still Jaundice issue has been very rewarding. It has received a large number of compliments and a very overflowing reader's page! It also received brickbats for the cover which somehow did not print well! But a bad cover once in a way will make us more appreciative of the consistent innovative covers which Dr Asrani has produced issue after issue - a total of 58 so far... Phenomenal consistency and creativity. The Liver cover should be considered an aberration and not a mar. In Homoeopathy it is said, we should discard accidental symptoms if they do not fit in with the totality. With the Anaemia cover- we are back on line.



Content wise the issue gives many approaches to the problem of Anaemia. It also touches on unsolvable problems. So as Homoeopaths it is important for us to know that a Thalassaemia minor will never achieve a raised Hb and that we should stop aggressive treatment and repeated blood testing.

The surprise section is *Anacardium*. It produces an understanding not available in books. If we can imbibe this and help these maladjusted, downright blots on society, then this cleanse the society. Without Homeopathy, this marking nut (*Anacardium*) has the strength to remain undeletable for life with minimal chance of becoming a productive responsible member of society.

Work on the next 2 issues will start simultaneously. AIDS is a difficult subject and must be done justice to. Uterine tumors will probably get more inputs. Whichever finishes first can be published first, without a delay. We have only 2 months to finish 2 issues before the 8th annual Sarla Sonawala Memorial Seminar, which is on 27th Jan 2002 and deals with the enigmatic *Ferrum*. We hope to see you all there.

Before that do help us. Send your cases. Look in your vast collection and select some material and experiences, which produced learning for you and changed your life. One such letter is included in the Reader's page, which will surely touch the lives of others of our NJH family.

Now we can see the significance of this issue and the great need to eliminate this condition from our country. The center, the state and the individuals should all work towards this end.

The MLD Trust has started a community Anaemia project, the details of which are given in this issue. I would presume this would be the first of its kind in the annals of the Homoeopathy, which could be achieved because a Group of dedicated Homoeopathic physicians were working under an institutional banner. Alone we fall, together we conquer.

Wishing you all a sober Diwali.

