



# Leaders in Anaemia!

Anaemia is a sign of emergency, which suggests not only a blood disease but also some associated disease condition. Although easy to diagnose, it is difficult to treat. Causes of anaemias are from A to Z and can occur from infancy to old age.

In our modern society, the incidence of anaemias are at large due to various reasons, which include lack of air, abortion, blood transfusion, cancer, drugs, environment, genes, geographical distribution, haemorrhage, infection, jealousy, leukaemias, metastasis, lack of nutrition or oxygen, pollution, quality of life, reaction to medicines, toxic chemicals, stress, worries and various other ideopathic causes.

Anaemia is a complex phenomenon, many times it is difficult to determine its pathological state or to determine just where one form of anaemia begins and another ends. The important symptoms are poor appetite, with perverted taste. Patient craves chalk, slate-pencils, coffee beans, etc. Indigestion and constipation, menstrual derangement, amenorrhoea & leucorrhoea.

The general signs and concomitants are: Oedema around the ankle, puffy face, or fatty appearance, Dyspnoea or sweating on exertion. Pseudo-plethora or paleness. Koilonychia or clubbing. Liver & spleen may also be enlarged. In haemolytic type the features may be common to other anaemias, but macrocytosis & reticulosis may be more marked. Now a days, this is the most common anaemia which needs urgent treatment, and where homoeopathy has proved its superiority.

The toxic allopathic drugs which destroy RBCs are:



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gold, sulphonamides, quinidine, vitamin K analogues, naphthalene, anti-malarial drugs, certain chemicals like photographic materials. The patients who take methyldopa, chemotherapy, radiation, and who suffer with the disease like Malaria, Hodgkin's, Leukaemia or Burns, do have this anaemia.

The other common & simple anaemia is chlorosis in which allopathic iron tonics may benefit by virtue of their similarity. In fact majority of such cases may be illeffects of such iron preparations. Allopathic irons also cannot treat anaemia resulting from loss of fluids, and in lactation or haemorrhage, or from all exhausting discharges, such as menstrual flow, long lasting diarrhoea, and sexual excess or loss of semen.

Here I would like to talk about some homoeopathic remedies which have leading effects and proved as superior than allopathic medicines in treating anaemias.

1. **China:** Chief remedy for anaemia resulting from loss of fluids, as in lactation or haemorrhage, or from all exhausting discharges.

The guiding symptoms are heaviness of the head, loss of sight, fainting and ringing in the ears, with pale and sallow complexion. The concomitants are sour belching bloated abdomen and dropsy.

2. **China-ars:** Is a drug of choice in cases of ill-treated malaria by allopaths through modern anti-malarial drugs. It is also indicated in acute stages of HIV infection.

The guiding symptoms are anaemia with profuse and exhausting sweat.

3. **Ferrum-met:** A great allopathic remedy for anaemia for almost every case, but homoeopathically it will not cure every case of anaemia. The guiding symptoms are earthiness of



the face and puffiness of the extremities due to iron deficiency. In certain cases *Ferrum-phosphoricum* may also serve better.

In the present society particularly in children, young girls, and old, iron deficiency occurs due to lack of oxygen, insufficient food intake, and unhygienic surroundings. The concomitant is an appearance of full bloodedness, as in red-faced old men.

4. **Pulsatilla:** In the modern world because of the misuse of iron and aggressive chemotherapy & radiation, *Pulsatilla* often becomes a leading remedy in iatrogenic or physician-made anaemias. *Pulsatilla* antidotes iron and toxic effect of blood transfusion & Cancer treatment.

The guiding symptoms are dizziness on rising and absence of thirst. The *Pulsatilla* patient feels better in the open air.

5. **Arsenic:** This being a direct poison to the red blood corpuscles, it becomes number one remedy in haemolytic anaemia, and also in cases of pernicious anaemia. This can also be indicated in cases of suppressed malaria or excessive use of quinine.

The guiding symptoms are extreme prostration and anxiety.

The concomitant is intense thirst with irritable stomach, or extreme anxiety with palpitation. This can also act well in cases where cross matching is not possible due to toxicity in cases of blood transfusion.

6. **Alumina-silicate:** May be indicated in full blown AIDS cases, in which the anaemia is marked with marked emaciation.

The guiding symptoms are great weakness and losing

weight and flesh. The concomitant is patient wants to lie in bed all the time.

7. **Crotalus:** Patient will be in absolute broken down condition, with tendency to haemorrhage from gums, mucous membranes and skin.

8. **Benzinum:** As *Benzinum* has direct lethal effect on the RBCs, homoeopathically it acts opposite. It increases red blood cells. It's a number one remedy in advanced stage of anaemia in leukaemia patients.

9. **Lecithin:** It increases the number of red corpuscles and amount of haemoglobin. The concomitant is insomnia. This can be the important remedy in anaemia of AIDS.

10. **Nux-vomica:** Required in cases of anaemia of the brain due to over stimulation or over mental work. The guiding symptom is history of excessive intake of drugs or stimulant.

11. **Phosphorus:** May be needed in certain cases of anaemia due to long lasting depression or mental strain.

The guiding symptom is palpitation with tightness of chest.

12. **Acetic-acid:** Suitable for nursing women, with waxy skin and thirst. She may not be in absolute broken down constitution.

Guiding symptoms are tired and weak, short of breath, with loss of flesh.



**ADDENDUM:**

Error in table I Aggravation of symptoms by Dr Paranjape.

Correction in article in Jaundice issue: pg 159

Table 1

Test	Before treatment
S Bilirubin	0.7mg
SGPT	Not done

*Answer to Quiz on page 231  
Look in the soft palate of the mouth*