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Journey of pallor to pink

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Abstract

Anemia is the world's important deficiency disease. Many people are suffering from it due to life style, lack of exercise, lack of qualitative & nutritional food. But in some cases of anemia, emotional disturbance is main cause. Majority of diseases are caused due to emotional disturbance. When we settle the emotional disturbance then person can continue his normal healthy life.

Keywords: Homoeopathy, anamia, emotional disturbance, healthy life

Introduction

Anemia means deficiency of hemoglobin in the blood which can be caused by either too few red blood cells or too little hemoglobin in the cells. As per the red cell morphology, anemia is classified as

1. Blood loss Anemia
2. Aplastic Anemia
3. Megaloblastic anemia
4. Hemolytic Anemia.

Iron Deficiency Anemia

Three stages of iron deficiency have been described

- a. decreased storage of iron without any other detectable abnormalities
- b. An intermediate stage of latent iron deficiency, that is iron store is exhausted but anemia yet not occurred
- c. Third stage when there is decrease in the concentration of circulating haemoglobin due to impaired haemoglobin synthesis.

Normal value of Haemoglobin

Adult Male - 13.5-17.5g/dl.

Adult Female - 12-15g/dl.

Signs & Symptoms

Fatigue, loss of stamina, breathlessness.

Postural hypotension & Tachycardia

Patient prefer to remain in supine position.

Signs of hypovolumic shock- dyspnea, confusion, diaphoresis.

Investigations

CBC with Haematocrit.

Iron supply studies.

Marrow examination.

Treatment

Red cell transfusion.

Blood component therapy.

Case of anaemia

Name: Miss. HBJ Age: 22 yr. old, Male

Date: 08/09/2021

Address: Tal: Kavathemahankal, District: Sangli, State: Maharashtra, Country: India

Occupation: Medical Student

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Chief Complaint

C/o Dyspnoea on exertion, weakness, palpitation since 6 months.

Patient has taken allopathic iron sucrose infusion treatment for twice later on this incidences occurred repeatedly. Patient fed off due to recurrence then she decided to take homoeopathic treatment for the same.

Complaint started slowly with slight breathlessness and palpitation.

She can't able to up stair to first floor. A/F- COVID Vaccination⁺³.

Easily fatigued, Headache, weakness ⁺³.

< By Light⁺², Mental and Physical exertion ⁺², Noise ⁺³, Company⁺³, Insult ⁺³

> By Lying down⁺², Rest⁺², Alone ⁺².

P/H: No any.

F/H: Father- DM since 5 yrs.

Physical generals: Vital Signs

Desire: Veg⁺² Pulse: 96 beats/ min
 Aversion: Non veg⁺² BP: 100/70 mm of Hg
 Urine: Satisfactory. RR: 18 cycles/ min
 Stool: Satisfactory Temp: 97.2⁰F
 Sleep: Disturbed Tongue: Pale
 Dreams: No specific Perspiration: Moderate

Life Space

Patient belongs to poor family from one of the village of Solapur district. Her father is Teacher & mother is a

Housewife. Since childhood, she is very much obedient, calm and quiet but she changed a lot since last 2 years because of illness. She suppresses her anger most of the time before 2 yr. she becomes very much irritable nowadays on trifle. She expects many things from family members but most of the time disappointed. She is much attached with her father. She reacts very harshly on slight noise also. She became very sensitive to external impressions like light, sound etc. She likes to live alone. She feels much better when alone. She has only 2-3 friends where she open up. She is very sincere in her studies & college work, lectures etc. she never bunk the college unless and until her health issue. She is much restless always wants to do something. She is very much sensitive to comments. She weeps very easily if any teacher scolds her regarding assignment & journal defect.

Totality of symptoms

No	Symptoms	No	Symptoms
1	A/F Disappointment	6	< Noise
2	A/F Vaccination	7	< Insult
3	A/F Suppressed anger	8	< Company
4	Reproach to self	9	> Alone
5	Weeping disposition		

Selection of Repertorisation: Kent method.

Repertorisation

The screenshot shows a software interface for repertorisation. At the top, it indicates 11 symptoms and 802 remedies. Below this is a table with columns for 'Remedy Name', 'Nat-m', 'Lyc', 'Bell', 'Ign', 'Plat', 'Con', 'Staph', and 'Sep'. The table lists various remedies such as [Complete] [Mind]Alone:Agg.: (138), [Complete] [Mind]Disappointment, deception agg., ailments from: (126), [Complete] [Mind]Anger:Ailments from, agg.:Mental and emotional co..., [Complete] [Mind]Reproaches:Ailments from, agg.: (146), [Complete] [Mind]Anger:Alternating with:Weeping: (6), [Complete] [Mind]Weeping, tearful mood: (594), [Complete] [Mind]Sensitive, oversensitive:Noise, to: (380), [Complete] [Mind]Light:Aversion to: (25), [Complete] [Mind]Insults, offenses:Ailments from, agg.: (16), [Complete] [Mind]Company:Aversion to: (408), and [Complete] [Mind]Alone:Amel.: (93). Each row shows the score for that remedy across the different symptom columns.

Fig 1: Repertorisation table

Probable remedies

- Natrum Mur.
- Lycopodium.
- Ignatia.
- Platina.
- Staphysagria.

Final selection of remedy: Natrum Mur.

Reason: Patient is much emotional & attached with family. She reply her anger very sharply, it may be due to increased sensitivity at emotional plane. Her reaction pattern is more towards minerals as compared with plants. Most of the probable remedy belongs to vegetable kingdom but only

Nat-Mur & Platina are the topmost remedy from mineral group. She is not that much superior as in Platina. So the things like emotional suppression, disappointment & anger pattern draws attention towards Nat-Mur.

Potency selection: 200 (Stat)

Reason for potency selection

- a. Moderate susceptibility.
- b. Functional disease (Deficiency).
- c. Moderate sensitivity.

Prescription: Natrum Mur 200 1 dose per 2 week.

CBC report before and after treatment

AYUSH CLINICAL LABORATORY			
PATIENT ID : 15		REG. DATE : 01/09/2021	
PATIENT NAME : MISS. JAIBHAI HARSHADA BALASAHEB		AGE / SEX : 22 YEARS / FEMALE	
COMPLETE BLOOD COUNT (CBC)			
INVESTIGATION	RESULT	UNIT	BIOLOGICAL REF. RANGE
HAEMOGLOBIN	6.6	g/dl	11.5 - 14.7
WBC PARAMETERS			
WBC TOTAL COUNT	4400	/cmm	4000 - 10000
WBC DIFFERENTIAL COUNT			
NEUTROPHILS	34	%	50 - 70
LYMPHOCYTES	64	%	20 - 50
EOSINOPHILS	1	%	1 - 6

Nootan Homeopathic Hospital & Research Centre			
A/P Landagewadi, Tal. Kavathe Mahankal, Dist. Sangli, .			
Ph. No. :- 02341-222739, 8308037338			
NAME :- MISS HARSHADA BALASAHEB JAYBHAY		AGE :- 22 Yrs. SEX :- F	
REF. BY :- Dr. DR. SWANAND PATIL		DATE :- 10/11/2021	
HAEMOGRAM			
HAEMOGLOBIN	: 8.5	gms%	Normal Range Male - 13.5-17 Infant 18-20 Female - 11.5-16
W.B.C. COUNT	: 6500	cells/cumm	4000 - 10000
R.B.C COUNT	: 4.2	millions / uL	4.5 - 5.5
PACK CELL VOLUME	: 36.3	%	40-54
MCV	: 86.4	fL	76-94
MCH	: 20.2	Pg	27-34
MCHC	: 23.4	g/dl	32 - 37
RDW CV	: 14.2	%	11.0-16.0
RDW SD	: 38.2	fL	35 - 56

Nootan Homeopathic Hospital & Research Centre			
A/P Landagewadi, Tal. Kavathe Mahankal, Dist. Sangli, .			
Ph. No. :- 02341-222739, 8308037338			
NAME :- MRS. HARSHADA BALASAHEB JAYBHAY		AGE :- 23 Yrs. SEX :- F	
REF. BY :- Dr. DR. SWANAND PATIL		DATE :- 09/01/2022	
HAEMOGRAM			
HAEMOGLOBIN	: 11.0	gms%	Normal Range Male - 13.5-17 Infant 18-20 Female - 11.5-16
W.B.C. COUNT	: 8100	cells/cumm	4000 - 10000
R.B.C COUNT	: 4.52	millions / uL	4.5 - 5.5
PACK CELL VOLUME	: 37.2	%	40-54
MCV	: 82.3	fL	76-94
MCH	: 24.3	Pg	27-34
MCHC	: 29.6	g/dl	32 - 37

Follow up

30-09-2021	Patient feels better. She can able to climb steps without sitting. Appetite- increased Nausea- 0 Vomiting- 0 Pain in back & legs > +2 Puffiness of face -0	Natrum mur 200 stat S.L. TDS for 15 days
12-11-2021	Patient feels much better. No breathlessness She forgot to tell the complaint of hairfall During case taking. Mild dandruff. 10-11-2021- Haemoglobin- 8.5 gm%	Natrum mur 200 stat S.L. TDS for 30 days
18-01-2022	Delayed follow up due to Final exams of patient in December & January first 2 weeks. Hairfall > 50% Dandruff > 50% 09-01-2022 – Haemoglobin- 11 gm%	Natrum mur 200 stat S.L. TDS for 30 days

Conclusion

Mind controls our body. When mind affect very deeply then it shows the symptoms on body. Dr Hahnemann & Dr Kent also tell us regarding their connection with each other. Turmoil in mind can effect on various systems of our body. Choosing correct similimum can restore the deprived vital force within a few time but there is need to reach up to the core of patient.

Conflict of Interest: Not available

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