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Ferrum metallicum in the management of anemia: A case report of a 22 years old female

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Abstract

Anemia is a widespread health concern in women of reproductive age. This case report describes the presentation, management and outcome of a 23-year-old female with anemia managed with Ferrum metallicum in homoeopathy. The patient presented with giddiness, fatigue and pallor. Clinical evaluation and laboratory findings confirmed Anemia. Ferrum metallicum was administered in standard dosage for 1 year. Marked improvement in hemoglobin levels, energy, and general well-being was noted without adverse effects. This case highlights the potential of Ferrum metallicum as a well tolerated option in management of anemia in a young women.

Keywords: Anemia, ferrum metallicum, case report, homoeopathy, hemoglobin

Introduction

Anemia is the blood disorder characterized by the reduction in RBC count, hemoglobin content and PCV. Generally, reduction in RBC count, hemoglobin content and PCV occurs because of decreased production of RBC [or] increased destruction of RBC [or] excess loss of blood from body. All these incidents are caused either by inherited disorders or environmental influences such as nutritional problem, infection, and exposure to drugs or toxins ^[1].

The very word FERRUM suggests anemia, and possibly, to many of us nothing else: while perhaps few of us associate Iron, apart from anemia, with digestive troubles. We are wrong: Iron, the Stomach, and Anemia may form three sides of triangle. And the eccentricities of the stomach may be causative of most deadly form of "bloodlessness", since pernicious anemia said to be curable, as we recently pointed out, when meat, digested in a normal stomach, is withdrawn and administered to a patient with disease....in pernicious anemia there is deficiency of normal gastric secretions; and we regard Ferrum as one of the great stomach remedies. Sleeps uneasily: is long awake before falling asleep again ^[2]. Ferrum Met is best suited to young weak people, anemic and chlorotic, with pseudo plethora, who flush easily; cold extremities; over sensitiveness; worse after any active effort ^[3]. The subject for Ferrum is pale, chlorotic, weak, delicate women, who easily flushes in the face on the least excitement. There is with great paleness of the lips and cavity of the mouth, in fact of all mucous membranes generally ^[4]. Ferrum met is suited in vertigo on raising suddenly; things grew black; had to lean against something, or fall ^[5].

Ferrum Met acts mainly on the blood, producing more rapid oxidation with rise of temperature. Due to the disturbance of the equilibrium, causes relaxation. The walls of the vessels dilate resulting in Congestion. Due to action on blood, at first increases the R.B.C. count and red colour causing false plethora but subsequently a diminution of red corpuscles and produces profound anaemia. It acts on gastrointestinal tract, causes weakness of peristalsis, producing constipation. It also causes diarrhoea and vomiting. Due to the action on circulation it increases blood pressure and there is haemorrhage in the intestinal canal ^[6].

Objectives

The objective of this review was to evaluate the effectiveness of homoeopathic medicine Ferrum Metallicum in anemia.

ICD CODE: 3A00

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Case summary**Personal data****Name:** XYZ**Age:** 22 yrs**Sex:** Female**Marital status:** Single**Date:** 04/08/2022**Presenting complaints**

C/o giddiness since 5years with tendency to fall towards sides

History of presenting complaints

Patient was apparently healthy 5years back then gradually she experienced frequent episodes of giddiness, generalized weakness and fatigue. Giddiness aggravates on sudden raising ++ and is ameliorated by standing still or leaning on someone or on something++. Same complaints since 5years, took allopathic treatment but not relieved.

Past history: H/O Goiter at the age of 6yrs, took ayurvedic treatment got relieved.

Family history**Father:** Apparently healthy**Mother:** Apparently healthy**Brother:** Apparently healthy**Paternal grandfather:** Died [H/O TB]**Maternal grandfather:** Had 2 attacks of Plegia.**Personal history****Diet:** Mixed**Appetite:** Reduced, easy satiety**Thirst:** 4-5 lit /day**Cravings:** Indigestible things [slate pencils+++]**Aversion:** Sweets+**Bowels:** Hard**Micturition:** 3-4/D, 0-1/N**Perspiration:** More over nose and upper lip.**Sleep:** 5-6 hours per day, not refreshing, sleep disturbs for slightest noise.**Dreams:** Falling from heights**Thermals:** Hot**Menstrual history**

- **Menarche:** At 13 yrs of age

- **Menstrual cycle:** Regular

- **Clots:** Present

- **Color:** Dark red

Life space investigation

She was born and brought up in upper middle-class family. She has good relation with her family. She studied till SSC in her hometown later she started staying in hostel for her PUC. She has 1 younger brother; she is the eldest one in her family. She gets irritated easily, especially when her parents compare her with her brother and when anyone asks silly questions or repeated questions. She is straight forward to anyone, even for her higher authority. She washes her hands

repeatedly whenever she touches anything. Even after washing hands, she will clean her hands with sanitizer. Until she cleans her hands, she will not touch or eat anything, even though she is hungry. She said that she feels some germs are present on her hands, so that she will clean her hands repeatedly. She does not want to talk with anyone, she wants to be alone.

Mental generals

- Wants to be alone
- Gets anger easily
- Fastidious

General physical examination**Built and nourishment:** Poorly built and Nourished**Eyes:** Sclera - Clear, Conjunctiva - Pale**Pallor:** Present**Analysis and evaluation****Mental generals**

- Wants to be alone+++
- Anger on contradiction+++
- Fastidious+++

Physical generals

Easy satiety

Cravings for indigestible things+++

Aversion to sweets+

Hard stools

Particulars

Giddiness > leaning on something++

< Sudden raising++

Giddiness as if falling towards sides

Provisional diagnosis: Anemia**Totality of symptoms**

1. Giddiness as if falling towards sides
2. Giddiness < raising suddenly; > leaning on someone or something
3. Fastidious
4. Wants to be alone
5. Anger on contradiction
6. Easy satiety
7. Craving for indigestible things
8. Aversion to sweets
9. Hard stools

Rubrics selected ^[8]

1. Blood - Anaemia
2. Mind - Anger: Contradiction, from
3. Stomach - Appetite: Satiety, Easy
4. Generalities - Food and drinks: Sweets: Aversion
5. Stool: Hard
6. Vertigo: Raising: Agg: Sudden
7. Generalities: Food and drinks: Lime, Slate pencil, Clay etc.
8. Mind: Company: Aversion to

Repertorial analysis

Selection and prescription of remedy

symptoms: 8	Remedies: 790	Show Repertorisation Tools												Prescribe	Remedy List	Record	Replace	View All	More Results
Remedy Name	Ferr	Nux-v	Sulph	Lyc	Sep	Ign	Nat-m	Merc	Nit-ac	Sil	Phos	Ars							
Totally	24	24	22	22	22	19	19	18	18	17	17	16							
Symptoms Covered	7	7	7	6	6	6	6	6	6	6	5	6							
Kingdom																			
[Complete] [Blood]Anemia: (330)	4	4	4	3	4	3	4	4	4	3	4	4							
[Complete] [Mind]Anger:Contradiction, from: (82)	4	3	3	4	4	4	1	1	1	3		1							
[Complete] [Stomach]Appetite:Satiety, easy: (155)	3	3	3	4	3	4	3	3	2	3	3	1							
[Complete] [Generalities]Food and drinks:Sweets:Aversion: (87)		3	4	3				3	3		3	3							
[Complete] [Stool]Hard: (438)	3	4	4	4	4	3	4	4	4	4	4	3							
[Complete] [Vertigo]Rising:Agg.:Sudden: (2)	4																		
[Complete] [Generalities]Food and drinks:Lime, slate pencils, clay etc., ...	3	3	1		3	1	3		4	1									
[Complete] [Mind]Company:Aversion to: (428)	3	4	3	4	4	4	4	3		3	3	4							

The remedy was chosen through repertorization using Zomeo LAN 3.0. The repertorial analysis highlighting the top 5 remedies are Ferrum Met [8/7], Nux-v [8/7], Sulphur [8/7], Lycopodium [8/6], Sepia [8/6].

Prescription: Ferrum Metallicum 200 [4-0-0] x 3 doses.

Justification of prescription





The selection of Ferrum Metallicum was guided by repertorial results. The prescription was based on key

symptoms such as fastidious, wants to be alone, gets angry easily, craving for indigestible things. So, in totality of symptoms as per the repertory the Ferrum Metallicum covers the majority of symptoms of the patient.

The patient was prescribed Ferrum Metallicum 200 [4-0-0] x 3doses for first 2 follow ups, later for other 2 follow ups Ferrum Metallicum 200 [4-0-0]x 3 doses, water dose. Notable improvement was observed after treatment.

Before and after treatment

BVV Sangha's BVVS HOMOEOPATHIC MEDICAL COLLEGE AND HOSPITAL, BAGALKOT-587101			BVV Sangha's BVVS HOMOEOPATHIC MEDICAL COLLEGE AND HOSPITAL, BAGALKOT-587101		
<i>Clinical Laboratory Report</i>			<i>Clinical Laboratory Report</i>		
Name: _____		Date: 04/08/2022	Name: _____		Date: 12/2/2022
Age/sex: 22/Female		OPD no:0014/2022	Age/sex: 22/Female		OPD no:0008/2022
Ref Dr : Dr Rudresh V Koppal		IPD no :0000/2022	Ref Dr : Dr Rudresh V Koppal		IPD no :0000/2022
Hematology Report			Hematology Report		
Test Name	Result	Reference Range	Test Name	Result	Reference Range
Haemoglobin	7.6gm%	M: 14 – 18, F: 12 – 16 %	Haemoglobin	8.7gm%	M: 14 – 18, F: 12 – 16 %
Total WBC Count	4,350 Cells/Cumm	4000 – 11000 Cells/ Cumm	Total WBC Count	4,420 Cells/Cumm	4000 – 11000 Cells/ Cumm
Differential Count			Differential Count		
Polymorphs	65%	38 – 70 %	Polymorphs	70%	38 – 70 %
Lymphocytes	30%	20-45%	Lymphocytes	24%	20-45%
Eosinophils	03%	00 – 06%	Eosinophils	04%	00 – 06%
Monocytes	02%	00-10%	Monocytes	02%	00-10%
Basophils	00%	00-01%	Basophils	00%	00-01%
RBC Count	3.18 Million/Cumm	3.5 – 5.5 million / Cumm	RBC Count	3.23 Million/Cumm	3.5 – 5.5 million / Cumm
PCV	22%	M : 40 – 55 %, F : 35 – 45 %	PCV	26%	M : 40 – 55 %, F : 35 – 45 %
MCV	72 FL	82 – 98 FL	MCV	73 FL	82 – 98 FL
MCH	25pg	27 – 32 pg	MCH	26pg	27 – 32 pg
MCHC	30g/ dl	31 – 38g/dl	MCHC	31g/ dl	31 – 38g/dl
Platelet Count	3.95Lakhs/Cumm	1.5 – 4.0 Lakhs /cumm	Platelet Count	3.87Lakhs/Cumm	1.5 – 4.0 Lakhs /cumm

 BVV Sangha's BVVS HOMOEOPATHIC MEDICAL COLLEGE AND HOSPITAL, BAGALKOT-587101 			 BVV Sangha's BVVS HOMOEOPATHIC MEDICAL COLLEGE AND HOSPITAL, BAGALKOT-587101 		
<i>Clinical Laboratory Report</i>			<i>Clinical Laboratory Report</i>		
Name: _____		Date: 15/04/2023	Name: _____		Date: 20/10/2023
Age/sex: 23/Female		OPD no:0017/2023	Age/sex: 23/Female		OPD no:0009/2023
Ref Dr : Dr Rudresh V Koppal		IPD no :0000/2023	Ref Dr : Dr Rudresh V Koppal		IPD no :0000/2023
Hematology Report			Hematology Report		
Test Name	Result	Reference Range	Test Name	Result	Reference Range
Haemoglobin	9.1gm%	M: 14 – 18, F: 12 – 16 %	Haemoglobin	10.2gm%	M: 14 – 18, F: 12 – 16 %
Total WBC Count	5,370 Cells/Cumm	4000 – 11000 Cells/ Cumm	Total WBC Count	6,580 Cells/Cumm	4000 – 11000 Cells/ Cumm
Differential Count			Differential Count		
Polymorphs	65%	38 – 70 %	Polymorphs	55%	38 – 70 %
Lymphocytes	30%	20-45%	Lymphocytes	40%	20-45%
Eosinophils	03%	00 – 06%	Eosinophils	03%	00 – 06%
Monocytes	02%	00-10%	Monocytes	02%	00-10%
Basophils	00%	00-01%	Basophils	00%	00-01%
RBC Count	3.30 Million/Cumm	3.5 – 5.5 million / Cumm	RBC Count	3.58 Million/Cumm	3.5 – 5.5 million / Cumm
PCV	27%	M : 40 – 55 %, F : 35 – 45 %	PCV	31%	M : 40 – 55 %, F : 35 – 45 %
MCV	83 FL	82 – 98 FL	MCV	82 FL	82 – 98 FL
MCH	28pg	27 – 32 pg	MCH	28pg	27 – 32 pg
MCHC	32g/ dl	31 – 38g/dl	MCHC	33g/ dl	31 – 38g/dl
Platelet Count	2.99Lakhs/Cumm	1.5 – 4.0 Lakhs /cumm	Platelet Count	2.89Lakhs/Cumm	1.5 – 4.0 Lakhs /cumm

Follow up

Date	Symptoms	Prescription
04/08/2022	<ul style="list-style-type: none"> Patients first visit 	<ul style="list-style-type: none"> Ferrum Met-200 [4-0-0] x 3 dose Hb - 7.6gm%
12/12/2022	<ul style="list-style-type: none"> Appetite slightly improved. Disturbed sleep still present. Cravings for indigestible things still present. Number of episodes of giddiness reduced. 	<ul style="list-style-type: none"> Ferrum Met-200 [4-0-0] x 3 dose Hb - 8.7gm%
15/04/2023	<ul style="list-style-type: none"> Appetite improved. Sleep improved, sleeps for 7-8hrs per day but not refreshing. Cravings for indigestible things slightly reduced. No episodes of giddiness till now. 	<ul style="list-style-type: none"> Ferrum Met-200 [4-0-0] x 3dose, water dose [Add 4 pills in 1 cup of normal water and when the pills are dissolved in water whirl the water for 10 times in same direction and then take]. Hb - 9.1gm%
20/10/2023	<ul style="list-style-type: none"> Appetite improved. No complaints of easy satiety. Sleep improved and refreshing. Giddiness reduced completely. Cravings for indigestible things still present but reduced in its intensity. 	<ul style="list-style-type: none"> Ferrum Met-200 [4-0-0] x 3 dose, water dose [Add 4 pills in 1 cup of normal water and when the pills are dissolved in water whirl the water for 10 times in same direction and then take]. Hb - 10.2gm%.

Discussion and Conclusion

Homoeopathic treatment selected according to homoeopathic principles shows effective results. Ferrum Metallicum is capable of improving Hb levels in anemia. The result indicates that there was increase in haemoglobin levels in cases of anemia patients. Therefore, it can be concluded that the homoeopathic medicine Ferrum Metallicum may have beneficial effect in improving Hb levels in anemia patients.

Conflict of interest

Not available

Financial support

Not available

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