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Efficacy of vanadium in the treatment of anaemia in teenage group

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Abstract

According to WHO, Anaemia is a condition in which the number of red blood cells is insufficient to meet the body's physiological need. Specific physiological need may vary with a person's age, gender and residential elevation above sea altitude) smoking behavior and different stages of pregnancy; iron deficiency is thought to be the most common cause of anaemia globally, but nutritional deficiency include folate, vitamin B12 and vitamin A, acute and chronic inflammation, Homoeopathy has good remedies to see that the necessary elements are properly absorbed by the body and assimilation is corrected thereby tackling anaemia 1 and this way even the supplements are put to good use. If anaemia treated properly which is effective and inexpensive can reduce the statistics of overall death rates, maternal haemorrhage, reduced school performance and lowered productivity and thereby bring a dream into reality?

Aim and objectives

1. To study the impact of anaemia among teenagers.
2. To study the effect of vanadium 6c potency on anaemic teenagers.

An awareness class was conducted for students in a undergraduate institution and some of them are randomly selected for screening then selected 30 students who had haemoglobin less than 12g/dl for the study. The study was conducted for two months as per the guidelines of CCRH Delhi. In the first month all the subjects receive placebo with a specific dietary recommendations to improve haemoglobin level and haemoglobin level was estimated at an interval of fifteen days. In the second month all subjects received vanadium 6c potency (Four pills daily morning before food) and hemoglobin level was estimated at an interval of fifteen days. After the two months systematics study, a statistical analysis done with the help of qualified statistician. The null hypothesis states that vanadium metallicum does not have any effect on anaemia Observation and results: If $p < 0.05$, significance, otherwise not significant significantly different at $p < 0.01$ null hypothesis is rejected.

Conclusion: Vanadium has a definite positive effect to increase haemoglobin level. It improves the appetite.

Keywords: Necessary elements, vitamin B12 and vitamin A

Introduction

According to WHO, Anaemia is a condition in which the number of red blood cells (and consequently their oxygen carrying capacity) is insufficient to meet the body's physiologic need. Specific physiological need may vary with a person's age, gender and residential elevation above sea altitude) smoking behaviour and different stages of pregnancy; iron deficiency is thought to be the most common cause of anaemia globally, but nutritional deficiency include folate, vitamin B12 and vitamin A, acute and chronic inflammation and parasitic infection or acquired or inherited that affect haemoglobin synthesis, red cell production or red cell survival, can all causes anaemia^[1].

Anaemia, the silent killer disease, attacks most of the persons in the developing countries like India. It is found that among the various 400 types of anaemia, the most of the anaemic persons suffer from iron deficiency anaemia. The number of red blood corpuscles or their oxygen carrying capacity become insufficient to meet the physiological demand of a person, it is said that the person is suffering from the anaemic condition. This condition varies according to the age, sex, altitude, smoking and pregnancy status. Clinically, the anaemic state is said to be developed due to the blood loss (i.e., haemorrhagic case) or produced by decreased or faulty red blood cell production or may arise due to the destruction of the red blood cells^[1]. Anaemia is one of the common ailments recorded in medical history. It reduces the work capacity of individuals, entire population and obstacle to national development.

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Anaemia is a wide spread and most serious global public health problem affecting both developing (42%) and developed (9%) countries. Anaemia is the world second leading cause of disability. It occurs in all stages of the life cycle but more prevalent in young children (47%) and pregnant women (42%). In India it is about (74.3%). India is one of the countries with very high prevalence of anaemia in the world [2].

According to WHO, moderate degree of iron deficiency anaemia affected approximately 610 million people worldwide or 8.8% of the population? It is slightly more common in female (9.9%) than males (7.8%). Mild iron deficiency anemia affects another 375 million [2]. Homoeopathy treatment is effective in anaemia caused by blood loss in chronic conditions like gastrointestinal bleeding, haemorrhoids and fibroids. The anaemias of haemolytic type could be treated effectively with homoeopathic medicine.

Material and Methods

Type of study: Prospective, Place controlled, study.

Data collection: 30 cases from students of an under graduate medical institution.

Selection criteria inclusion criteria

- Patients with clinical signs and symptoms.
- Age-13 to 19.
- Sex-male and female.

Normal range

- Male (13-16g/dl)
- Female (12-14g/dl).

Exclusion criteria

- Patient with systemic diseases.
- Patient with infectious diseases.

The test drug vanadium 6c (in liquid dosage form) was procured from a reputed Homoeopathic. Vanadium 6c potency was medicated in globules (No: 40) and dispensed among the subjects.

Period of study: 4 months study.

Method of Study: An awareness class was conducted for students in a under graduate institution and some of them are randomly selected for screening then selected 30 students who had hemoglobin less than 12g/dl for the study. The study was conducted for two months as per the guidelines of CCRH Delhi. In the first month all the subjects received placebo with a specific dietary recommendations to improve haemoglobin level and haemoglobin level was estimated in an interval of fifteen days.

In the second month all subjects received vanadium 6c potency (four pills daily morning before food) and haemoglobin level was estimated at an interval of fifteen days. After the two months systematical study, a statistical analysis done with the help of qualified statistician.

The null hypothesis states that vanadium metallicum does not have any effect on anaemia.

Results

Table 1: Data analysis by paired "t" test.

Serial. No.	Initial Hb values %	Hb value-1 st month (general management) ing %	Hb value-2 nd month (medication) ing %
1.	9.0	9.4	10.8
2.	10.4	11.1	11.1
3.	10.0	10.0	10.2
4.	9.4	9.8	11.2
5.	10.6	10.8	10.3
6.	11.0	11.0	11.4
7.	10.5	9.7	10.4
8.	11.2	11.1	11.5
9.	11.8	11.3	11.4
10.	10.4	10.1	10.3
11.	11.2	10.9	11.9
12.	11.9	11.2	11.2
13.	10.4	10.6	11.9
14.	10.4	10.7	11.3
15.	10.2	10.6	11.9
16.	10.4	10.7	11.5
17.	11.0	11.0	11.2
18.	11.5	11.5	11.2
19.	10.4	10.7	11.3
20.	10.0	10.4	12.0
21.	11.0	10.9	11.4
22.	10.7	11.0	11.9
23.	11.0	11.4	10.7
24.	10.2	10.6	11.0
25.	10.4	10.3	11.2
26.	11.0	11.0	11.2
27.	10.4	10.9	10.9
28.	11.2	10.7	10.4
29.	11.4	11.2	11.4

30.	10.8	10.4	10.3
Mean (before)	Mean (after)	t stat:	"P" Value
10.70	11.15	4.12	0.00

- If $p < 0.05$, significance, otherwise not significant.
- Significantly different at $p < 0.01$.
- Null hypothesis is rejected.

From the above statistical analysis of the results, it is concluded that

- Vanadium has a definite positive effect to increase haemo glob in level.
- Vanadium is a good digestive tonic.

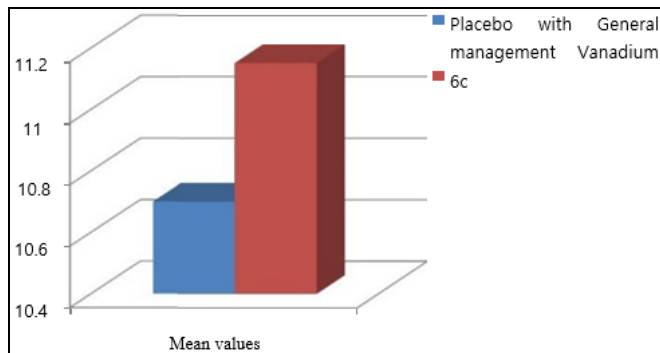


Fig 1: Comparison between treatment with vanadium 6C and placebo with general management

Discussion

According to HA Robert, all the deficiency diseases are mainly due to the lack of assimilation. It is because of the functional derangement and mainly psoric origin. Deficiency of certain mineral constituents can be corrected by supplementing the particular mineral drugs. Vanadium is supposed to be a great oxidant that stimulates organic combustion and restores health, appetite, strength and weight.

In the present study, Vanadium metallicum 6C has a positive effect on Nutritional Anemia. It also improves appetite and body weight. According to Boericke Materia medica, Vanadium metallicum acts as an oxygen carrier and a catalyzer, hence its use in wasting diseases increases hemoglobin level, also combine its oxygen with toxins and destroys their virulence, also increases and stimulates phagocytes.

Conclusion

- Vanadium has a definite positive effect to increase haemoglobin level in anaemic teenagers.
- Vanadium improves the appetite.
- Vanadium along with constitutional medicine may give better results.

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