



TO STUDY THE UTILITY OF HOMOEOPATHIC MEDICINE FERRUM PHOSPHORICUM IN THE TREATMENT OF IRON DEFICIENCY ANEMIA IN YOUNG GIRLS

Dimple Bhalla¹, Nidhi Arora²

¹Ph.D (Scholar), ²Supervisor

Sri Ganganagar Homoeopathic Medical College Hospital & Research Institute,

ABSTRACT

Anaemia is one of the most common nutritional disorder, especially in India and worldwide. Young children especially girls and women in their reproductive age group are most vulnerable to anaemia. The main goal of this study was to understand and establish the role of Ferrum Phosphoricum in improving the level of hemoglobin (Hb) in females and thus decreasing the risk of iron deficiency anemia.

Key Word- : Ferrum phosphoricum, Iron deficiency anaemia (IDA), Haemoglobin (Hb).

INTRODUCTION

Anemia is defined as reduced count of red blood cells or less than the normal amount of hemoglobin (Hb) in the blood and packed cell volume (PCV) Iron is an important micronutrient which is essential for various functions like cellular growth and differentiation, oxygen binding, transport and storage. Hence reduction in this iron protein decreases proper oxygen supply to tissues and organs, causing shortness of breath, dizziness or headache and fatigue. According to WHO anaemia is Hb concentration <12g/dl in women & <13g/dl in men, it is mostly used as a parameter for judging anaemia. Previous studies shows 42% of pregnant women, 30% of non pregnant women (aged 15 to 50 years), 47% of preschool children (aged 0 to 5 years), and 12.7% of men older than 15 years are anemic. About three fourth of adolescent females do not meet the dietary requirements for that in 2013, the Government of India introduced national implementation of weekly iron and folic acid supplementation to approximately 120 million adolescent girls.

Homoeopathy system is based on natural principle of cure without producing any adverse effects. The selection of remedy is based upon symptom similarity and individualization by using holistic approach.

The aim of Homoeopathy is not only to treat anemia but to address its underlying cause and individual susceptibility. Homoeopathy being a holistic system of medicine treats the individual as a whole. The aim of this study is to understand and establish the role of Ferrum Phosphoricum in improving the level of hemoglobin (Hb) in females.

Symptoms of Anaemia:

When Anemia is Mild: Tiredness, Fatigue, Dyspnoea, Palpitation, Dizziness, Headache, Weakness and Exhaustion.

When Anemia is Severe: Chest pain, Leg pain, Irritability, Poor memory, Dysphagia, Strange food cravings (PICA), Sore mouth & gums

Signs of Anaemia:

1. **Cardiovascular System:** Tachycardia, collapsing pulse, dyspnea on exertion.
2. **Central Nervous System:** Faintness, headache drowsiness, numbness and tingling sensations of the hands and feet.
3. **Reproductive System:** Menstrual disturbances such as amenorrhea and menorrhagia.
4. **Pallor:** Pallor may be seen in the mucous membranes, conjunctiva and skin.
5. **Gastrointestinal System:** Anorexia, flatulence, nausea, constipation and weight loss.
6. Cracked tongue (Glossitis), mouth ulcers.
7. Hair loss
8. Spoon shaped nails

Aim:

The aim of study is to gain knowledge about anemia and role of Ferrum Phosphoricum remedy in treatment of anemia in order to relieve the suffering of humanity.

Objectives:

1. To assess the scope of homoeopathic management in cases Iron Deficiency Anemia in young girls and therapeutic application of Ferrum Phosphoricum.
2. To evaluate the causative factors relevant to Anemia in young girls.
3. To conduct a study for the utility of Ferrum Phosphoricum in cases of Iron Deficiency Anemia.

METHODOLOGY

Inclusion Criteria:

- i) 100 patients of iron deficiency anemia were included after proper case taking as per the case taking Performa considered for the study.
- ii) Haemoglobin (Hb) level 8-11 gram/dl.
- iii) Patients of age group between 10 to 18 years and only females considered for study.
- iv) Patients from Sri Ganganagar and villages near by Sri Ganganagar are taken for the study.

Exclusion Criteria:

- i) Patients not associated with heart or any other organ disorder.
- ii) Patients suffering from any other systemic disorder and from any chronic disorders are excluded.
- iii) Patients suffering from any life threatening condition are excluded.
- vi) Patients who are mentally retarded are excluded.
- v) Haemoglobin (Hb) level below 8 gram/dl are excluded.

Withdrawal Criteria:

- The case without proper follow- up.
- The case required emergency treatment during the study.
- Patients with only one visit.

OBSERVATIONS & OUTCOME

For “The Study the Utility of Homoeopathic Medicine Ferrum Phosphoricum in the Treatment of Iron Deficiency Anemia in Young Girls” 100 cases of Anemia have been included. The data obtained was sorted out in the form of different charts and tables.

Table 1: Distribution of 100 Cases of Anemia according to “Age incidence”

S. No.	Age Group (In Years)	Number of cases	Percentage (%)
1.	10-12 years	30	30 %
2.	13-14 years	5	5 %
3.	15-16 years	12	12 %
4.	17-18 years	53	53 %
	Total	100	100 %

As shown in table no.2, maximum incidence of Iron Deficiency Anemia were observed in the age group 17-18 i.e. 53 cases (53 %), where as minimum incidence of Iron Deficiency Anemia were in the age group 13-14 years i.e. 5 cases (5 %).

Graph No.1: Graphical distribution of age

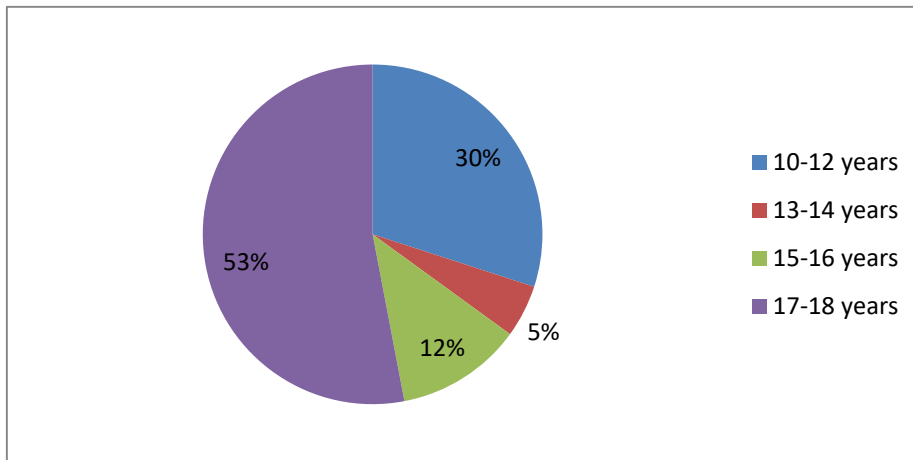


Table No. 2: Distribution of 100 cases of Iron Deficiency Anemia according to severity of chief complaints

Sr.No	Presenting Complaints	No. of Cases	Percentage %
1	Weakness	100	100%
2	Pallor	95	95%
3	Dyspnoea	80	80%
4	Headache	85	85%
5	Palpitation	85	85%
6	Anorexia	65	65%
7	Menstrual disorders	69	69%
9	Weight loss	30	30%
10	PICA	10	10%
11	Spoon shaped nails	35	35%
12	Mouth ulcers	12	12%

As shown in table no.2, weakness was the most common complaint 100%, followed by pallor 95%, dyspnoea 80%, headache 85%, palpitation 85%, anorexia 65%, menstrual disorder 69% and 30% experienced Wt. loss, PICA 10%, spoon shaped nails 35% and 12% shows mouth ulcers.

Graph No.2: Graphical distribution of 100 cases of Iron deficiency anemia according to severity of chief complaints

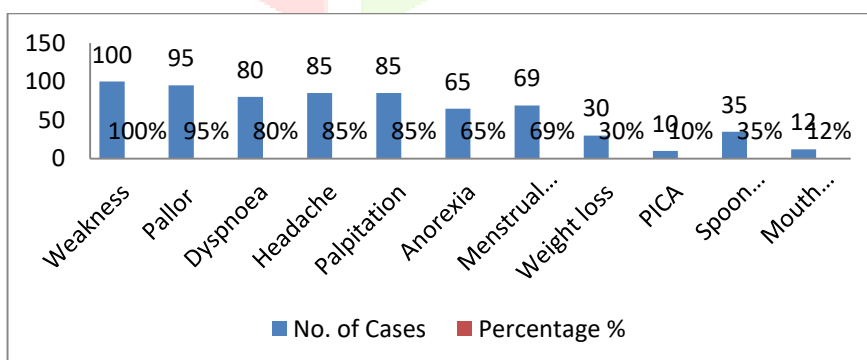


Table 3: Distribution of Potency in 100 cases of Iron Deficiency Anemia

S. No.	Potency given	No. of Patients	Percentage (%)
1.	30 CH	32	32 %
2.	200 CH	24	24 %
3.	6X	44	44 %
	Total	100	100 %

As shown in table no. 4, in maximum cases 6X potency was prescribed in 44 patients i.e. 44 %, followed by 30 CH potency prescribed in 32 patients i.e. 32 % and 200CH potency prescribed in 24 cases i.e. 24 %.

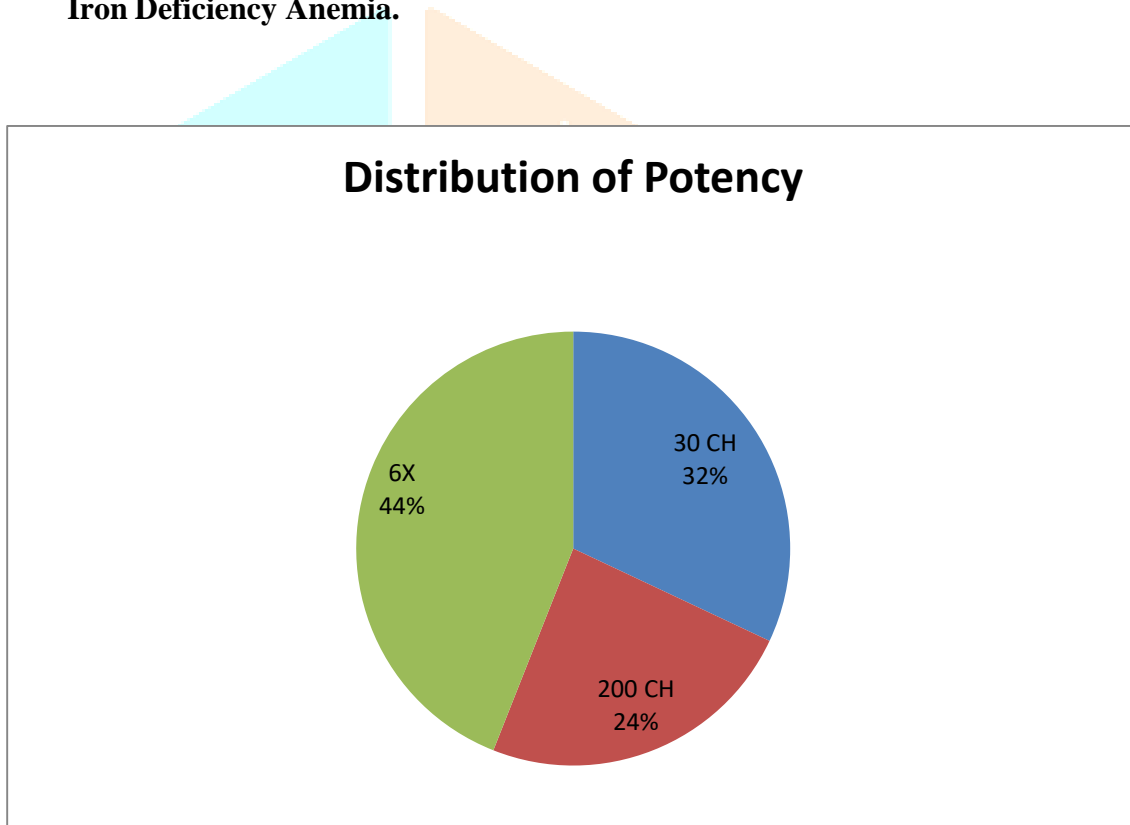
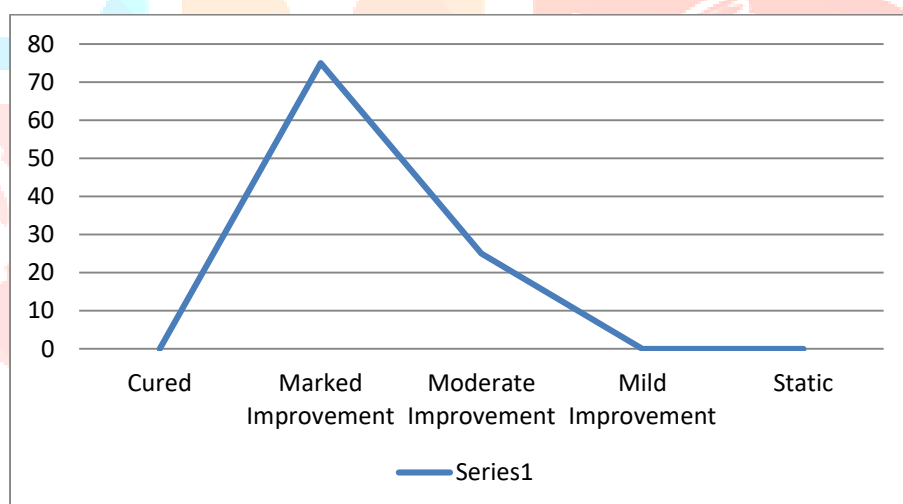
Graph No. 3: Graphical distribution of given potency of Ferrum Phosphoricum in 100 cases of Iron Deficiency Anemia.

Table 4. Distribution of 100 cases according to the result obtained

S. No.	Treatment Result	No. of Patients	Percentages (%)
1.	Cured	0	0
2.	Marked Improvement	05	5%
3.	Moderate Improvement	61	61%
4.	Mild Improvement	24	24%
5.	S Q	10	10%
	Total	100	100 %

As shown in above table, out of 100 cases of Anaemia ,marked improvement in 5 patients (5%) and moderate improvement in 61 patients (61%) while 24 patients (24%) show mild improvement.

Fig 4 Graphical representation of Distribution of 100 Cases of Anaemia according to Results Obtained

DISCUSSION

The outcome measures were assessed on the basis of the clinical parameters and also by the improvement of the patient as a whole. The discussion on various aspects observed in the study has been given below –

AGE INCIDENCE:

In this study found that amongst 100 diagnosed case of iron deficiency anemia, maximum incidence were observed in the age group 17-18 i.e. 53 cases (53 %), where as minimum incidence of Iron Deficiency Anemia were in the age group 13-14 years i.e. 5 cases (5 %).

CHIEF COMPLAINTS

In this study found that amongst 100 diagnosed case of iron deficiency anemia , weakness was the most common complaint 100%, followed by pallor 95%, dyspnoea 80%, headache 85%, palpitation 85%, anorexia 65%, menstrual disorder 69% and 30% experienced Wt. loss , PICA 10%, spoon shaped nails 35% and 12% shows mouth ulcers.

POTENCY:

In this study found that amongst 100 diagnosed case of iron deficiency anemia maximum cases 6X potency was prescribed in 44 patients i.e. 44 %, followed by 30 CH potency prescribed in 32 patients i.e. 32 % and 200CH potency prescribed in 24 cases i.e. 24 %.

RESULT:

In this study found that amongst 100 diagnosed case of iron deficiency anemia marked improvement in 5 patients (5%) and moderate improvement in 61 patients (61%) while 24 patients (24%) show mild improvement.

CONCLUSION

Anaemia seems to be a major health problem in our community. Females are the most affected one. This was an observational study with positive result. It helps me in exploring possible literature available about the study. It gave me opportunity for application of Ferrum Phosphoricum medicine on patients of Iron Deficiency Anemia. Homoeopathy is the only science which not only relief symptoms but can also prevent further complications. Further more studies can be done to explore more about the topic.

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