American Journal of Psychiatric Rehabilitation

Expert Opinion Article

Anaemia In Females Of Reproductive Age Group, Conventional Treatment With Side Effects And Homoeopathic Approach – A Review

Dr. Pragya Gupta[1*], Dr. Vinay Kumar[2], Dr. Girdhari Lal Tailor[3], Dr. Abhilasha Gupta[4]

[1*]Ph.D.(Homoeopathy) (Scholar), Tantia University, Sri Ganganagar (Raj.)
[2]MD(Hom.), Ph. D.(Homoeopathy), Research Supervisor, Professor, Deptt. of Materia Medica, SGN. Hom. Medical College, Hospital and Research Institute, Tantia University
[3]PG Scholar, Department of Organon of Medicine, Sri Ganganagar Homoeopathic Medical College Hospital and Research Institute, Tantia University, Sri Ganganagar
[4]PG Scholar, Department of Organon of Medicine, Sri Ganganagar Homoeopathic Medical College Hospital and Research Institute, Tantia University, Sri Ganganagar

***Corresponding Author -** Dr. Pragya Gupta
Ph.D.(Homoeopathy) (Scholar), Tantia University, Sri Ganganagar (Raj.)

ABSTRACT
Anaemia is one of the most common nutritional and public health disorders affecting females of reproductive age group worldwide, particularly in developing countries like India. It is characterized by reduced hemoglobin concentration resulting in diminished oxygen carrying capacity of blood. Iron deficiency remains the most common cause, though nutritional deficiencies, menstrual blood loss, pregnancy, parasitic infestations, and chronic diseases also contribute significantly. Anaemia adversely affects physical health, cognitive performance, immunity, maternal health, and quality of life. Conventional treatment mainly includes iron supplementation, folic acid, vitamin therapy, dietary correction, and blood transfusion in severe cases. However, these treatments may produce adverse effects such as constipation, gastritis, nausea, metallic taste, allergic reactions, and iron overload. Homoeopathy adopts an individualized and holistic approach based on symptom totality, constitution, susceptibility, and underlying causes. Remedies like Ferrum phosphoricum, Calcarea phosphorica, China officinalis, Pulsatilla, Natrum muriaticum, and Sepia are frequently indicated according to individual symptomatology. This review highlights the epidemiology, causes, conventional treatment with side effects, and homoeopathic management of anaemia in females of reproductive age group.

Keywords: Anaemia, reproductive age women, iron deficiency, side effects, homoeopathy, India.

Introduction

Anaemia is defined as a reduction in hemoglobin concentration below normal levels required to meet physiological needs. According to the World Health Organization (WHO), females with hemoglobin levels below 12 g/dL are considered anaemic. Anaemia is highly prevalent among females of reproductive age due to menstruation, nutritional deficiencies, repeated pregnancies, and socioeconomic factors. Iron deficiency anaemia is the most common type and constitutes a major health burden in India. Symptoms commonly include fatigue, weakness, pallor, dizziness, breathlessness, headache, palpitations, poor concentration, and reduced work capacity.

Epidemiology in India

Anaemia remains a significant public health problem in India. National surveys report a high prevalence among adolescent girls and women of reproductive age, especially in rural and low socioeconomic populations. Poor dietary intake, repeated pregnancies, menstrual disorders, infections, and inadequate healthcare contribute to the high disease burden. Women suffering from anaemia are more prone to maternal complications, reduced immunity, impaired productivity, and poor pregnancy outcomes.

Etiological Factors

Anaemia in females of reproductive age is multifactorial in origin. Iron deficiency due to inadequate dietary intake remains the most common cause. Chronic blood loss during menstruation, repeated pregnancies, lactation, folic acid and vitamin B12 deficiency, malnutrition, worm infestations, chronic infections, gastrointestinal disorders affecting absorption, and hereditary disorders such as thalassemia also contribute significantly to the development of anaemia. Socioeconomic deprivation, poor nutritional awareness, and inadequate healthcare access further aggravate the condition.

Conventional Treatment and Side Effects

Conventional management mainly focuses on correcting nutritional deficiency and treating the underlying cause. Oral iron preparations such as ferrous sulfate and ferrous fumarate are commonly prescribed to improve hemoglobin levels. However, these medications frequently produce adverse effects including nausea, vomiting, constipation, gastric irritation, metallic taste, black stools, and diarrhea, which may reduce patient compliance.

Folic acid and vitamin B12 supplementation are administered in deficiency states and are generally well tolerated, although gastrointestinal discomfort and occasional allergic reactions may occur. Severe anaemia may require blood transfusion, particularly in emergency situations or pregnancy-related complications. Blood transfusion carries risks such as transfusion reactions, iron overload, allergic manifestations, and transmission of infections. Although conventional therapy effectively improves hemoglobin levels, recurrence remains common when underlying nutritional, hormonal, or socioeconomic factors are not adequately addressed.

Homoeopathic Approach

Homoeopathy considers anaemia as a manifestation of disturbed vital force influenced by nutritional deficiency, constitutional weakness, emotional stress, hormonal imbalance, and chronic miasmatic tendencies. Treatment is individualized according to symptom totality, constitutional makeup, mental generals, and physical symptoms. Ferrum phosphoricum is frequently indicated in early stages of anaemia associated with pallor, weakness, and easy fatigue. Calcarea phosphorica is useful in poorly nourished girls with delayed development and weakness. China officinalis is commonly prescribed in anaemia following blood loss with marked debility and dizziness. Natrum muriaticum is indicated in anaemic females with headaches, emotional sensitivity, and irregular menstruation. Pulsatilla is useful in mild and emotional women with delayed or scanty menses, while Sepia is indicated in women with hormonal disturbances, pelvic weakness, irritability, and exhaustion. Homoeopathic constitutional treatment aims to improve general vitality, appetite, emotional balance, and overall resistance to disease while addressing the individual susceptibility of the patient.

Diet and Preventive Measures

Preventive measures play an important role in the management of anaemia. A balanced iron-rich diet containing green leafy vegetables, jaggery, pulses, dates, and meat helps improve nutritional status. Adequate intake of folic acid and vitamin B12, regular deworming, maintenance of menstrual hygiene, nutritional education, and regular antenatal care are essential preventive strategies for reducing the burden of anaemia among women of reproductive age.

Conclusion

Anaemia in females of reproductive age group remains a major public health concern, especially in India. Iron deficiency, menstrual blood loss, malnutrition, and repeated pregnancies are major contributing factors. Conventional treatment is effective but may produce gastrointestinal disturbances, allergic reactions, and recurrence if underlying causes are not addressed. Homoeopathy offers an individualized and holistic approach aimed at improving constitutional health, correcting susceptibility, and enhancing overall well-being. Integrated preventive strategies, nutritional improvement, and individualized treatment may help reduce the burden of anaemia.

References

1. World Health Organization. Haemoglobin concentrations for the diagnosis of anaemia and assessment of severity. Geneva: WHO; 2011.
2. World Health Organization. Anaemia in women and children. Geneva: WHO; 2021.
3. Indian Council of Medical Research. Nutritional Anaemias in India. New Delhi: ICMR; 2018.
4. DeMaeyer EM, Adiels-Tegman M. The prevalence of anaemia in the world. World Health Stat Q. 1985;38(3):302-16.
5. Jameson JL, Fauci AS, Kasper DL, Hauser SL, Longo DL, Loscalzo J. Harrison's Principles of Internal Medicine. 21st ed. New York: McGraw Hill; 2022.
6. Walker BR, Colledge NR, Ralston SH, Penman ID. Davidson's Principles and Practice of Medicine. 24th ed. London: Elsevier; 2022.
7. Boericke W. Pocket Manual of Homoeopathic Materia Medica. New Delhi: B Jain Publishers; 2015.
8. Hahnemann S. Organon of Medicine. 6th ed. New Delhi: B Jain Publishers; 2013.
9. Allen HC. Keynotes and Characteristics with Comparisons. New Delhi: B Jain Publishers; 2014.