

Editorial for December 2014

My experiences In Aplastic Anaemia

Aplastic refers to inability of the stem cells to generate the mature blood cells. In this condition the bone marrow, and the blood stem cells that reside there, are damaged. This causes a deficiency of all three blood cell types (pancytopenia): red blood cells (anemia), white blood cells (leukopenia), and platelets(thrombocytopenia)

It can be caused by exposure to chemicals, drugs, radiation, infection, immune disease, and heredity; in about half the cases, the cause is unknown.

Modern medicine has nothing much to offer except immunosuppressive drugs, anti-lymphocyte globulin or anti-thymocyte globulin, combined with corticosteroids and cyclosporine.

Exposure to ionizing radiation can be a known cause of Aplastic anemia. A classical example would be of Marie Curie, who died of Aplastic anemia.

Homoeopathic Management :

Honestly very difficult to treat ,I see such cases 1-2 times a year,so far in my 37 years of homoeopathic practice I have seen around 30-40 cases. On internet you will see many claims I wonder about its authenticity!!!

Aplastic anemia comes under the domain of tubercular and syphilitic miasm.

What do I assure my patients when they consult me.....

We can try stimulating diseased bone marrow by constitutional homoeopathic remedy.

We can reduce the frequency of blood transfusions.

We can help anemia thereby giving normal appetite and strength to the patient.

We can prevent recurrent infections which they are highly prone to develop.

We can prevent haemorrhage.

We can minimise the side effects of homoeopathic drugs.

We cannot many times cure but can make an attempt to minimise the symptoms

How Do We Treat??

First access the case if there is not much severity and patient is not on any steroids or immunosuppressant then start with constitutional homoeopathic medicine.

If there are many acute symptoms and the patient is on steroids or any other immuno suppressants then I use organ remedies.e.g. Chloramphenicol,Cortisonum and X-ray. for primary bone marrow failure. Patients with history of bone marrow transplant subsequently

going into rejection I use Placenta and Umbilical cord blood in potentiated form. For extreme failure of red blood cell I use Elatrium. For severe granulocyte failure I use Sulphanilamidum, Amidopyrinum, Natrum chloricum etc. For infection I find Anthracinum, Baptisia, Echinacea, Muriatic acid, Pyrogen and Tarentula cubensis very useful.

For decreased in Platelets I found Ledum, Phosphorous, Secale cor, Snake venoms, Sulphuric acid and Terebinthina.

I usually give organ or small remedies in 3c or 6c or 12c potency. with repetition 3-4 times a day.

Case Example:

An acute case of ALL

A small girl of 12 years comes to me with a diagnosis of acute lymphoblastic leukemia with severe neutropenia and thrombocytopenia. She was under vincristine and Prednisolone but the situation was not coming under control.

Following were her acute

- Anaemia (6 grams)
- Bone pain, joint pain
- Breathlessness
- Dizziness
- Enlarged liver and spleen
- Enlarged lymph nodes in cervical and inguinal area
- Excessive and unexplained bruising
- Frequent or unexplained fever.
- Generalized weakness and fatigue
- loss of appetite
- low platelet levels (3000)
- Petechiae in the skin all over the body.
- Pitting edema (swelling) in the lower limbs.
- Weight loss

Following were her constitutional symptoms

- Very hard working obedient girl of parents.
- Very meticulous
- Sensitive to noise
- Frequent headache better by cold application
- Dullness of eyes
- H/O Recurrent ear infections between 1-4 years

- Very Thirsty drinks 3-4 litres of water.
- Recurrent flatulent colic
- Weakness comes the moment the bowels gets constipated.
- Craves sour food.

Based on above symptoms I gave Ferrum Ars 6c potency every 4 hours.

After 15 days

Platelets 21,000

Haemoglobin 7.5 grams

Appetite better

Ecchymoses less

Advice to continue for 30 days same medicine.

After 45 days

Platelets 45,000

Haemoglobin 8 grams

Bone pains much better

Ecchymoses much better.

Advised Ferrum Ars LM2 8 hourly for 3 months.

Platelets 1,24,000

Haemoglobin 8.6 grams.

New symptoms appeared

- Buzzing ringing sounds in ear.
- Craving for sweet snacks
- Oppression in chest
- Spine sensitive to touch

China Sulph 200c 8 hourly for 30 days

Platelet 2,34,000

Haemoglobin 9.6 grams

all other symptoms much better.

The case was observed for 4 years has to increased the potency of china sulph from 200c to LM10.

The acute ALL went into remission in 5 months, later for 4 years the case was under supervision.