

- Anaemia
- Euphorbium Officinatum
- Homeopathic Relievers for Anaemia
- The Influenza epidemics and CORONA-2019

# HomeoBuzz

CONTINUING MEDICAL INFORMATION

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Dear Readers,

“Awareness leads to Preparedness” and Fear always generates from lack of awareness. Fear is essential to counter any situation, but when it transforms into Panic... it leads to overwhelming confusion and terror.

Being responsible representatives of healthcare industry and pharmaceuticals, we intend to spread as much information as we can on the prevalent pandemic threat of Coronavirus. We also intend to spread the word... “Hygiene”, which is by far the most effective tool against the spread of even the most virulent of diseases. Hygiene and cleanliness brings positivity in our surroundings while preventing us from infections simultaneously. This thought was particularly stressed upon by the father of our nation, Mahatma Gandhi, and today, our honourable Prime Minister includes this topic, in every discussion and on all platforms. Swachh Bharat Mission, initiated pan India, in October 2014, with a vision of “Clean India” by October 2019, should not stop here only... it needs to be carried forward to the extent of becoming a lifestyle for every Indian. Cleanliness is our responsibility towards each other, as a developing and intellectually aware society. And to fight the threat of the current epidemic, Hygiene is an absolute necessity.

B.Jain Pharmaceuticals has always strived to provide best homeopathic products in the industry and our hand sanitizer is the result of research and hard work of our R&D, production, QC and QA teams. It contains Calendula and Aloe vera extract besides the recommended 70% alcohol for maximum protection against the viruses and bacteria. Omeo Aloe vera hand sanitizer is easy, handy and portable and is highly recommended as a shield against germs during this epidemic.

Dear Doctors,

We all have our own experiences with emergencies while taking care of public health. It teaches us a lot, as to keep patience even in the worst case scenarios of life. We are the executors of the professional knowledge gained in our training and that needs to be always done in the best way possible. Epidemics are the testing time for the doctors as well as the common man and patients. The media and gatherings are flooded with information, and the common man looks up to the health authorities for their answers.

Epidemics are a kind of health calamity engulfing a large portion of population within a very short span of time. This requires an extra effort from the end of all health care facilities to dissipate falsities and fears. In the context of the Corona epidemic doing the rounds, the speed of new cases popping up are quite alarming. All infections are contagious, and their spread needs to be cut off in order to break the epidemic. It is highly recommended, that all cases of cold should necessarily wear mask from day one and stay away from gatherings and public places for 14 days. In case of worsening of symptoms and development of breathlessness, it should be immediately reported to a qualified doctor. Everyone should increase their Dietary intake of Vit. C, in the form of luke warm lemon water, aonla juice, citrus fruits etc. till the epidemic is on. Take sufficient rest, avoid visiting crowded places, use hand sanitizers and hand wash and avoid shaking hands with friends.

It's a fight between the humans and the virus, and with simple measures we can definitely win this fight.

**Kuldeep Jain**  
Chief Editor

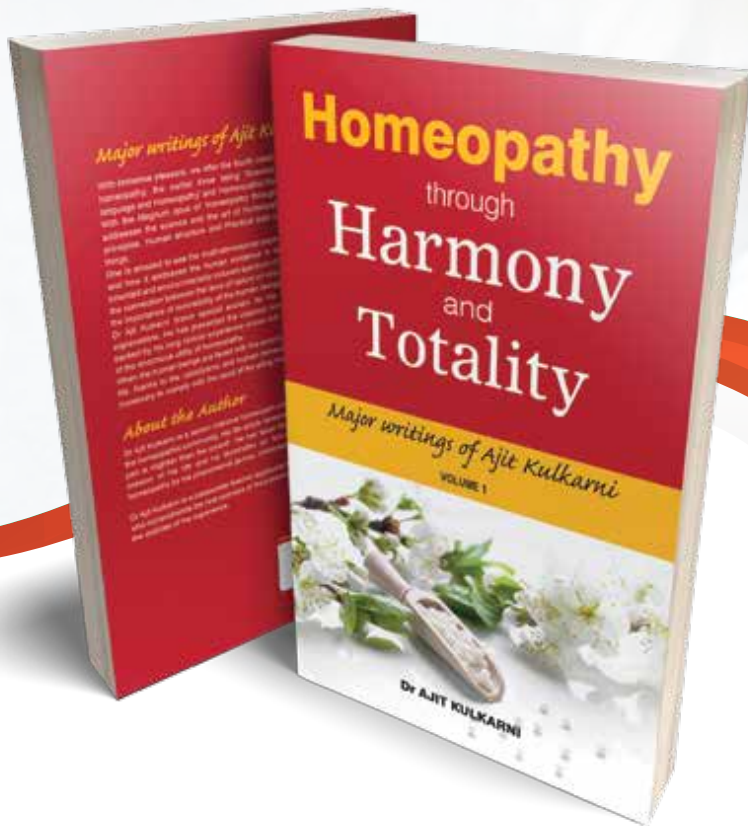
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Anaemia is one of the creepiest form of public health problem ,the world is suffering from ages. It is analogous to a huge iceberg, the tip of which can only be seen while the major portion of it remains hidden under the ocean.

A research paper mentions, "Anaemia is the most prevalent nutritional deficiency disorder in the world. It affects all age groups but the most vulnerable are preschool-age children, pregnant women, and non-pregnant women of childbearing age. Globally, anaemia affects 1.62 billion people, which corresponds to 24.8% of the population. The highest prevalence of anemia exists in the developing world where its causes are multi-factorial. National Family Health Survey statistics reveal that every second Indian woman is anaemic and one in every five maternal deaths is directly due to anaemia."<sup>1</sup>

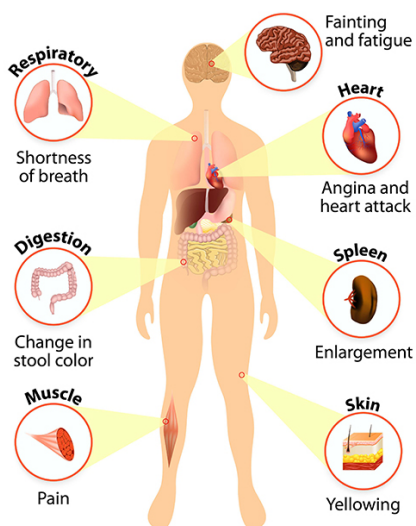
Anemia is a condition in which the number of red blood cells or their oxygen-carrying capacity is insufficient to meet physiologic needs, which vary by age, sex, altitude, smoking, and pregnancy status. In adults, the lower extreme of the normal hemoglobin is taken as 13.0 g/dl for males and 11.5 g/dl for females. Newborn infants have higher hemoglobin level and, therefore, 15 g/dl is taken as the lower limit at birth, whereas at 3 months the normal lower level is 9.5 g/dl.

Clinical features of anemia reflect diminished oxygen supply to the tissue. A rapid onset of anemia (e.g. due to blood loss) causes more profound symptoms than a gradually developing anemia. Individuals with cardio respiratory disease are more susceptible to symptoms of anemia.

The haemoglobin level at which symptoms and signs of anaemia develop depends upon :

1. The speed of onset of anaemia: Rapidly progressive anaemia causes more symptoms than anaemia of slow-onset as there is less time for physiologic adaptation.
2. The severity of anaemia: Mild anaemia produces no symptoms or signs but a rapidly developing severe anaemia (haemoglobin below 6.0 g/dl) may produce significant clinical features.
3. The age of the patient: The young patients due to good cardiovascular compensation tolerate anaemia quite well as compared to the elderly patients who are prone to develop cardiac and cerebral symptoms more prominently .

### SYMPTOMS OF ANEMIA



### SYMPTOMS

In symptomatic cases of anaemia, the presenting features are: tiredness, easy fatiguability, generalised muscular weakness, lethargy and headache. In older patients, there may be symptoms of cardiac failure, angina pectoris, intermittent claudication, confusion and visual disturbances.

### SIGNS.

A few general signs common to all types of anaemia are as under:

1. Pallor. Pallor is the most common and characteristic sign which may be seen in the mucous membranes, conjunctivae and skin.
2. Cardiovascular system. A hyperdynamic circulation may be present with tachycardia, collapsing pulse, cardiomegaly, midsystolic flow murmur, dyspnoea on

exertion, and in the case of elderly, congestive heart failure.

3. Central nervous system. The older patients may develop symptoms referable to the CNS such as attacks of faintness, giddiness, headache, tinnitus, drowsiness, numbness and tingling sensations of the hands and feet.
4. Ocular manifestations. Retinal haemorrhages may occur if there is associated vascular disease or bleeding diathesis.
5. Reproductive system. Menstrual disturbances such as amenorrhoea and menorrhagia and loss of libido are seen in anaemic subjects.
6. Renal system. Mild proteinuria and impaired concentrating capacity of the kidney may occur in severe anaemia.
7. Gastrointestinal system. Anorexia, flatulence, nausea, constipation and weight loss may occur.

### CLINICAL ASSESSMENT OF ANAEMIC PATIENTS

- Iron deficiency anemia is the most common type of anemia worldwide. A thorough gastrointestinal history is important, looking in particular for symptoms of blood loss. Menorrhagia is the common cause of anemia in pre-menopausal females.
- A dietary history should assess the intake of iron and folate, which may be deficient in comparison to needs.
- Past medical history may reveal a disease which is known to be associated with anemia, such as rheumatoid arthritis
- Family history and ethnic background may raise suspicion of hemolytic anemia.

A drug history may reveal the ingestion of drugs which cause blood loss, hemolysis or aplasia.

### Pathological complications of anaemia

1. Effects of degenerative arterial disease are aggravated, e.g. symptoms of **ANGINA PECTORIS** and lower limb **CLAUDICATION** are increased.
2. In severe anaemias effects are seen in organs:
  - Fatty change in myocardium
  - Fatty change in liver
  - Kidneys sensitive to hypoxia lead to Erythropoietin production by renal peritubular capillary endothelial cells-⊙ Marrow hyperplasia

### Causes of anemia

- Blood loss (internal or external hemorrhage).
- Nutritional deficiency (Folate, B12 or Iron).
- Accelerated destruction of RBC (immune & non immune hemolysis).
- BM replacement (cancer).
- Infections.
- Toxicity.
- Hematopoietic stem cell arrest or damage.
- Hereditary (G6PD, Sickle cell anemia).
- Idiopathic.

In very rapidly developing anaemias, the compensatory mechanisms cannot adjust adequately – the condition merges into SHOCK.<sup>2</sup>

### Causes of Anaemia

An understanding of the four main mechanisms by which anaemia develops depends on a knowledge of the life-cycle of red blood cells.

### Mechanisms:

#### (A) In the Marrow

- Reduced production by marrow (hypoplasia)



or aplasia) or marrow replacement by tumour. **HYPOPLASTIC ANAEMIAS<sup>2</sup>**

- Marrow unable to produce sufficient normal red cells, usually due to deficiency of an essential factor.e.g. iron: Vit B12. **DYSHAEMOPOIETIC ANAEMIAS<sup>2</sup>**

**(B) In the Circulation-**

- Excessive loss of RBCs due to haemorrhage. **POSTHAEMORRHAGIC ANAEMIA<sup>2</sup>**
- Excessive destruction of RBCs by the macrophage system particularly in the spleen of normal RBCs, e.g. in hypersplenism or autoimmunity of abnormal cells, e.g. in hereditary spherocytosis. **HAEMOLYTIC ANAEMIAS<sup>2</sup>**

Investigations of the Anaemic Subject

In order to confirm or deny the presence of anaemia, its type and its cause, complete blood counts (CBC) with reticulocyte count is the basic test.

**A. HAEMOGLOBIN ESTIMATION.** The first and foremost investigation in any suspected case of anaemia is to carry out a haemoglobin estimation. If the haemoglobin value is below the lower limit of the normal range for particular age and sex, the patient is said to be anaemic. In pregnancy, there is haemodilution and, therefore, the lower limit in normal pregnant women is less (10.5 g/dl) than in the non-pregnant state.

**B. PERIPHERAL BLOOD FILM EXAMINATION.** The following abnormalities in erythroid series of cells are looked for in a blood smear:

1. Variation in size (Anisocytosis). Anisocytosis may be due to the presence of cells larger than normal (macrocytosis) or cells smaller than normal (microcytosis).
2. Variation in shape (Poikilocytosis). Increased variation in shape of the red cells is termed poikilocytosis.
3. Inadequate haemoglobin formation (Hypochromasia). Increased central pallor is referred to as hypochromasia seen in iron deficiency anaemia, chronic infections, thalassaemia, sideroblastic anaemia
4. Compensatory erythropoiesis. A number of changes are associated with compensatory increase in erythropoietic activity. Such As:
  - i) Polychromasia
  - ii) Erythroblastaemia
  - iii) Punctate basophilia
  - iv) Howell-Jolly bodies
5. Miscellaneous changes. Abnormal red cells may be found in different haematological disorders such as spherocytosis(spheroidal red cells), schistocytocytosis(fragmentation of erythrocytes),leptocytosis (unusually thin red cells), drepanocytes (sickle cells),crenated red cells, acanthocytes (coarsely crenated red cells), burr cells( having one or more spines),stomatocytes (slit like appearance in centre),ovalocytes(oval/epileptical shaped red cells) etc.

**C. RED CELL INDICES.** An alternative method to diagnose and detect the severity of anaemia is by measuring the red cell indices:

In iron deficiency and thalassaemia, MCV, MCH and MCHC are reduced.

In anaemia due to acute blood loss and haemolytic anaemias, MCV, MCH and MCHC are all within normal limits.

In megaloblastic anaemias, MCV is raised above the normal range.

**D. LEUCOCYTE AND PLATELET COUNT.** Measurement of leucocyte and platelet count helps to distinguish pure anaemia from pancytopenia in which red cells, granulocytes and platelets are all reduced.

**E. RETICULOCYTE COUNT.** Done in each case of anaemia to assess the marrow erythropoietic activity.

**F. ERYTHROCYTE SEDIMENTATION RATE.** The ESR is a non-specific test used as a screening test for anaemia. It usually gives a clue to the underlying organic disease but anaemia itself may also cause rise in the ESR.

**G. BONE MARROW EXAMINATION.** Bone marrow aspiration is done in cases where the cause for anaemia is not obvious.

The Diet:

It should contain Iron-rich food like green leafy vegetables, lean meat, nuts and seeds, and fortified breakfast cereals.

A health article mentions that, the recommended daily allowance (RDA) of iron, depends on a person's age and sex. The recommended dietary iron for a baby younger than 6 months old only is 0.27 mg of, while men between 19–50 years old require 8 mg per day, and a female in the same age range needs 18mg of iron a day. During pregnancy, a person should increase their daily iron intake to 27mg. People with iron-deficiency anemia need a significant boost and require 150-250mg of iron a day.<sup>3</sup>

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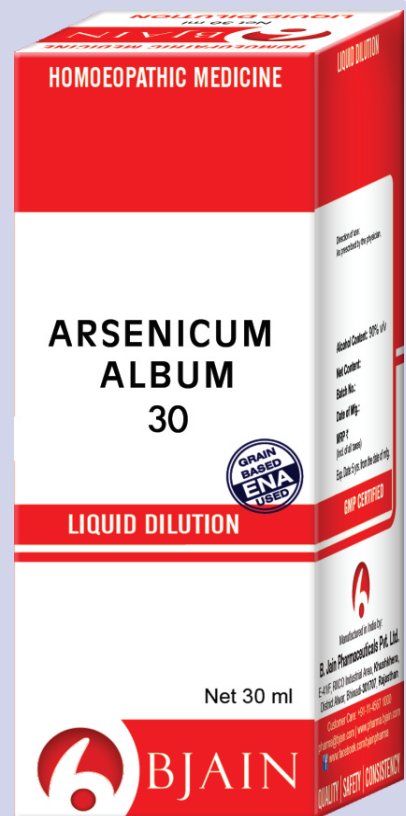
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# 2019-nCoV CORONAVIRUS

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than CURE**

- ✦ AYUSH ministry has issued a health advisory recommending Homoeopathic medicine “**Arsenicum album 30**” as a preventive.

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Ammonium aceticum	1X	0.025 gm
Natrum phosphoricum	1X	0.01 gm
Kali phosphoricum	1X	0.0025 gm
Acidum citricum	1X	0.01 ml
Acidum phosphoricum	1X	0.01 ml
Glycerinum	Ø	0.25 gm
Syrup		0.50 ml
Alcohol content		5.4% v/v

**Dosage :** Adults & > 12 years old - 2 teaspoons (10ml), 3 times a day  
Children < 12 years old - 1 teaspoon(5ml), 2 times a day or as prescribed by the physician.

Safe for all age group



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# EUPHORBBIUM OFFICINARUM



**Natural Order** : Euphorbiaceae

A gum resin from Euphorbia resinifera

**Habitat** : Morocco

## Indications:

- ✦ **CLINICAL**- Rhinitis, chronic cough, burns, cancer pains.
- ✦ **Physiological action** -
  - ★ There is congestion of the respiratory mucous membranes.<sup>1</sup>
  - ★ It also acts upon the skin, producing eczematous and erysipelatous inflammation.<sup>4</sup>
- ✦ **Chronic cough** - A chronic cough that comes on as soon as the patient touches the bed, coming in two violent attacks and continued as long as she remained lying down; cough was accompanied by pain in right temple; cold feet and a pain in the heel. After failure of many remedies Euph. drop doses of tincture in a glass of water, to be sipped occasionally gave instant relief, but the patient had to continue the remedy or the cough returned.<sup>2</sup>
- ✦ **Burns** - Valuable external application in Burns, with serious lesions of the integuments and subjacent tissues; a weak alcoholic tincture may prove a suitable application to arrest inflammation and prevent sloughing.<sup>3</sup>
- ✦ **Rhinitis** - An open study of a low-dilution complex homeopathic preparation, Euphorbium compositum, used as a nasal spray in patients with acute or chronic rhinitis. The physician's judgment of the therapy was good in 83% of cases, whereas tolerability was excellent in 55.4% of cases and good in 44.6%.<sup>5</sup>
- ✦ **Cancer pains** - The burning pains that attend cancer.<sup>1</sup> Burning pains in the bones is an indication, and along with Euphorb. heterodoxa it is a remedy for the pains of cancer. (In a desperate case of sarcoma of the pelvic bones under my care nothing gave greater relief to the pains than repeated doses of Euphorb. 6.)<sup>7</sup>

***A research has shown Resiniferatoxin, an ultrapotent capsaicin analog present in the latex of Euphorbia resinifera, interacts at a specific membrane recognition site, expressed by primary sensory neurons mediating pain perception as well as neurogenic inflammation. Mitigate neuropathic pain and other pathological conditions in which sensory neuropeptides released from capsaicin-sensitive neurons.***<sup>6</sup>

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## Therapeutics of ANAEMIA

### 1. Alumina

- Anaemia and chlorosis in young girls at puberty; menses pale and scanty, with abnormal cravings for indigestible things; profuse albuminous leucorrhoea.
- Dose-Sixth to thirtieth and higher. - Action slow in developing.

### 2. Cinchona Officinalis

- Anaemia from exhausting diseases, discharges or haemorrhages.<sup>1</sup>
- Heaviness of the head, loss of sight, fainting and ringing in the ears, pale sallow complexion, sour belching, poor digestion and bloated abdomen.<sup>2</sup>
- Dose-tincture to 30th potency<sup>5</sup>

### 3. Ferrum metallicum

- Pure anaemia; face ashy pale or greenish, becomes bright red in flushes; great paleness of mucous membranes<sup>3</sup>; Always feels better by walking slowly about<sup>7</sup>.
- Vertigo : on seeing flowing water; when walking over water, as when crossing a bridge; on descending<sup>7</sup>
- Vomiting : immediately after midnight; of ingesta, as soon as food is eaten; Diarrhoea : undigested stools at night, or while eating or drinking<sup>7</sup>.
- Dose- States of debility where the blood is poor in hematin require material doses; plethoric, haemorrhagic conditions call for small doses, from the second to the sixth potency.

### 4. Helonias Dioica

- This anaemia is associated with disturbances in the urinary and sexual organs. Tired, anaemic, back achy females need Helonias.<sup>2</sup>
- Chlorosis (green sickness), with mental depression, irritability, debility, and increase of phosphates in urine.<sup>1</sup>
- Dose- Tincture, to sixth attenuation.

### 5. Hydrastis canadensis

- Atony, weakness, faintness and prostration from dyscrasic disorders injuring normal blood-formation; carcinoma, etc.<sup>3</sup>
- marasmus; expression dull; skin sallow, yellowish-white<sup>3</sup>
- Dose - Tincture, to thirtieth attenuation.<sup>6</sup>

### 6. Iridium

- For the aged & persons exhausted by disease and also for puny.<sup>4</sup>
- Weak limbed children and those who grow too fast.<sup>4</sup>
- Dose- sixth and higher potencies.<sup>6</sup>

### 7. Picricum Acidum

- The extreme prostration of pernicious anaemia, with a heavy tired feeling all over the body, burning pains along the spine and aggravation from excitement indicate this remedy.<sup>2</sup>
- Dose- Sixth potency.<sup>5</sup>

### 8. Pulsatilla

- Anaemia, resulting from accidental stoppage of the menses.
- In patients who have been heavily dosed with tonics.<sup>1</sup>
- Feels better in the open air. Dizziness on rising, absence of thirst, and the peculiar disposition will lead to the remedy.
- Dose -Third to thirtieth potency.

**9. Rubia Tinctorium**

- It has been found to be an excellent remedy in anaemia and under nourished conditions, specially in splenic anaemia.<sup>4</sup>
- Dose- 1x and higher.<sup>5</sup>

**10. Secale Cornutum**

- Progressive general anaemia; peculiar cachexia of anaemia, pale, bloodless, jaundiced color.<sup>2</sup>
- Effect on the blood corpuscles; produces a general anaemia, threatening not only the life of a part, but vitiating the whole life of the bodily economy. It is a sort of a mechanical anaemia.<sup>2</sup>
- Dose- First to thirtieth potency.<sup>6</sup>

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Compiled by:  
**Dr. Vasundhara**  
Editor

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# 2019-nCoV

## CORONAVIRUS



### Prevention is Better than Cure

- Avoid Exposure
- Hand Washing & Sanitizing
- Maintain Strict Hygiene
- Avoid contact with patients and his used objects.
- Cover mouth and nose

### Keep Hygiene Handy with Pocket Size

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### The Influenza epidemics and CORONA-2019

Historically, Influenza outbreaks have always been the most notorious and fastly spreading disease in comparison to other microbial infections.

An Influenza Pandemic is the outbreak of a new strain of Influenza virus which is very different from the currently circulating Seasonal Influenza A Virus. Influenza A viruses are capable of undergoing mutations, which enables non-human influenza viruses to undergo changes, enabling them to easily infect people and spread at a very subtle yet lightening speed. The world has recurrently witnessed such outbreaks which are listed as below:

1. The 1918 Pandemic (H1N1 virus) which spread worldwide during 1918-1919 is estimated to infect one third of the World population, nearly 500 million people at that time. The causative strain of virus was H1N1 of avian origin. It resulted in death of at least 50 million worldwide with about 675,000 occurring in the United States only. The high mortality in healthy people, including those in the 20-40 year age group, was a peculiarity seen in this pandemic.
2. The 1957-1958 Pandemic or the "Asian Flu" was a new strain of Influenza virus(H2N2), again of avian origin, that emerged in East Asia. The Number of estimated deaths was 1.1 million all over the world with 116,000 only in the United States.
3. The 1962 Pandemic was caused by an Influenza A(H3N2)virus which contained double genes of Avian origin. First appeared in United States in September 1962 and it caused 1 million deaths worldwide and about 100,000 in United States only. This strain affects people as seasonal influenza A Virus even today.
4. In 2009, a novel Influenza A virus (H1N1), started affecting people in the spring season. This new strain of Influenza (H1N1) virus was a unique combination of Influenza genes not previously found in animals or humans and was termed as influenza A (H1N1)pdm09 virus. It was estimated that 151,700-575,400 people died from (H1N1)pdm09 virus infection all over the world during the first year of epidemic.
5. Covid-19 or SARS CoV-2019 is the latest epidemic of corona group of viruses. Its main features are:
  - Corona virus is a cluster of multiple strains of virus affecting the air passages of their targets and is a zoonotic infection, found in animals like cats, bats, camels and cattles.
  - The strains include 229E, NL63, OC43, and HKU1, which cause common cold like symptoms and have been identified as the cause of china flu outbreak, originating from Wuhan, China.
  - In the current pandemic, this group of viruses got transmitted to humans causing MERS and SARS, leading to fatal respiratory distress.

SYMPTOMS normally appear within 2 to 14 days of exposure and vary from mild to severe degree, including:

- Fever
- Cough
- Shortness of breath
- Some have reported diarrhoea, nausea and vomiting
- Severe complications like Pneumonia and kidney failure were seen in some people.
- Those who died in this epidemic, had some pre-existing condition responsible for their reduced immunity due to diabetes, cancer, chronic lung disease, chronic heart disease or chronic kidney disease.
- The global death rate is 3.6 % till now.

**THE INFLUENZA EPIDEMICS AND CORONA-2019****PREVENTION:**

- Strict Hygiene and Isolation of suspected as well as confirmed cases is of prime importance in stopping Coronavirus spread.
- Wash hands often with soap and water, and carry an alcohol based hand sanitiser. Wash hands for minimum of 20 seconds and if soap is not available a sanitiser containing at least 60% alcohol should be used.
- Cover mouth and nose while coughing or sneezing. Stay at a minimum distance of 2 mts from a person coughing or sneezing around.
- Frequently clean and disinfect objects and surfaces around.

**HOMOEOPATHIC TREATMENT:**

AYUSH ministry has issued a health advisory and recommended Arsenicum album 30 to be taken on empty stomach for 3 days, for prevention from novel coronavirus infection.

B.Jain Pharmaceuticals has always strived to provide best homoeopathic products in the industry and our dilutions are made from traceable back potencies using latest technology for potentiation which is the K-Tronics. Our Omeo Aloe vera hand sanitizer is the result of research and hard work of R&D, production, QC and QA teams. It contains Calendula and Aloe vera extract along with 70% alcohol for maximum protection against the viruses and bacteria.

Omeo Aloe vera hand sanitizer is easy, handy and portable and is highly recommended along with B.Jain's Arsenicum album 30 as a shield during this epidemic.



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