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CASE-REPORT

Title: Anaemia treated by therapeutic medicine lecithinum Q: A case report

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ABSTRACT

Anaemia is a serious global health issue that primarily affects young children, adolescent women and girls, expecting mothers, and new moms. Globally, the WHO estimates that 30% of women between the ages of 15 and 49, 37% of pregnant women, and 40% of children between the ages of 6 and 59 months are anemic. Here presents a case report of a patient with low haemoglobin levels get successfully treated with Lecithinum Q and after continued treatment for 3 months and follow up on every 15-day, haemoglobin level greatly raised and other accompanying complaints also subside after treated with Lecithinum Q.

Keywords: *Anaemia, Homoeopathy, Lecithinum*

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INTRODUCTION

Reduced haemoglobin concentration in blood that is below the lower bound of the normal range for the person's age and sex is known as anaemia. The lowest limit of the normal haemoglobin in adults is defined as 11.5 g/dl in females and 13.0 g/dl in men.¹

The blood's ability to deliver oxygen to the body's tissues is dependent on haemoglobin and it will be less able to do so if there are insufficient or aberrant red blood cells or haemoglobin levels and due to which symptoms, such as fatigue, weakness, dizziness and shortness of breath present. Iron deficiency is the most prevalent dietary cause of anaemia.²

CASE REPORT

On 04/05/2023, A 40-year-old female came to OPD having presenting complaints dyspnea, headache, fatigue, cramps in calves, palpitation, pallor of conjunctiva, dry lips, palloriness at palmer crease, paronychia, dry oral mucosa with history of recurrent mouth ulcers, vertigo (on exertion, sun rays), heaviness of eyes, pain in back with right wrist joint and right lower extremity (pain radiate from right hip to feet) with halitosis (due to tobacco chewing).

Physical generals like adequate appetite, decreased thirst{1-1.5 l/ day(drink from knowledge)}, spicy desire, aversion of pickles (causing irritation in tooth), constipation (no desire for stool for 2-3 days), scanty perspiration, dreams of dead people (her

husband), addiction of tobacco and thermal chilly (feets are cold in winters, takes long time to get warm, can't tolerate cold air on head in winters cause cold and cough) with no specific menstrual history (age of menopause: at 38 year of her age).

PAST HISTORY

Recurrent Jaundice (2002, 2010,2011,2012, 2013)

MENTAL GENERALS

Depression due to death of husband, easily weeps, suicidal tendency, fear of diseases.

AUXILLARY MEASURES

Cook meal in iron skillet.

Drink plenty of water to stay hydrated.

Add dark green vegetables, cereals, beans in diet.

Eat iron-fortified foods.

Develop ways to deal with situations that prompt you to stop use of tobacco.

PRE- CBC- REPORT



Swasthya Raksha Center
 [Redacted Name]
 www.swasthyarakhacenter.org

Central Clinical Laboratory

Patient : N [Redacted] Ref. By: Dr. [Redacted]
 Age/Sex : 45 Y/F Date: 04/May/2023
 UIN: 93238/23 Sample:
 IPD No: Status:

Test Name	Parameter	Result	Reference Range
HAEMATOLOGY (CBC)	Baso	- %	0 - 0 %
	Neut	65 %	40 - 70 %
	Lymp	40 %	30 - 30 %
	Mono	02 %	2 - 10 %
	Eosi	03 %	1 - 6 %
	HB%	8.5 g/dL	13.5 - 18 g/dL
	RBC	2.8 millions/cumm	4.5 - 6.5 millions/cumm
	HCT	23.7 %	40 - 54 %
	MCV	- fl	83 - 101 fl
	MCH	- pg	27 - 33 pg
	MCHC	- g/dl	30 - 35 g/dl
	RDW	- %	11.6 - 14 %
	Platelet	2.1 Lakh/cmm	1.8 - 3.1 Lakh/cmm
	WBC	6100 cells/cu.m.	4000 - 11000 cells/cu.m.

[Signature]
 Path. Lab. Tech/ Asst

[Signature]
 Pathologist

FOLLOW UP SHEET

DATE	CHANGES IN PRESCRIPTION	PRESCRIPTION
19/05/2023	Dyspnea, headache, fatigue, palpitation improved than before, thirst get better than before.	LECITHINUM Q (10 DROPS IN 1/4 th CUP OF WATER, TWICE A DAY FOR 15 DAYS
04/06/2023	Dyspnea, headache, fatigue, palpitation improved than before, thirst, no mouth ulcers present, vertigo also get improved.	LECITHINUM Q (10 DROPS IN 1/4 th CUP OF WATER, TWICE A DAY FOR 15 DAYS
20/06/2023	Dyspnea, headache, fatigue, palpitation improved than before, thirst, no mouth ulcers present, vertigo with habit of eating tobacco reduced than before and halitosis also reduced.	LECITHINUM Q (10 DROPS IN 1/4 th CUP OF WATER, TWICE A DAY FOR 15 DAYS
05/07/2023	Dyspnea, headache, fatigue, palpitation improved than before, thirst, no mouth ulcers present, vertigo with habit of eating tobacco reduced than before and halitosis also reduced with improvement in cramps of calves.	LECITHINUM Q (10 DROPS IN 1/4 th CUP OF WATER, TWICE A DAY FOR 15 DAYS
21/07/2023	Dyspnea, headache, fatigue, palpitation improved than before, thirst, no mouth ulcers present, vertigo, habit of eating tobacco reduced than before and halitosis also get reduced with improvement in cramps of calves.	LECITHINUM Q (10 DROPS IN 1/4 th CUP OF WATER, TWICE A DAY FOR 15 DAYS
16/08/2023	Dyspnea, headache, fatigue, palpitation improved than before, thirst, no mouth ulcers present, vertigo with habit of eating tobacco reduced than before and halitosis also reduced, no cramps present and palloriness of conjunctiva also get improved.	LECITHINUM Q (10 DROPS IN 1/4 th CUP OF WATER, TWICE A DAY FOR 15 DAYS

POST-CBC- REPORT



Swast

ntre

Central Clinical Laboratory

Patient Name : P [REDACTED] Ref. By : Dr. [REDACTED]
 Age/Sex : 45/F Date : 16/08/23
 OPD : 106358 Sample : Blood Sample
 IPD No. : nil Status : Approved

HEMATOLOGY

Test Name	Parameter	Result	Reference Range
CBC	Heamoglobin (Hb)	12.0	12-16 Female g /dL 14-18 Male/ g /dL
	Red blood cell (RBC)	4.9	4.5-5.4 10 ⁶ /ul
	White blood cell (WBC)	7600	4000-11000 cells/cu.m.
	Neutrophils	65	50-70%
	Lymphocytes	25	30-45 %
	Eosinophils	02	0-03 %
	Monocytes	08	0-6%
	Platelet (PLT)	2.4	1.52-4.5 lakh /cumm
ESR	Hemocrit(HCT)	42.4	37-50 %
	ESR	14	1-15mm/hr

Pawan
 PATH.LAB. TECH/ASST.

K.K.M
 PATHOLOGIST

are not valid for medico legal cases.)

DISCUSSION

Previously a randomized placebo controlled clinical trial was conducted on 50 cases of Iron deficiency anaemia wherein 25 patients were administered the study drug whereas 25 were administered placebo. At the end of the study, significant increase in blood haemoglobin levels from baseline was seen with minimal adverse events. However,

Lecithin is useful in treating cases of Iron Deficiency Anaemia.³

According to WHO scale, case report shows moderate anaemia and after prescribing Lecithinum Q for subsequent 3 months and follow up in every 15 days many complaints subside and haemoglobin level greatly raised after following all necessary auxiliary measures.

TABLE 4

Haemoglobin levels to diagnose anaemia at sea level (g/l)[±]

Population	Non -Anaemia*	Anaemia*		
		Mild ^a	Moderate	Severe
Children 6 - 59 months of age	110 or higher	100-109	70-99	lower than 70
Children 5 - 11 years of age	115 or higher	110-114	80-109	lower than 80
Children 12 - 14 years of age	120 or higher	110-119	80-109	lower than 80
Non-pregnant women (15 years of age and above)	120 or higher	110-119	80-109	lower than 80
Pregnant women	110 or higher	100-109	70-99	lower than 70
Men (15 years of age and above)	130 or higher	110-129	80-109	lower than 80

[±] Adapted from references 5 and 6

* Haemoglobin in grams per litre

^a "Mild" is a misnomer: iron deficiency is already advanced by the time anaemia is detected. The deficiency has consequences even when no anaemia is clinically apparent.

CONCLUSION

Lecithinum, a complex organic body containing phosphorus that is made from animal brains and egg yolk, is used to treat anemia. It has a positive effect on blood and nutritive condition. By Increasing the number of red corpuscles, amount of haemoglobin and other clinical symptoms treated effectively, hence it concludes that Lecithinum work tremendously in raising the haemoglobin levels.

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