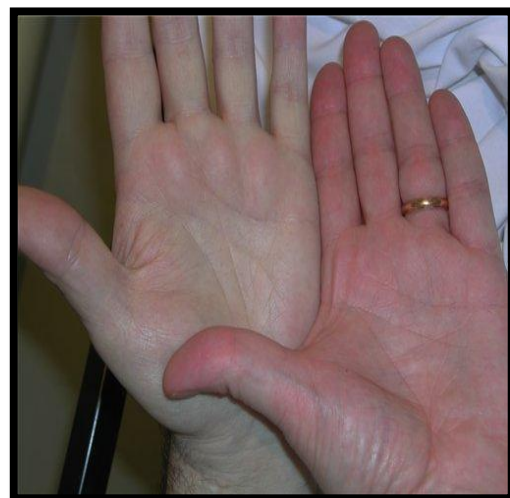
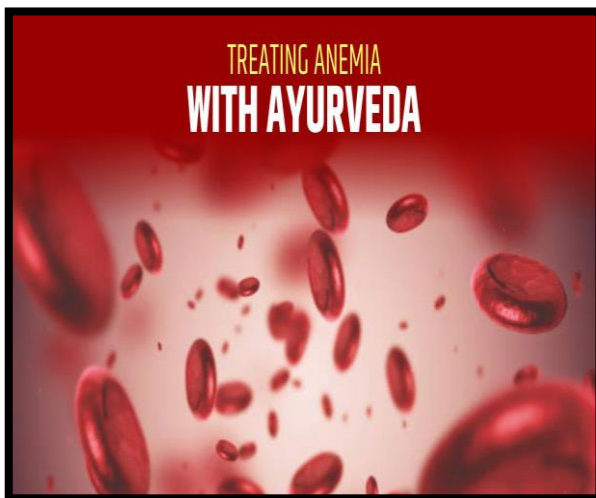


48 - TREATMENT OF ANEMIA WITH AYURVEDA

• **Types of anemia and causes for this condition**

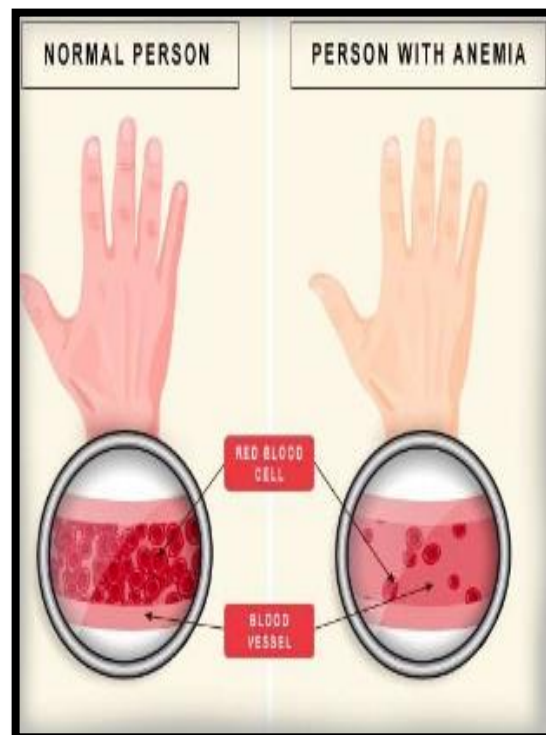
- Anemia is a **reduced quality or quantity of blood**, or both. In this condition the **hemoglobin in blood** is reduced – a protein that mainly transfers the oxygen and carries out the gas exchange.
- Typically the **erythrocytes decrease** due to their premature destruction or insufficient production. These are cells that are the most numerous in blood and their content up to 90 per cent is hemoglobin. On the other hand, iron is necessary for synthesis, and if iron goes beyond the required minimum, [the structure of hemoglobin](#) gets disturbed, as this leads to incomplete performance of its oxygen supply functions.
- In this case, there is an **iron deficiency anemia** that is the most common. It may also occur due to **blood loss** – for example:
 - wounds
 - in ulcerative problems of the digestive system
 - disorders of the feminine reproductive system
 - ectopic pregnancy / uterine bleeding
 - inflammations due to tumor development and so on.
- The structure of hemoglobin can also be disturbed if erythrocytes take an irregular form – sickle cell anemia. There is also a megaloblastic anemia where there is a **vitamin deficiency**. The reduced content of the vitamin B12 has a negative impact on the **cell division for blood composition** to the detriment of erythrocytes.



- The lower content of **B9 /folic acid/** also leads to disturbances in a number of biochemical synthesis reactions. The anomalies that cause anemia can occur when **poisons enter the blood**, for example as a result from a snake bite, but they also may be congenital.
- In fact, the types of causes of anemia are numerous, but the result is the same. Symptoms of anemia are:
 - shortness of breath / heaviness or pain in the chest
 - muscle pain / almost constant fatigue / Dizziness / pale skin
 - cracked lips / mental disorders such as anxiety and so on.
- It should be noted that anemia can occur on its own due to **disturbance of well-defined processes in the organism**, but it also may be a concomitant condition to other illnesses that are main.

• **Ayurveda and anemia**

Ayurveda determines the anemia according to the disturbances of the **vital energies in the body**. These are **the three energies – Doshas**, through which all process run in the organism, and each one of them is responsible for a particular part of them. The Doshas are in a specific and unique ration in each one of us, and they are in a **common equilibrium**. In this equilibrium, one or two of the doshas are predominant. If one of these



- **energies goes out of balance**, this leads to disturbance in the functions of specific organs and this in turn causes diseases. Normally, each **Dosha that is out of balance** causes changes also in the other two, which results in combined diseases. .
- Thus, in Ayurveda, one major **anemia type is of the Pitta type**, which usually occurs after liver diseases such as hepatitis and the clinical picture is a **vtiamin B12 deficiency**. The **anemia of the Vata type** is specific with iron deficiency. **The Kapha type of anemia** corresponds to energy-protein defficiency, qualified in the western medicine.

- The treatment is specific for every patient, but generally the **nutrition should be regulated**. We recommend:
- Raisins / grapes / apples / carrots
- also mixed in equal quantities beet juices and carrot juices with some cumin.
- In the morning before breakfast and in the afternoon, **yoghurt** consumption is recommended – one bowl with some turmeric. It is rich in iron, iodine and various micronutrients.
- Ayurveda has a specific cure for anemia that is a combination of plants, which stimulates the erythrocyte production. It is called **Chyawanprash** and it should be taken twice a day, one teaspoon in the morning on an empty stomach and one teaspoon in the evening – an hour or two before sleep.
- Triphala is also used before sleep, as well as saffron with milk. **Ayurveda** also uses **Shatavari** for anemia – a teaspoon in the morning before eating and a teaspoon in the evening – an hour or two before sleep. It is recommended to be consumed with milk, especially if the anemia is of the **Pitta type**. If the anemia is of the **Vata type**, **aswaganda** with hot milk is prescribed. And if the anemia is of the **Kapha type**, some of the best herbs are **red pepper, cinnamon, saffron, trikatu with honey**.

