



HOME REMIDIES

SANTHOSH HERBAL HEALTH CENTRE

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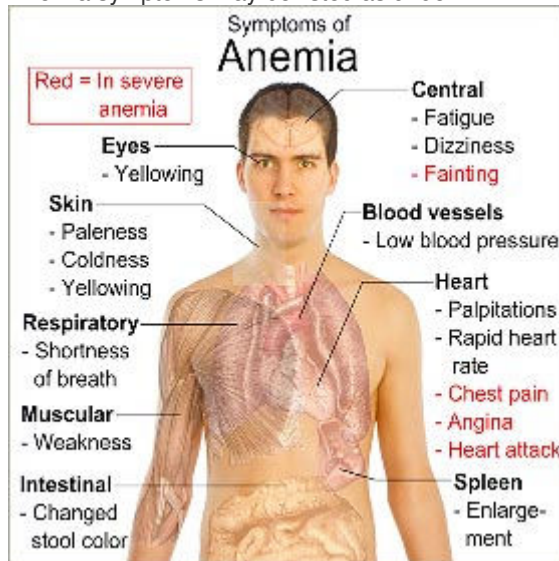
Home Remedy for Anemia

Anemia might be caused by blood loss meaning that not enough red cells are being produced in the body or too many red cells are being destroyed. Causes of anemia can be listed as under

- Deficiency of iron in the diet resulting in low formation of red blood cells.
- Deficiency of vitamins, especially of folate, vitamin C, vitamin B12, B6, Folic acid, and/or copper. This type of anemia is referred to as vitamin deficiency anemia.
- Chronic diseases like tuberculosis, kidney failure, rheumatoid arthritis, cancer etc. may also cause anemia, especially when the patient is treated with radiotherapy and chemotherapy.
- Loss of blood due to injury, heavy menstruation, and hemorrhoids (bleeding piles).
- Continuous destruction of the red blood corpuscles.
- Low production of red blood corpuscles because of loss of activity of the bone marrow. When body stops making enough red blood cells, this type of anemia is termed as 'Aplastic anemia' where chances of catching infections increase.
- Lack of hydrochloric acid required for digestion of iron and proteins may also cause anemia.
- Presence of intestinal parasites that feed on the vitamins and other nutrients also lead to deficiency of nutrients in body leading to anaemia.
- Inherited blood diseases. Genetic causes of anemia like sickle cell anaemia is passed on through genes. In sickle cell anaemia, cells block the organs from getting proper circulation of blood. Thalassaemia is another inherited disease where body doesn't have certain genes or when different genes that are not normal are passed down from parents to the kins. These conditions affect the procedure of making hemoglobin.
- Failure of body to absorb vitamin B12 from the foods. This type of anemia is known as pernicious anaemia.

Symptoms of Anemia

Anemia symptoms may be listed as under.



Symptoms of Anemia

- Pale skin due to loss of blood.
- Discoloration of nails and lips.
- Fatigue which inhibits the person from performing for long hours.
- Insomnia is also a symptom of anemia in some cases.
- Indigestion, constipation, flatulence and other such digestion related problems.
- Breathlessness and feeling dizzy and lack of vitality.
- Hands and feet of patient feel cold.

- Rapid heartbeats. Even minor activities can raise the heartbeat excessively.
- In the particular type of anemia known as "Pica," the person suffering from anemia craves for eating substances other than food, such as, coal, dirt, starch or hair. This is one of the anemia signs indicating towards nutritional deficiency.

Remedies for Anemia

Proper nutrition and keeping the production of red blood corpuscles through diet and other efforts is the mantra for getting rid of anemia. However, in some genetic disorders like thalassemia, the only anemia cure lies in blood transfusion on a periodic basis. In all the other cases, there is some or the other home remedy for anemia treatment.

Healthy Diet- A diet rich in iron and vitamins is the basic requirement for anemia cure. Whole grain cereals, legumes, nuts, dry dates, beet root, red meat, pulses, eggs, fish, organ meats and milk products such as cheese, yogurt etc. are all essential for keeping the production of hemoglobin at higher levels. Green leafy vegetables and food grains are needed to counter the deficiency of folic acid. Natural sources of vitamin C, such as Indian gooseberry (amla), capsicum, guava etc. should also be included in diets. Eating apple on a regular basis is a good remedy for anemia. Parsley, lettuce, spinach are all good for higher production of red blood corpuscles.

Lifestyle Changes- Avoiding coffee, tea and ingesting antacids is crucial for anemia treatment. Caffeine derived from such drinks and other substances decrease the capability of iron absorption by body. Sun rays help in producing red blood corpuscles and as such, sun baths early in the morning or in the late evening for 15 to 30 minutes is beneficial for anemia treatment. Ayurvedic massage- wet or dry body rubbing- are also beneficial in anemia. Hot Epsom baths and cold friction baths for 10 minutes every week can also help in treating anemia. Cooking in iron pots had been an old Indian tradition which must be adopted by people having anemia as this significantly increases the amount of iron in foods.

Herbal Remedies for Anemia

Many herbs can be used for anemia treatment.



Ash Gourd for Anemia Treatment

- Ash Gourd is a large fruit vegetable like pumpkin. It is a useful remedy of anemia. Traditionally, a sweet called 'Petha' is prepared from ash gourd by boiling the pulp of the fruit in water and adding sugar syrup to it. However, juice of raw ash gourd taken on empty stomach in the morning is also beneficial in anemia.
- Celery is also very beneficial not only for anemia treatment but also for other diseases of blood like leukemia and hemophilia. It can be combined with chicory and parsley to be a very useful herbal remedy for anemia.
- Dill or Sowa is effective in spasmodic menstrual pain in young girls and absence of menstruation due to anemia, exposure to cold and in pregnancy anemia. Dill is taken to regulate the flow during menstrual cycle. About 60 grams of dill taken with a teaspoonful of parsley juice helps in anemia during menstrual periods.
- Fenugreek (Methi) leaves are good for blood formation. Cooked leaves help in preventing anemia. It is taken as an effective blood tonic helpful in curing anemia during menstruation. Fenugreek seeds also help maintain the content of iron in the body.
- Gokulakanta herb purifies blood and is useful in anemia treatment. A decoction of its root can be given to the anemia patient.

- • Onion have a good amount of iron content and therefore is beneficial in treating anemia.
- • Other herbs like dong quai, dandelion, barley greens and alfalfa are also good sources of vitamins and minerals and can be effective in treating anemia.

Anxiety is the unpleasant physical and emotional state experienced by a person that may be a combination of fear, apprehension, or worry. Anxiety can be short term or long term. In short term anxiety, the person feels well after the cause of anxiety has subsided (as when one is worried about visiting a doctor with health report). The long term anxiety, such as those present due to work stress or incompatible relations with important persons of one's life may persist for longer and can lead to other medical conditions including tension, [migraine headache](#) and high blood pressure. Mild anxieties can be treated with natural anxiety remedies which may include some lifestyle changes, home remedies and herbs for anxiety. However, the chronic anxiety (encompassing suicidal thoughts) must be referred to expert opinions of doctors as soon as possible.