

Anemia and Its Home Remedies

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Abstract

Anemia is a major global problem affecting between 20-70% of the population in various countries. In India it is an important public health problem affecting pre-school, school children and pregnant women (50-70%). Anemia can be described as the loss of red blood cells or hemoglobin in blood. Decrease in red blood cells means decrease in the carrying capacity of the blood. Anemia may be broadly divided into three groups; Anemia caused by dietary deficiency or physiological or pathological, genetic defects and anemia due to other cause. The symptoms of the anemia may be loss of appetite, feel fatigued, dizziness, breathlessness on exertion and giddiness, skin looks white, weak memory, nervousness etc. Diet is the most important in the treatment of anemia, because all nutrients are required for the production of the enzymes, haemoglobin and red blood cells essentials for their synthesis. Iron should always be taken in natural form such as green vegetables, spinach, bottle guard, lemon, methi, carrot, beets, wheat, cereals, brown rice, apple, grapes, banana, beet root, pomegranate, dates, and raisins, almonds, sesame, milk, meat, honey, gur and naturopathy. These are some home remedies which we can cure anemia. Such as apples and beet root juice it regenerates and reactivates the red blood cells, supplies the body with fresh oxygen and helps the normal function of vesicular breathing. The juice of beetroot which is an excellent remedy for anemia. It contains potassium, phosphorus, calcium, sulphur, iodine, iron, copper, carbohydrates, protein, fat, vitamins B1, B2, niacin, B6, C and vitamin etc. Tomatoes are rich sources of Vitamin C, A, K and lycopene. Vitamin C is necessary to absorb the iron. Raisins are an excellent source of nutrients such as protein, fiber, iron, sodium, calcium and potassium. Butter milk made from the goat milk these is good for the deficiency of iron and hemoglobin in the body. Massage, sun bath, cold bath and yoga they are also effective for the treatment of anemia. Avoid drinking tea, coffee, alcohol, ingesting antacids, spicy, hot and fermented foods because they all are decrease iron absorption.

Keywords: Anemia, Home remedy, deficiency

Introduction

Anemia is a major global problem affecting between 20-70% of the population in various countries. In India it is an important public health problem affecting pre-school, school children and pregnant women (50-70%). In school children anemia impairs scholastic performance and in young women, the reproductive performance. Anemia is responsible for 10-20% of maternal deaths, high incidence of pre-

mature births and intrauterine malnutrition. Anemia can be described as the loss of red blood cells or hemoglobin in blood. Hemoglobin is the carrier of oxygen to the various parts of our body. Decrease in red blood cells means decrease in the carrying capacity of the blood. Anemia may be broadly divided into three groups; Anemia caused by dietary deficiency or physiological or pathological, genetic defects and anemia due to other cause. Anemia is not a disease However; anemia can be a sign of some serious illnesses. So, it is necessary to check that you don't have hemolytic anemia, sickle cell anemia or sideroblastic anemia. These types of anemia occur due to malfunctioning of your body which can be treated through proper medical intervention only. If there is a deficiency of iron, vitamin B12 or folic acid. The red blood cells count has gone really low and they can't now carry enough oxygen to body parts. The hemoglobin, which carries oxygen to various body parts, may also have reduced to such levels that may create risk to our health. Therefore, there is needed to be supply essential nutrients to your body so as to treat this nutritional deficiency anemia.

The symptoms of the anemia may be loss of appetite, feel fatigued, dizziness, breathlessness on exertion and giddiness, skin looks white, as well as gums around the eyes headaches, weak memory, nervousness, slow healing of wounds, finger nails become spoon shaped and tongue become pale due to lack of blood. But during pregnancy she may have heart failure, leading to death and premature birth. Diet is the most important in the treatment of anemia, because all nutrients are required for the production of the enzymes, haemoglobin and red blood cells essentials for their synthesis. Iron should always be taken in natural form such as green leafy vegetables, amla, tomato, spinach, bottle guard, lemon, methi, carrot, cabbage, beets, wheat, cereals brown rice, apples cherries, grapes peaches, banana, beet root, pomegranate, dates, and raisins, almonds, sesame, milk, meat and its products, honey, gur and naturopathy i.e. Massage, sun bath, cold bath and yoga they are also effective for the treatment of anemia. Avoid drinking tea, coffee, alcohol, ingesting antacids, spicy, hot and fermented foods because they all are decrease iron absorption.

Home Remedies for Anemia

Apple and Beet Root

Apple is rich in iron along with many other health friendly components. It is effective for the treatment of anemia. Apples are blessed with high iron content and should be eaten daily. It proves to be an awesome home remedy for anemia. While beet juice regenerates and reactivates the red blood cells, supplies the body with fresh oxygen and helps the normal function of vesicular breathing. When you mix beet with apple, It maybe chances of fighting off anemia doubles up. The juice of beetroot which is an excellent remedy for anemia. It contains potassium, phosphorus, calcium, sulphur, iodine, iron, copper, carbohydrates, protein, fat, vitamins B1, B2, niacin, B6, C and vitamin P. With its high iron content.

POMEGRANATE

Pomegranate can be called a super fruit because it has too many beneficial components such as protein, carbohydrate, fat, fiber and sugars too It also enriched in iron, calcium vitamins c as well as minerals like potassium, magnesium and copper It excellently increases hemoglobin in our blood, supports healthy

blood flow and helps to improve the absorption of dietary iron .It feel lesser exhaustion, dizziness and weakness. So, it is the one of the best natural remedies for anemia.

FIGS

Figs are also good source of iron. It contains significant amounts of vitamin B6; it is an ideal fruit choice for people suffering from vitamin deficiency anemia. 3-4 figs should be taken every day after soaking in water during the night and consuming in the morning.

BANANA

Consumption of a mashed and mixed ripe banana with a tablespoon of honey. It will be effective in curing anemia.

CITRUS FRUITS

Vitamins C play an important role in the absorption of iron from the gastrointestinal tract. It also helps in improving in blood and curing anemia. Citrus fruits are the good source of vitamins C i.e. oranges, strawberries, kiwifruit, amla and lemon juice. Mix 60 ml of fresh amla juice with 25 ml of honey and drink it every morning to alleviate anemia. Also taking 3 spoons of gooseberry with 3 spoons of pure ghee for 21 days will definitely cure anemia.

DATES

Dates are a rich source of dietary fiber, antioxidants and iron. They also good source of vitamin B complex and vitamin C, Per 100 g of dates contain 0.90 mg of iron. So, it makes an excellent remedy for anemia as it helps increase hemoglobin in our blood. Dates are also rich in such minerals as calcium, manganese, copper, and magnesium. Copper particularly is required for the production of red blood cells. So have dates daily to treat your anemia.

RAISINS

Raisins are an excellent source of nutrients such as protein, fiber, iron, sodium, calcium and potassium. A 100 gm of raisins can provide with 1.88 mg iron. Many traditional medicines are used raisins to treat anemia. 8-15 raisins soak with half a cup of water in overnight and take them along with 1 tsp of honey in the morning because honey is a good source of iron.

ALMONDS

Almonds are good source of iron. 100 gm of almonds contain nearly three and half milligrams of iron. So, we should eat almonds regularly to treat anemia. Soak fistful of almonds in overnight in a bowl of warm water. In the morning, peeling the outer skin and grind them, to form a paste. Take this paste with warm milk at least three months to beat anemia.

BOTTLE GOURD

Anemia is caused due to nutritional deficiencies. Certain fruits and vegetables are excellent to increase the iron and folic acid in our blood. Bottle gourd soup can also cure anemia. Take one bottle gourd, 1/2 cup beetroot, 1 cup chopped Spinach, 2 glasses Water. Take water in a pan Add bottle gourd, beet root and spinach in water and boil till the veggies become soft. When the veggies get cooked, take out the soup. You may also discard the pulp after mashing using a sieve. Take this soup daily to cure anemia.

SPINACH

Spinach is a good source of iron to cure anemia. Because dark green leafy vegetable is rich in Vitamins A, B9, E and C, iron, fiber, calcium and beta carotene. 1/2 cup of boiled spinach has 3.2 mg of iron which is about 20% of daily iron requirement for a woman. So, it include in your daily diet. Boil spinach, for a minute because it also has oxalic acid, which interferes with the absorption of iron by body. Boiling the leaves can reduce its oxalic acid levels. Add two teaspoons of honey in a glass of spinach leaves juice. Drink this juice every day, at least for 40 days. It is an excellent remedy to overcome anemia

TOMATOES

Tomatoes are rich sources of Vitamin C, A, K and lycopene. Vitamin C is necessary to absorb the iron. It is the best ways to beat anemia. Eat 1-2 raw tomatoes in salad or sandwiches and drink a glass of tomato juice every day.

LEMON

Drinking lemon water with honey every day, because honey is a rich source of iron, manganese and copper as well as purify the blood. It also helps in improving blood level and curing anemia.

ONION.

Eat 1-2 raw onion in salad or sandwiches and drink raw onion juice everyday helps to cure anemia

METHI:-

Methi seeds are very effective for anemia. It is a healthy blood tonic so it should be taken in moderate amount. It is also wonderful for girls at the time of menstruation.

SESAME

Sesame seeds may excellent remedy to overcome anemia. Especially the black sesame seeds are good source of iron. Soak 1tsp sesame seeds in water for two hours then strain and make a paste. Take this paste with 1tbsp honey twice a day.

MEAT AND MEAT PRODUCT

Meat and meat products are excellent source of vitamin B12 such as kidney and liver. They are very effective in the production of hemoglobin and helpful in curing anemia.

MILK AND MILK PRODUCT

Boil 5-7 kali mirch with 200ml of milk in an iron vessel, drinking butter milk made from the goat milk and take a cup of plain yoghurt with 1tsp turmeric on an empty stomach. All these are good for the deficiency of iron and hemoglobin in the body and also effective for the treatment of anemia.

WHEAT GERM

Wheat germ is a powerhouse of nutrients, main being iron and zinc. This is particularly beneficial for vegetarians who cannot get some first rated nutrients sourced from animals. Take 1 tbsp wheat germ, 1 tbsp, brewer's yeast, 1 tbsp blackstrap molasses, 1 tbsp canola oil and ½ cup Orange juice. Mix all these ingredients and have this homemade wheat germ iron tonic 1-3 times a day.

DANDELION AND BURDOCK ROOT:-

Dandelion and burdock root both these herbs are often mixed to form a great remedy to treat anemia. These herbs increase the body ability to absorb iron from the food that is consumed.

JAGGERY (GUR)

The dark –, Jaggery is an excellent source of iron and regular consumption of jaggery can help improve the hemoglobin levels. Mix in some jaggery into tea or coffee and preparing desserts such as payasam or kheer using sugar, substitute a part of the sugar with jaggery syrup to get the benefits of the iron it contains.

IRON POTS

Food items cooked in iron pots get increased due levels of iron in the body. Cooking food in iron vessels can prove to be effective in curing anemia. Scientific research has shown that the iron vessels in significantly higher, then foods which are made in steel or aluminum utensils.

NATUROPATHY CURES

Naturopathy treatments such as hot and cold alternate fomentation packs on the abdomen, bathing in juvenile rays of morning sun and dry massage as valuable help in curing anemia naturally.

MASSAGE

It is nonetheless a treatment for anemia. Anemia patients are advised to getting a whole body massage with oils, such as olive, mustard and coconut at least once or twice a week for a couple of month It can help in increasing the blood circulation of the body

SUN BATH

Sunbathing is another beneficial home remedy for anemia. It is good for those people, who have less red blood cell count. Taking a sun bath either in the early morning, in the late evening or when the sun rays is pretty mild, can improve the blood disorder anemia by increasing the production of red blood cells. Anemic patient should follow this remedy thoroughly for several months to overcome this disorder.

COLD BATH

Cold bath is one of the best naturally home remedies to treat anemia. Take cold water bath twice in a day. It is not only help to improve blood circulation but it also increasing the production of red blood cells.

YOGA

Paschimottan Asana, Surya Namaskar, Shava Asana, Saravangasana and Yoga Nidra are some yoga poses that may be inculcated in everyday regimen. Other than this, deep breathing techniques or Pranayama and some hand alignments or mudras particularly prana mudra, Gyana mudra and dhyana mudra are recommended to alleviate Anemia.

Precautions:-

1. Avoid drinking tea, coffee, alcohol, ingesting antacids, because they all are decrease iron absorption
2. Avoid spicy, hot and fermented foods.

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