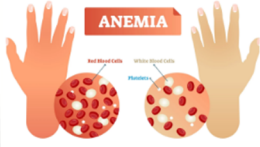
	<h2 style="color: red;">Anemia: Homeopathic Approach</h2>	
	<p>DR. RONAK SHAH'S DIVINE HOMEOPATHY</p> <p>Restoring Vitality — M.D.(HOM.) SINCE 1991</p> <p>9825050054 dr-ronakshah.com</p>	

Anemia: A Homeopathic Approach

Anemia is a condition in which the number of red blood cells or hemoglobin levels is lower than normal. The normal level of normal hemoglobin is greater than 13.5 gm/100 ml for men, and for women it is more than 12 gm//100 ml.

Common symptoms:

- Getting tired quickly while working.
- Shortness of breath while climbing the stairs.
- Feeling weak all day.
- Most of the time there is a weakness in breathing.
- Dark in front of the eyes.
- Dizziness comes.
- Pain in the chest and head.
- Cooling the soles and palms of the feet.
- Yellowing in the eyes is the best way to show anemia.
- Anemia can also cause your hair to fall out.

There are many types of anemia, but it depends on what causes it and what kind of symptoms it is. Women and people who are struggling with chronic diseases are at the highest risk of anaemia. Anemia can occur during menstruation, pregnancy, ulcers, cancer, bleeding problems, other chronic diseases, iron deficiency, folic acid, vitamin B12 deficiency. Some types of anemia are also genetic.

Home Remedies:

Black sesame seeds: Dry roast about 1 tablespoon of black sesame seeds, make a powder and fill it in a glass jar. Or you can soak black sesame seeds in some water for two to three hours and then grind it and make a paste. Take it with a teaspoon of honey every day. Consume black sesame regularly to increase iron levels.

Homeopathic treatment for anemia:

Homeopathic remedies for such patients can be a ray of hope.

- Homeopathic medicines address the root cause of anemia, thereby reducing the tendency for anemia to recur. These drugs naturally stimulate the production of red blood cells and hemoglobin. It also helps to improve energy levels, so that fatigue and weakness caused by anemia can be treated.
- Due to anemia, the patient may feel demotivated and lose interest in life. These drugs not only treat physical symptoms but they also affect a person emotionally and mentally. Therefore, positive emotions are generated in the person.
- Homeopathic medicines work best when a particular person is selected with a prescription after a detailed case study and by an experienced homeopathic physician.

Some of the most commonly used homeopathic medicines for iron deficiency anemia include Ferum metallicum, Ferum phosphoricum, China officinalis, Pulsatilla, Natrum moor.