

Understanding Anaemia

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Definition

Termed *pandu* in Ayurveda, this is a very common ailment, wherein the haemoglobin and RBC (red blood corpuscles) counts fall from their normal levels of 15 gm of haemoglobin per 100 ml. of blood and approximately five million red cells per cubic millimetre of blood. Common symptoms include weakness, dizziness and quick exhaustion, a haggard look, lined with premature wrinkles etc.

Treatment:

Important herb used in the treatment of *Punarnava* (*Boerhaavia diffusa*) *Ghratkumari* (*Aloe vera*). Go for a well-balanced diet rich in iron, sesame seeds, almonds, dairy products, animal protein, vegetables as beet, lettuce, spinach, soyabean, radish, carrots, tomatoes and fresh fruits as banana, black berries, strawberries, apple, amla, plum. Enjoy sun-bathing as the sunlight stimulates the production of red blood cells.