

# Anaemia (FAQR-UD-DAM) – In Teenage. “A Review”

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## ABSTRACT

The term Faqr-ud-dam was coined in 20th century. Before this period the term Soo-ul-qinya was used as its synonym. Faqr-ud-dam is Arabic word which means shortage of blood. ‘Faqr’ means ‘early or first’ (here ‘early’ means ‘at teenage’). According to Unani medicine various synonyms of Anaemia are:- Faqr-ud-dam, Soo-ul-qinya, Qillat-ud-dam, Kami-e-khoon, Fasad-e-dam. Ibn-e- sina (1927) explained that alteration in the temperament of liver causes its weakness which leads to soo-ul-qinya. Azam Khan (1940) described that the alteration in the qualities of the blood of liver either in colour, odour, concentration or viscosity is nothing but soo-ul-qinya. According to Kabiruddin (1927) and Arzani (1923), the pre ascetic state which is called Fasaad-e-mizaj results in soo-ul- qinya. Jurjani (1903) claimed that when the liver is affected it produces the general weakness which is the indication of the early stage of ascites. This condition is commonly described as ascites by other scholars. Lots of teens are tired, with all the demands of school and other activities, one of the reasons could be Anaemia. Anaemia is a condition in which the number of RBCs (red blood cells) is insufficient to meet the body’s physiologic needs. Iron deficiency is one of the most common causes of Anaemia. To make enough hemoglobin, the body needs to have plenty of iron. We get this iron, along with the other nutrients (including folate, vitamin B12, and vitamin A) are necessary to make red blood cells, from food. Zof-ejigar(weakness of liver), Zof-e-meda(weakness of stomach), Zarb wa khilfa(frequent motions or diarrhea), DEEDAN-E-AMAA(intestinal worms), clay chewing habit, nafsiaatee awaamil(psychogenic disorders) are some of the causes of Anaemia.

**Key words:** Anaemia, Zof-e-meda, Zarb wa khilfa, DEEDAN-E-AMAA, Nafsiaatee awaamil, Faqr-ud-dam, Soo-ul-qinya, Qillat-ud-dam, Kami-e-khoon, Fasad-e-dam.

## INTRODUCTION

### What is Anaemia?

Anaemia results from a lack of red blood cells or dysfunctional red blood cells in the body. This leads to reduced oxygen flow to the body's organs.

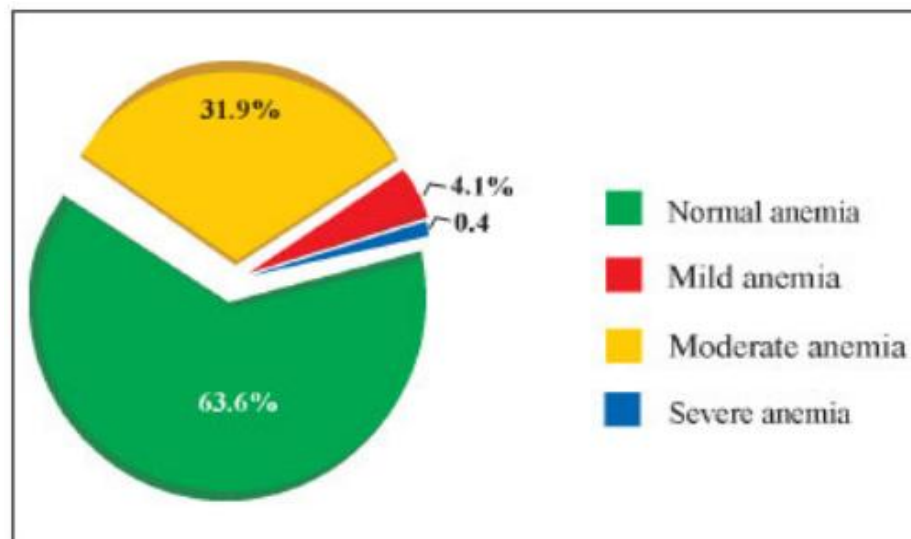
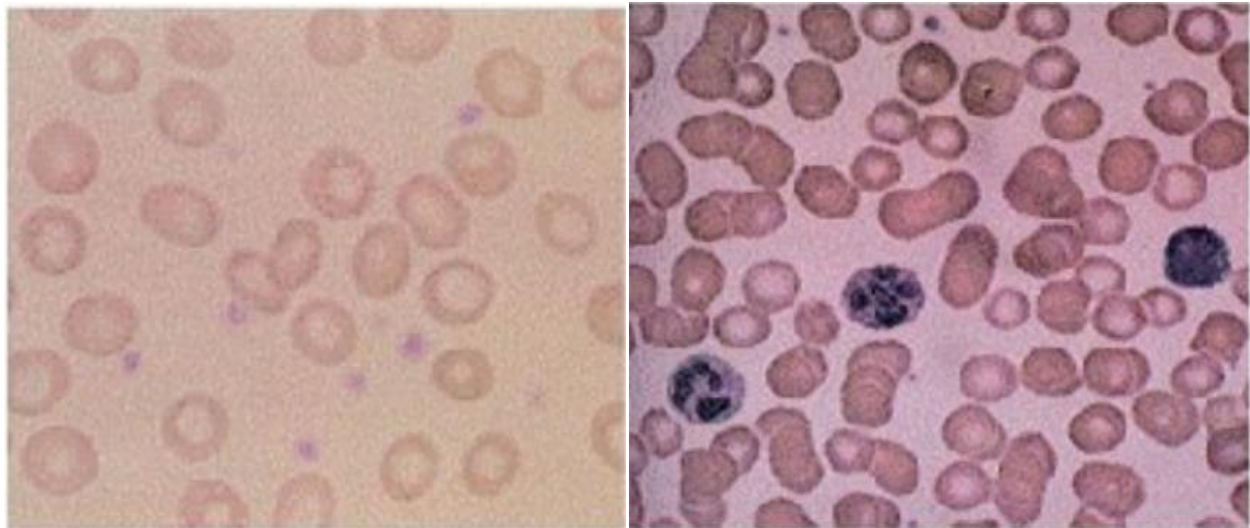


Fig. 1: Distribution of children according to haemoglobin levels

Iron Deficiency Anaemia is a major health problem in children. It is most common type of Anaemia caused by inadequate iron availability for hemoglobin production due to lack of proper iron intake. It is common in children confounding factors like, poverty, poor parental education, maternal depression, low birth weight, malnutrition etc. Iron deficiency in infancy maybe associated with impaired cognitive functions during school years. The body needs red blood cells to survive. They carry hemoglobin, a complex protein that contains iron molecules. These molecules carry oxygen from the lungs to the rest of the body. When there is condition of indigestion of stomach and intestine for a long time, it results in disturbances in liver digestion.

This results in the formation of impure blood. Thus, the impure blood comes into circulation for the supply of nutrition to the body organs and tissues. This impure blood specially serum accumulates in the body tissues and organs resulting in puffiness of face, oedema on lower and upper extremities. Body becomes pale/ yellowish. Simultaneously other conditions of weakness of liver develop. This whole episode is known as soo-ul- qinya. Anaemia in the adolescence causes reduced physical and mental and diminished concentration in work and educational performance and also becomes threat to future safe motherhood in girls. The physical and physiological changes that occur in adolescents place a great demand on their nutritional requirements. Iron requirement increases two to three folds from a pre-adolescent to adolescent age. Knowledge of the degree and causes of Anaemia in adolescence is important.

### Iron Deficiency Anaemia



**Anaemia**

**Normal Blood**

On the basis of UNANI it is divided into two types

**Awwali** - which is not felt.

**Saanvi** - which can be felt.

Saanvi includes: Anaemia when a person has fewer red blood cells than normal. This can happen for three main reasons:

- Red blood cells are being lost.
- The body is producing red blood cells more slowly than it should. –
- The body is destroying red blood cells (hemolytic Anaemia).

### CAUSES (ASBAAB)

#### Blood Loss:-

Red blood cells are made in the bone marrow. When someone loses a small amount of blood, like from a cut, the bone marrow is able to replace it without the person becoming anemic. But if a large amount of blood is lost over a short period of time (like after a serious accident), the bone marrow may not be able to replace the red blood cells quickly enough. Losing a little blood over a long period of time also

might lead to Anaemia. This can happen in girls who have heavy menstrual periods, especially if they don't get enough iron in their diets.

### Iron Deficiency Anaemia:-

Iron deficiency Anaemia is the most common type of Anaemia in teens. It happens when a person's diet is lacking in iron. Iron deficiency — when the body's stores of irons are reduced — is the first step toward Anaemia. When hemoglobin levels and red blood cell production drop below normal, a person is said to have Anaemia. Someone with Anaemia may appear pale and be tired all the time. Our bodies need vitamin B12 and folic acid to make red blood cells, so it's important to get enough of these nutrients in food. Causes of decreased production include iron deficiency, a lack of vitamin B12, thalassemia, and a number of neoplasms of the bone marrow. Causes of increased breakdown include a number of genetic conditions such as sickle cell Anaemia, infections like malaria, and certain autoimmune diseases. It can also be classified based on the size of red blood cells and amount of hemoglobin in each cell. If the cells are small, it is microcytic Anaemia. If they are large, it is macrocytic Anaemia (Sool-ul-qinya kurria kibriya) while if they are normal sized, it is normocytic Anaemia (Sool-ul-qinya sawiul kurriyatee).

### Hemolytic Anaemia:-

In a person with hemolytic Anaemia, the normal lifespan of the red blood cells is shorter than normal. When blood cells die off early, the bone marrow can't keep up with production. A person may have a disorder like sickle cell disease or spherocytosis.

## SYMPTOMS OF ANAEMIA

The symptoms are often vague and may include feeling tired, weakness, shortness of breath or a poor ability to exercise. Anaemia that comes on quickly often has greater symptoms, which may include confusion, feeling like one is going to pass out, loss of consciousness, or increased thirst, indigestion, flatulence, sleep disturbance, jaundice, dizziness, loss of appetite etc. Anaemia must be significant before a person becomes noticeably pale.



Looking pale can be a sign of Anaemia because fewer red blood cells are flowing through the blood vessels. The heart will beat faster in an effort to pump the same amount of blood and oxygen to the body, so the pulse may be faster than normal. As Anaemia progresses, a person may feel tired and short of breath, especially when climbing stairs or working out. They may develop headaches. Iron deficiency, which occurs before iron deficiency Anaemia develops, may affect a person's ability to concentrate, learn, and remember.

### Treatment:-

The treatment of Anaemia depends on what's causing it. If the Anaemia is caused by iron deficiency, we have to give iron supplements. Muqavvi khoon—Kushta faulad, khabsul hadeed, Faulad sayyal, Arq lohasat, Jawarish-e-anarain, sharbat-e-anaar, sharbat-e-faulaad are given. To strengthen heart- Dawa-ul-misq and mushq, khamira gaozaban ambari are given. Some commonly used Unani Compound Formulations Majoon Dabeed-ul- Ward, Majoon Aarad khurma, Jawarish-e- Jalinoos, Dawa-ul- Kurkum, Majoon Fanjnoos, Maa-ul- Laham, Muqavvi jigar etc. Getting Enough Iron Some people feel sick if they take an iron supplement on an empty stomach. It can help to take iron supplements with food. Vitamin C boosts iron absorption, so drink a glass of orange juice or grapefruit juice when you take your iron. Not to drink tea with food. A substance in tea called tannin reduces the body's ability to absorb iron. Milk can also interfere with iron absorption, so don't drink milk with iron-rich foods if you're concerned about getting enough iron.

Some people need more iron than others: Girls need more than guys, and a girl who has heavy periods has a greater need for iron than a girl with a light flow.

### NATURAL TREATMENT / MANAGEMENT



To make sure you get enough iron, eat a balanced diet every day, starting with a breakfast that includes an iron source, such as an iron-fortified cereal or bread. Lean meat, raisins, chard, eggs, nuts, dried beans, tomato, molasses are good sources of iron. Some fruits/dryfruits like: Watermelon, strawberries, raspberries, red grapes, red beats, pomegranate, sugarcane, carrot, date palm, pista, chilghoza, badam, injeer etc. Exercise and playing outdoor games is essential for young children to keep their metabolic activities healthy. Proper sleep is necessary for healthy metabolic activities. Avoid junk food and indoor games. Physical workout is important at younger age for overall development of child. Management:- Improvement of digestion and appetite, correction of hepatic insufficiency, supplementation of nutritious diet, medication to improve quality of blood.

### CONCLUSION

#### Why Teens Get Anaemia?

Teens go through rapid growth spurts, they can be at risk for iron deficiency Anaemia. During a growth spurt, the body has a greater need for all types of nutrients, including iron. After puberty, girls are at more risk of iron deficiency Anaemia than guys are. That's because a girl needs more iron to compensate for the blood lost during her menstrual periods. Pregnancy can also cause a girl to develop Anaemia. And a teen on a diet to lose weight may be getting even less iron. Vegetarians are more at risk of iron deficiency Anaemia than people who eat meat are. Red meat is the richest and best-absorbed source of iron. Although there is some iron in grains, vegetables, and some fruits and beans, there's less of it. And the iron in these food sources is not absorbed by the body as readily as the iron in meat.

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