

homoeopathic medicines for iron deficiency anaemia are given below with their indications.

- Arsenic album: Anaemia due to malaria, excessive prostration, oedema, violent and irregular palpitation.
- Calcarea carbonicum: Palpitation & tachycardia, vertigo, anorexia, nausea, eructation; Pale, weak fatigue, lassitude, easily tired; Headache and heaviness at morning, profuse sweating on head.
- China: Chief remedy for anaemia resulting from loss of fluids, as in lactation or haemorrhage, or from all exhausting discharges, such as menstrual flow, long-lasting diarrhoea.
- Ferrum metallicum: Paleness of the face and puffiness of the extremities, weakness, easily exhausted.
- Ferrum phosphoricum: Anaemia and chlorosis; it removes the underlying dyscrasia giving rise to the anaemic or chlorotic conditions and cures the trouble.
- Kali carbonicum: Anaemia after loss of fluid or vitality; Pallor; Aversion to be alone; Backache, weakness, profuse menses, irregular with clots, weak before menstruation; Backache; Vertigo.
- Natrum muriaticum: Anaemic and debilitated conditions due to loss of fluids, especially in women who suffer from menstrual disorders.
- Phosphorus: Anaemia; Morning diarrhoea; Restlessness; Weakness and prostration; Nervousness, debility and trembling; Nausea and vomiting.
- Pulsatilla: Anaemic condition produced by large or continued doses of iron; System is relaxed and worn out; Patient suffering from gastric and menstrual derangements.

Some Unani medicines are also commonly used for supplementing iron in pregnant ladies, mothers and children. Sharbat-e-Faulad 15ml. twice daily is indicated for pregnant ladies and mothers. In children the medicine could be given in the dose of 5 ml. twice daily. Qurs-e-Damvi two tablets with butter is also useful for this purpose.

Iron deficiency disorders can be managed as well as prevented by a proper intake of iron rich natural foods & the intake of foods, which enhances the absorption and utilization of iron from the intake of foodstuffs.