**Platelet:**

Platelets, also called thrombocytes, are small cell fragments in the blood that play an important role in blood clotting and wound healing. Here are some key facts about platelets:

* Function: Platelets help stop bleeding by clumping together and forming clots at the site of injured blood vessels. This plugs the wound and allows it to start healing.
* Size and shape: Platelets are very small, measuring just 2-3 microns in diameter. They have an irregular, disc-like shape with no nucleus.
* Count: The normal range for platelets is 150,000 to 450,000 per microliter of blood. Too few platelets is called thrombocytopenia and can lead to excessive bleeding. Too many is thrombocytosis.
* Production: Platelets are produced in the bone marrow by fragmentation of precursor cells called megakaryocytes. They live about 8-10 days before being removed by the spleen.
* Activation: When a blood vessel is damaged, platelets become activated and change shape, becoming spiky and sticky. They release chemicals that further promote clotting.
* Components: Platelets contain proteins and receptors on their surface that allow them to stick to each other and to damaged tissue. They also contain clotting factors such as fibrinogen.
* Testing: A complete blood count test measures the platelet count. An abnormal level may indicate a problem with clotting or bone marrow production.

So in summary, platelets are essential miniature cell fragments that circulate in the bloodstream and are vital for hemostasis and wound repair through formation of blood clots.

## Symptoms of Low Blood Platelet Count

Here are some of the most common symptoms of a low platelet count (thrombocytopenia):

* Easy or excessive bruising - Platelets help clot blood and prevent bleeding, so with a low count even minor bumps can result in noticeable bruises.
* Petechiae - Tiny reddish-purple dots on the skin that result from minor bleeding into the skin. Often seen on the lower legs.
* Bleeding from the nose and gums - These mucous membranes are delicate and can bleed easily if the platelet count is too low.
* Blood in urine or stools - Bleeding can occur along the urinary tract or intestinal lining. Blood may be visible or occult.
* Heavy menstrual bleeding - In women, an abnormally heavy and prolonged menstrual flow.
* Abnormal bleeding from wounds - Excessive or prolonged bleeding from cuts due to impaired clotting.
* Fatigue or weakness - Low platelet counts can lead to anemia and reduced oxygen delivery.
* Headaches and dizziness - Possible symptoms of anemia or slight internal bleeding.
* Shortness of breath - Anemia reduces oxygenation.
* Purpura - Larger purple skin hemorrhages, especially on the forearms and legs.

If someone is experiencing these unexplained symptoms, they should see a doctor for a blood test to check their platelet level. A low count signifies an underlying problem that needs medical attention.

**What are the Foods to Increase Platelet Count ?**

There are some foods that are generally considered beneficial for blood health:

1. Leafy greens: Spinach, kale, collard greens, and other leafy vegetables are excellent sources of vitamin K, which is essential for blood clotting.
2. Tinospora cordifolia : This is a common [household](https://www.ima-india.org/ima/archive-page-details.php?pid=383) treatment for increasing somebody’s platelet count, especially when they are suffering from dengue. Giloy has anti-inflammatory, anti-diabetic, anti-allergic, antioxidant, antispasmodic, and antiepileptic properties that help it in conducting an immune stimulating activity, which in turn work on increasing the platelet count.



Guduchi, scientifically known as Tinospora cordifolia, is a vital remedy in the Indian system of medicine. It belongs to the Menispermaceae family and has been used as a medicament since ancient times.

1. Citrus fruits: Oranges, grapefruits, lemons, and limes are rich in vitamin C, which supports iron absorption and overall blood health.
2. Berries: Blueberries, strawberries, and raspberries are packed with antioxidants, which help protect blood cells and blood vessels.
3. Pomegranates: Pomegranate juice is known for its antioxidant properties, which can be beneficial for blood health.
4. Kiwi: Kiwi is a good source of vitamin K, vitamin C, and antioxidants, which can help support healthy blood clotting.
5. Papaya: Papaya is rich in vitamin C and folate, which play a role in blood health.
6. Watermelon: Watermelon contains lycopene, vitamin C, and other nutrients that may support blood health.
7. Nuts and seeds: Almonds, walnuts, chia seeds, and flaxseeds are good sources of healthy fats and antioxidants, which may benefit blood health.
8. Lean proteins: Incorporate lean sources of protein like poultry, fish, tofu, and legumes, which provide iron and other essential nutrients for blood health.
9. Whole grains: Opt for whole grains like brown rice, quinoa, and oats, which are rich in iron, B vitamins, and other nutrients that can support blood health.
10. Beetroots: Beetroots are high in nitrates, which may help improve blood flow and oxygenation.
11. Lean meats: Red meats in moderation can provide iron and vitamin B12, which are essential for blood cell production.
12. Omega - 3 Fatty Acid:Clinical study has suggested that the consumption of foods rich in Omega-3 fatty acids can have a positive impact on the platelet count when taken in moderation. Some food items rich in Omega - 3 Fatty Acids that you can include in your diet are - Salmon oil, walnuts, cod liver oil, etc.
13. Aloe Vera Extract :Clinical research reported that Aloe vera extract is enriched with anti-viral properties that help in lowering blood glucose and blood lipids. This has an overall impact on increasing the platelet count in your blood.

Remember, while a balanced diet can contribute to overall health, it is not a substitute for medical treatment. If you have any concerns about your platelet count or blood health, seek professional medical advice for proper evaluation and guidance.

**Nutrients That Can Increase Platelet Count**

There are several nutrients found in platelet-rich food that doctors recommend to their patients.

Here is a list of all these nutrients :

* Vitamin K
* Vitamin D
* Vitamin C
* Vitamin A
* Vitamin B-12
* Folate Acid
* Iron

**Foods to Avoid if You Want to Increase Platelets**

There are certain foods and drinks that can lower platelet counts, including:

* Alcohol
* Cranberry juice
* Aspartame, an artificial sweetener
* Quinine, a substance in bitter lemon and tonic water