A Systematic Review of Homoeopathic Medicine Lecithin in Clinical Condition Anemia

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Dr. Disha Thakkar Mitra, Dr. Rachit Kamadiya
[1]MD (Hom) Professor(HOD), PG, Department of Case taking and Repertory, Parul Institute of Homoeopathy and Research, Vadodara, Gujarat, India
-4th BHMS, Parul Institute of Homoeopathy and Research, Vadodara, Gujarat, India
Corresponding Author:
Dr. Disha Thakkar Mitra
Parul Institute of Homoeopathy and Research, Vadodara, Gujarat, India

Abstract

Anemia is a significant global health problem affecting 57% of women aged 15-49 years and 59.1% of adolescent girls in India according to NFHS (2019-21). Conventional iron supplementation often causes gastrointestinal side effects including nausea, constipation, and metallic taste, limiting patient compliance. Lecithinum, a phosphorus-containing organic compound derived from egg yolk and animal brains, has shown potential therapeutic effects on red blood cells and Hemoglobin levels in homeopathic practice.

Keywords: Anemia, Lecithinum, Homeopathy, Adolescent girls, Hemoglobin, Iron deficiency