

## **ABSTRACT**

### **Background and Aim:**

Anemia is a condition in which there is a marked reduction in proportion of RBC, it can be either reduction of Haemoglobin or any morphological changes in the Red cells. It is a presentation of any underlying condition. WHO classifies Anemia according to the amount of haemoglobin as Mild, Severe and Life threatening. Its prevalence is high among female than male. Anemia affects one-third of the global population. Iron deficiency Anemia is the common type affects female of all age group. 85% of Iron deficiency Anemia is prevalent among female of Adolescence and reproductive age group. Acupuncture is an invasive technique originated from china have many therapeutic values in blood disorders. According to Traditional Chinese medicine, Anemia is considered as blood qi deficiency disease. Though there are only few studies on Acupuncture and anemia, the aim of this study is to evaluate the effect of selected acupuncture points on Hemoglobin level in Anemic subjects.

### **Methods:**

100 Anemic subjects attending Outpatient Department of Government Yoga and Naturopathy Medical College Hospital are recruited for the study and they were screened on the basis of inclusion and exclusion criteria. They were randomly divided into Study group (n=50) and control group (n=50) by computerized randomization. The subjects were blinded about their intervention. In study group the subjects were given needling on selected acupuncture point (BL 17, Lv 13 and GB39) for 30 minutes with manual stimulation of 10 minutes. This intervention was given for 5 days a week for 2 week. The subjects of control group were given Acupuncture on Placebo (sham ) points

for 30 minutes a day for 2 weeks ( 5 days in a week). Baseline and post intervention data of Hb , MCV,MCH and RDW were collected a day before intervention and after completion of intervention for 2 weeks. The statistical Analysis was done using Statistical Package of Social services (SPSS) version 16 and the value of  $p \leq 0.05$  is considered significant.

**Results :**

The result of the study showed a significant increase in hemoglobin, MCV, MCH and RDW in study group compared to the control group. Moreover, none of the subjects reported any adverse events during or after the intervention.

**Conclusion :**

The present study demonstrated that Acupuncture has an effect on increasing haemoglobin level as well as increasing MCV, MCH and RDW levels in anaemic subjects.

**Keywords:** Nutritional Deficiency Anemia, Acupuncture for Anemia, Acupuncture, Traditional Chinese Medicine, Blood deficiency Disorder.