

Preventing Iron-Deficiency via Ayurveda

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Managing iron deficiency & anaemia amongst women through Ayurvedic supplement

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Staying healthy calls for making a balance of so many things. However, fulfilling all the requirements is somewhat not feasible. Out of a number of deficiencies that bring health problems in general and to women in particular, iron deficiency is the leading one. Moreover, Ayurveda, being a science of life and longevity recognises the importance of having adequate iron levels for good health, especially for women.



“Women are one of the vibrant lots, who play multiple roles in their lives that demand focus and integrative energy. However, due to over-burdening of work and the lack of proper dietary intake, sometimes, their bodies hold them back from performing at par in every sphere. And probably that is due to iron deficiency. Actually, iron deficiency could lead to fatigue, headaches, dizziness, damaged hair and skin, heart palpitations etc. These problems can often deprive them of maintaining a healthy work-life balance and hampers the work ecosystem. Also, the iron-deficiency leads to anaemia,” says **Dr Saurabh Sharma, Medical Superintendent, Maharishi Ayurveda Hospital.**

Adding further, he said, *“It is seen that due to multiplicity of work, women suffer from fatigue and tiredness, low immunity, frequent headaches, pale skin, brittle nails, pale lips, hair loss, restless leg syndrome, depression and shortness of breath. And these problems may be due to iron deficiency because one out of 3 people is prone to iron deficiency. And the requirement of iron deficiency can’t be fulfilled by the regular diet because our body can only extract 3% iron from the plant source and 15% from animal source diets. Therefore, to fulfil the requirement of iron that our body, especially the body of women needs an Ayurvedic iron supplement, which corrects the iron deficiency and anaemia amongst them.”*

Iron is necessary for producing haemoglobin that carries oxygen in the blood. When our metabolic system

lacks enough iron, our body doesn't get the required energy. And it happens due to the lack of iron in the diet, or when the body itself is unable to absorb iron from the food we eat. It takes a while to develop symptoms of iron deficiency because the body uses stored and recycled iron to form new blood cells. And when the body is not able to provide enough iron, red blood cells begin to deplete, which is called the iron deficiency.

"Iron deficiency is a commonly occurring problem, which is especially found in women. This is one of the major causes of anaemia. This is a critical mineral that helps the body in producing red blood cells (RBC) that contain metalloprotein, which carries oxygen molecules and nutrition for cells in the blood. Lesser number of RBCs means lesser nutritional supply and oxygenation of cells, which depletes tissues and weakens organs of the body. However, herbal iron supplements increase the number of RBCs in the blood and rejuvenate all the organs of the body and cure problems like fatigue, lethargy, breathlessness, and stress effectively. Apart from these, it might be useful for the COVID infected patients, whose Hb levels are dipping followed by aches and pains," said **Mr Ram Shrivastava, Director, Maharishi Ayurveda.**

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