शोध साहित्य SHODH SAHITYA
INTERNATIONAL PEER REVIEWED E-RESEARCH JOURNAL
(समसामयिक विषयों पर केंद्रित बहुविषयक मासिक ई-शोध पत्रिका)
E-ISSN 2584-2447
Impact Factor – SJIF 2024 = 3.621
Year -1
Vol -11
September
2024

ANEMIA SYMPTOMS AND CAUSES

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ABSTRACT
Our body makes three types of blood cells. White blood cells fight infection platelets help in blood clotting and red blood cells work to deliver oxygen throughout the body. There are many types of anemia and each has its own causes. Anemia can be temporary or can last for a long time. It can Range from mild to severe. Anemia is described as a decrease in the proportion of red blood cells . Mostly person experience Some symptoms to anemia, when hemoglobin drops below 7.0 g/dl, there is a need for anemia awareness and eradication.

KEY WORDS
Anemia, Blood, WHO, Symptoms, Hemoglobin, Children.

INTRODUCTION
The condition of deficiency of blood cells in the body is called anemia. Red blood cells (RBC) cells carry oxygen to all parts of the body . Red blood cells count the amount of oxygen in the blood. The garland Indicates reduction. Therefore the body organs are not getting enough oxygen. This is a very common disorder. According to a 2015 Besant report, about one - third of the world's population is suffering this disease. According WHO defines "Anemia in children aged under 5 years and pregnant women as a hemoglobin concentration <110 g/l at sea level, and anemia in non-pregnant women as s hemoglobin concentration <120 g/l.

ANEMIC PERSON HEMOGLOBIN LEVEL IN BLOOD

Types	Hb level in blood
Severe	below 7 g/dl (gram/deciliter)
Moderate	7-9 g/ dl
Mild	7-11 g/dl

NORMAL HEALTHY PERSON HEMOGLOBIN LEVEL IN BLOOD

Gender	Hb level in blood
Female	12-14 g/dl
Male	14-16 g/dl

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CAUSES OF ANEMIA

Anemia occurs when you do not have enough red blood cells in your blood.This happens if:

- Your body dosen't makes enough red blood cells
- Loss your red blood cells due to bleeding
- Your body is destroying red blood cells

The leading causes of anemia in 2021 was dietary iron deficiency, constituting 66.2% of total anemia cases, with 825 million women and 444 million men affected globaly. Inadequate intake of iron may have been the single most common cause of anemia.

SYMPTOMS OF ANEMIA

Symptoms of anemia may be different from person to person. It is also possible that you may not see any symptoms. If any symptoms are seen then they may be among the following -

- Fatique
- Weakness
- Dizziness
- Difficulty in breathing
- Person feel pain in your body, bones, chest, belly and joints.
- Cold hands and feet
- Pale or yellow skin.
- Irregular heartbeats

WHO GLOBAL ANEMIA ESTIMATES, 2021 EDITION

Global anemia estimates in women of reproductive age, by pregnancy status, and in children aged 6-59 months

Anemia is associated with poor cognitive and motor development in children, and work capacity in adults, influencing country economic development.

Among pregnant women, iron deficiency anemia is also associated with adverse reproductive outcomes such as preterm delivery, low-birth-weight infants, and decreased iron stores for the baby, which may lead to impaired development.

Failure to reduce anemia may result in millions of women experiencing impaired health and quality of life, and may impair children's development and learning. Anemia is an indicator of both poor nutrition and poor health.

SUMMARY FINDINGS

1. **Prevalence of anemia in women 29.9%** of women aged 15-49 years suffered from anemia in 2019.
2. **Prevalence of anemia in children 39.8%** of children aged 6-59 months years suffered from anaemia in 2019.

3. **Prevalence of anaemia in children 60.2%** of children 6-59 months in the African region were affected by anemia in 2019.

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