

“PANCYTOPENIA: CLINICAL AND ETIOLOGICAL PROFILE IN TERTIARY CARE HOSPITAL”

ABSTRACT

BACKGROUND:

Pancytopenia refers to reduction in all three formed elements of blood namely erythrocytes, leucocytes and platelets. It is not a disease entity per se but rather a triad of findings. Pancytopenia is not an uncommon problem encountered in our day to day practice. The incidence of disorders causing pancytopenia varies depending on geographical distribution, genetic factors, nutritional status and the prevalence of infective diseases. Also, the prognosis depends on both, the severity of pancytopenia and on the nature of underlying condition.

OBJECTIVES:

To study the etiological and clinical profile of patients with pancytopenia admitted in tertiary care hospital.

METHOD :

100 in-patients aged above 15 years with pancytopenia who had no past or present history of Chemotherapy or Radiotherapy were subjected to detailed history and physical examination. Blood samples were collected for complete blood counts and peripheral smear. Liver function test, lactate dehydrogenase, viral markers, fever profile and ultrasound abdomen was done for all patients. Bone marrow examination was done whenever required.

RESULTS:

In our study, megaloblastic anaemia (37%) was found to be the most common etiology followed by aplastic anaemia (24%) and hypersplenism (12%).

CONCLUSION:

The most common etiology for pancytopenia in developing country like India was found to be megaloblastic anaemia either due to vitamin B12 or Folate deficiency, or both. Hence, major cause of pancytopenia in our country can be prevented and treated with dietary supplementation.

Keywords :

Pancytopenia, Megaloblastic Anaemia, nutritional deficiencies.