Abstract

Background: Aplastic anemia is a rare disorder with relatively higher incidence among Asians.Pancytopenia with bone marrow hypoplasia are the key findings in aplastic anemia. It is a condition with potentially high mortality if untreated.It has diverse aetiologies including autoimmune mechanisms, exposure to drugs,toxins, infections or genetics.Some times cause is not apparent and categorized as idiopathic.Bone marrow transplantation and immuno suppressive therapy are two main treatment options.

Case presentation: Mr J.M.I Rajitha a 18 years old previously healthy patient presented with anemic symptoms for one month duration.His investigations revealed pancytopenia.He was extensively investigated to findout a possible underlying aetiology. His viral screening and immunological screening were negative. Bone marrow biopsy revealed hypoplastic marrow.He was managed with recurrent transfusion with blood products and antithymocyte globulin was given.He has responded to treatment. He is now having stable blood counts for six months without tranfusion of any blood products.

Conclusion: Morbidity and mortality associated with aplastic anemia is high. Therefore urgent clinical evaluation with prompt diagnosis and supportive care is important to prevent fatal complications such as sepsis and hemorrhage.