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CASE OF RENAL CALCULI TREATED BY HOMOEOPATHY: A CASE REPORT

DR. VIVEK KUMAR, DR. ANUPAMA TIWARI

PROFESSOR & HOD, ASSISTANT PROFESSOR

SWAMINARAYAN UNIVERSITY GUJARAT

ABSTRACT:

Introduction: Renal calculi are a common cause of blood in the urine (hematuria) and pain in the abdomen, flank, or groin. Development of the stones is related to decreased urine volume or increased excretion of stone-forming components such as calcium, oxalate, uric acid, cystine, xanthine, and phosphate. Calculi may also be caused by low urinary citrate levels (an inhibitor of stone formation) or excessive urinary acidity. Renal calculi may present with excruciating pain, and most patients present to the emergency department in agony. A single event does not cause kidney failure, but recurrent renal calculi can damage the tubular epithelial cells, leading to functional loss of the renal parenchyma.

Case Summary: A 27-year-old male patient presented at an outpatient clinic with severe pain in abdomen and red sand in urine since one month with burning micturation. Berberis Vulgaris was prescribed initially in mother tincture form and later Lycopodium 200 was prescribed as per the homoeopathic principles. The case was followed up fortnightly for 2 months. The patient was successfully treated with marked improvement in signs and symptoms.

Conclusion: Homoeopathy not only treat the physical complaints but treats the patient holistically and as a whole. It resolves the mental trauma due to the physical complaints which master Hahnemann differentiated as somato-psychic disorders. Homoeopathy has its bang on results in the renal diseases and can be treated as speedily as treated by other schools of medicines and in more gentle way with humanistic approach.

Keywords: Renal Calculi, Stone, Hematuria, Calcium, Oxalate, Homoeopathy and Psychological.

INTRODUCTION:

Renal calculi are a common cause of blood in the urine (hematuria) and pain in the abdomen, flank, or groin. Development of the stones is related to decreased urine volume or increased excretion of stone-forming components such as calcium, oxalate, uric acid, cystine, xanthine, and phosphate. Calculi may also be caused by low urinary citrate levels (an inhibitor of stone formation) or excessive urinary acidity. Renal calculi may present with excruciating pain, and most patients present to the emergency department in agony. A single event does not cause kidney failure, but recurrent renal calculi can damage the tubular epithelial cells, leading to functional loss of the renal parenchyma.

A kidney stone is a hard object that is made from chemicals in the urine. There are four types of kidney stones: calcium oxalate, uric acid, struvite, and cystine. A kidney stone may be treated with shockwave lithotripsy, uteroscopy, percutaneous nephrolithomy or nephrolithotripsy. Common symptoms include severe pain in lower back, blood in your urine, nausea, vomiting, fever and chills, or urine that smells bad or looks cloudy.

Urine has various wastes dissolved in it. When there is too much waste in too little liquid, crystals begin to form. The crystals attract other elements and join together to form a solid that will get larger unless it is passed out of the body with the urine. Usually, these chemicals are eliminated in the urine by the body's master chemist: the kidney. In most people, having enough liquid washes them out or other chemicals in urine stop a stone from forming. The stone-forming chemicals are calcium, oxalate, urate, cystine, xanthine, and phosphate.

Some kidney stones are as small as a grain of sand. Others are as large as a pebble. A few are as large as a golf ball! As a general rule, the larger the stone, the more noticeable are the symptoms.

The symptoms could be one or more of the following:

- Severe pain on either side of your lower back
- More vague pain or stomach ache that doesn't go away
- Blood in the urine
- Nausea or vomiting
- Fever and chills
- Urine that smells bad or looks cloudy

Causes:

Possible causes include drinking too little water, exercise (too much or too little), obesity, weight loss surgery, or eating food with too much salt or sugar. Infections and family history might be important in some people. Eating too much fructose correlates with increasing risk of developing a kidney stone. Fructose can be found in table sugar and high fructose corn syrup.

Types:

There are four main types of stones:

1. **Calcium oxalate:** The most common type of kidney stone which is created when calcium combines with oxalate in the urine. Inadequate calcium and fluid intake, as well other conditions, may contribute to their formation.
2. **Uric acid:** This is another common type of kidney stone. Foods such as organ meats and shellfish have high concentrations of a natural chemical compound known as purines. High purine intake leads to a higher production of monosodium urate, which, under the right conditions, may form stones in the kidneys. The formation of these types of stones tends to run in families.
3. **Struvite:** These stones are less common and are caused by infections in the upper urinary tract.
4. **Cystine:** These stones are rare and tend to run in families.

Patient information:

A 27-year-old male patient presented at an outpatient clinic with severe pain in abdomen and red sand in urine since one month with burning micturation. Berberis Vulgaris was prescribed initially in mother tincture form and later Lycopodium 200 was prescribed as per the homoeopathic principles. The case was followed up fortnightly for 2 months. The patient was successfully treated with marked improvement in signs and symptoms.

Past history: -

Jaundice 3 years' back

Malaria 5-year back

Family history:-

Father- Hypertension

Mother - Diabetes mellitus

Younger brother- Paralysis

Physical generals:-

Appetite- 2 chapatis/ meal

Thirst- Thirst less

Sleep- Sleeplessness (Due to persistent thoughts)

Desire- Spicy ++

Stool- 1/0- D/N

Urine- 8-9/0 - D/N

Thermal - Hot

Perspiration- Not specific

Mental generals: -

Restlessness, Anxious

Dreams of snakes

Dreams of death of family members

Extrovert++

Loquacity+++

Witty+++

Totality of symptoms:-

Dreams of snakes ++

Dreams of death++, loquacity +++,

Witty +++, Blackish discolouration on left side of abdomen +++,Sleeplessness due to persistent thoughts++,

Hot patient++

Prescription: -

25/07/2018-

Rx:- Berberis Vulgaris Q 10 drop TDS in Lukewarm water

SAC LAC 4 pills BD for 15 days

Follow-up:-

18/08/2018- Pain and haematuria reduced

Rx:- Berberis Vulgaris Q 10 drop TDS in Lukewarm water

Lycopodium 200 4 pills OD for 15 days

05/09/2018: - Pain and haematuria reduced

Rx:- Berberis Vulgaris Q 10 drop TDS in Lukewarm water

Lycopodium 200 4 pills OD for 30 days

25/10/2018: -No Pain and No haematuria.

Clinical findings:

USG- largest 34.4 mm Renal Stone

Diagnostic assessment:

Diagnosing kidney stones typically involves:

- Medical History: Healthcare providers review medical history and symptoms reported by the patient.
- Imaging Tests: Imaging studies such as ultrasound, CT scans, or X-rays help visualise the presence and location of kidney stones.
- Urinalysis: Analysis of urine samples can detect the presence of blood or minerals associated with kidney stones.
- And Symptomatic assessment- according to improvement of sign and symptoms.

Miasmatic analysis:

Most of the renal calculi cases present with sycotic miasm predominantly. When these cases are treated homoeopathically according to the underlying miasm, cure can be achieved rapidly without any disharmony and even the recurrence can also be stopped.

Therapeutic intervention:

Taking medicine is the most common treatment for mild to moderate symptoms of a Renal Calculi:

1. Berberis Vulgaris is prescribed for the following conditions:
    - Very useful in left-sided stones where patient experiences pain radiating to the ureter, bladder, and urethra and down to the thighs.
    - Burning sensation with urination
    - Slightly red or green urine with mucus (increased consistency of urine)
    - Increase in pain with any kind of physical movement
    - Soreness in the lumbar region of the kidneys
2. Cantharis is suitable for the following conditions:
    - Paroxysms of renal colic with cutting and stabbing pains
    - Severe pain before and after urination in the urethral area
    - Constant urge to urinate, but very little flow
    - No relief even after sitting and straining
    - Bloody urine (slightly pinkish tinge), if there is damage to internal structures
    - Sharp tearing pain when this damage happens
    - Thirst and aversion to all fluids
3. Lycopodium is one of the most reliable homeopathic medicines for right-sided kidney stones.
    - Works better for right-sided stones, where it dissolves them completely
    - Severe backache experienced by the affected person prior to passing urine, which reduces after urination
    - Great urge to urinate, even at night
    - Presence of sediments (red or yellow) in the urine
    - Abdominal bloating with distention along with right-sided kidney pain
4. Hydrangea, also referred to as the stone breaker, reduces chances of recurrence of kidney stones in the following conditions:
    - Right-sided pain
    - Blood-tinged urine
    - Increased frequency of urination
    - Lots of white sediments in the urine

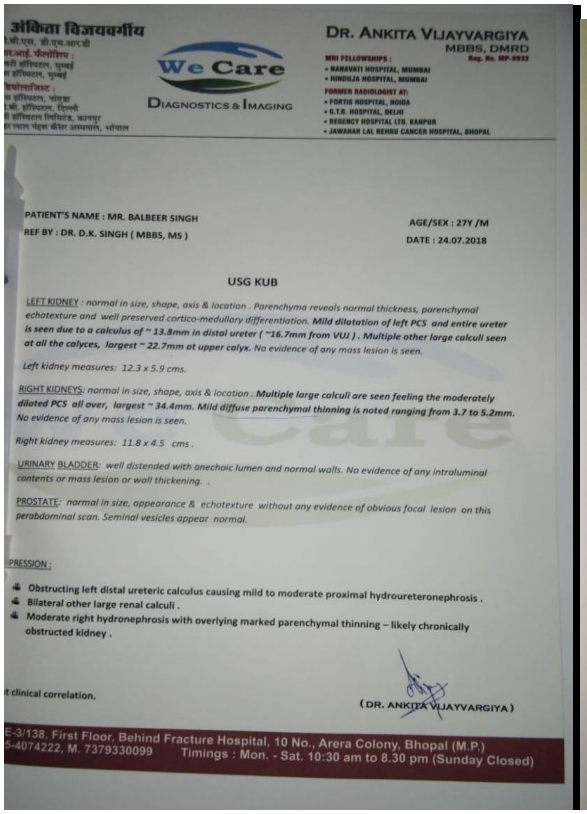
    If you wish to discuss about any specific problem, you can consult a neurologist.

Conclusion:

Homoeopathy not only treat the physical complaints but treats the patient holistically and as a whole. It resolves the mental trauma due to the physical complaints which master Hahnemann differentiated as somato-psychic disorders. Homoeopathy has its bang on results in the renal diseases and can be treated as speedily as treated by other schools of medicines and in more gentle way with humanistic approach.

Homeopathy is a very safe and gentle mode of therapy, which aims at stimulating the patient's immune system so it can clear out the infection on its own. These medicines are prepared from natural sources and are hence devoid of side effects and suitable for all age groups. Homeopathic medicines help control fungal growth, reduce the inflammation, redness and itching and help restore normal healthy skin. They also prevent future recurrences of the condition.

Kidney stones are highly likely to be recurrent. A number of factors contribute to their formation. Homeopathy aims at treating the whole body and not just dissolving the stones. It offers various remedies, which ensure the stones are completely dissolved and also prevent recurrence.



DR. ANKITA VIJAYVARGIYA
MBBS, DMRD

We Care
DIAGNOSTICS & IMAGING

PATIENT'S NAME : MR. BALBEER SINGH
AGE/SEX : 27Y /M
REF BY : DR. D.K. SINGH (MBBS, MS)
DATE : 24.07.2018

USG KUB

LEFT KIDNEY : normal in size, shape, axis & location . Parenchyma reveals normal thickness, parenchymal echotexture and well preserved cortico-medullary differentiation. Mild dilatation of left PCS and entire ureter is seen due to a calculus of ~ 13.8mm in distal ureter (~16.7mm from VUJ) . Multiple other large calculi seen at all the calyces, largest ~ 22.7mm at upper calyx. No evidence of any mass lesion is seen.

Left kidney measures: 12.3 x 5.9 cms.

RIGHT KIDNEYS: normal in size, shape, axis & location . Multiple large calculi are seen feeling the moderately dilated PCS all over, largest ~ 34.4mm. Mild diffuse parenchymal thinning is noted ranging from 3.7 to 5.2mm. No evidence of any mass lesion is seen.

Right kidney measures: 11.8 x 4.5 cms .

URINARY BLADDER: well distended with anechoic lumen and normal walls. No evidence of any intraluminal contents or mass lesion or wall thickening. .

PROSTATE: normal in size, appearance & echotexture without any evidence of obvious focal lesion on this perabdominal scan. Seminal vesicles appear normal.

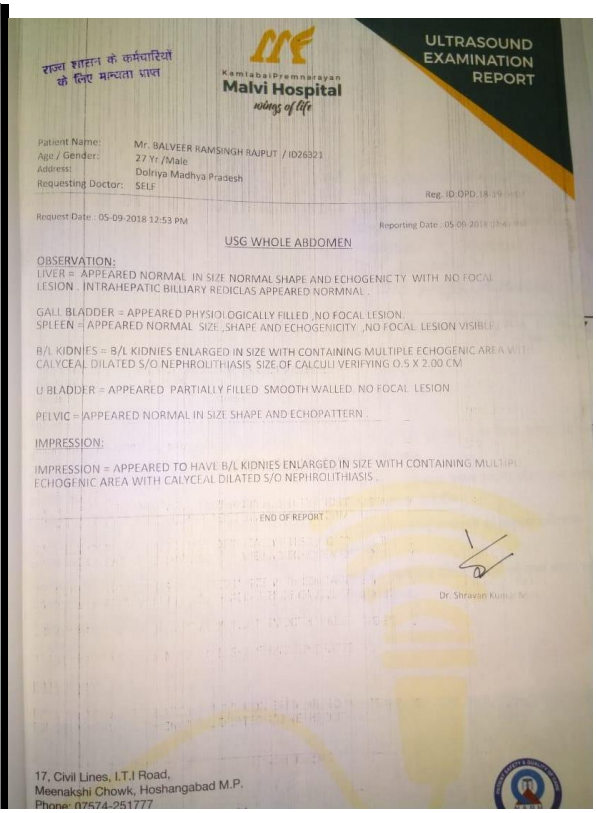
IMPRESSION :

- Obstructing left distal ureteric calculus causing mild to moderate proximal hydroureteronephrosis .
- Bilateral other large renal calculi .
- Moderate right hydronephrosis with overlying marked parenchymal thinning – likely chronically obstructed kidney .

t clinical correlation.

(DR. ANKITA VIJAYVARGIYA)

E-3/138, First Floor, Behind Fracture Hospital, 10 No., Arera Colony, Bhopal (M.P.)
4074222, M. 7379330099 Timings : Mon. - Sat. 10:30 am to 8.30 pm (Sunday Closed)



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Kamlabai Premnarayan Malvi Hospital
wings of life

ULTRASOUND EXAMINATION REPORT

Patient Name: Mr. BALVEER RAMSINGH RAJPUT / ID26321
Age / Gender: 27 Yr. /Male
Address: Doliya Madhya Pradesh
Requesting Doctor: SELF
Reg. ID:OPD.18-19
Request Date : 05-09-2018 12:53 PM
Reporting Date : 05-09-2018

USG WHOLE ABDOMEN

OBSERVATION:
LIVER = APPEARED NORMAL IN SIZE NORMAL SHAPE AND ECHOGENIC TY WITH NO FOCAL LESION . INTRAHEPATIC BILLIARY REDICLAS APPEARED NORMNAL .

GALL BLADDER = APPEARED PHYSIOLOGICALLY FILLED ,NO FOCAL LESION.
SPLEEN = APPEARED NORMAL SIZE ,SHAPE AND ECHOGENICITY ,NO FOCAL LESION VISIBLE

B/L KIDNIES = B/L KIDNIES ENLARGED IN SIZE WITH CONTAINING MULTIPLE ECHOGENIC AREA WITH CALYCEAL DILATED S/O NEPHROLITHIASIS SIZE OF CALCULI VERIFYING 0.5 X 2.00 CM

U BLADDER = APPEARED PARTIALLY FILLED SMOOTH WALLED NO FOCAL LESION

PELVIC = APPEARED NORMAL IN SIZE SHAPE AND ECHOPATTERN

IMPRESSION:

IMPRESSION = APPEARED TO HAVE B/L KIDNIES ENLARGED IN SIZE WITH CONTAINING MULTIPL ECHOGENIC AREA WITH CALYCEAL DILATED S/O NEPHROLITHIASIS .

END OF REPORT

Dr. Shravan Kum

17, Civil Lines, I.T.I Road,
Meenakshi Chowk, Hoshangabad M.P.
Phone: 07574-251777

1st VISIT **2nd VISIT**

Follow Up of Case

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