



Emotional turmoil and mental stress of kidney stones and enhances public health burden

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ABSTRACT:

Health is one of the most essential and most important factors of human life. At times, we cannot really pay price for good health. These days, we come across many people who have been and are experiencing kidney stones, and as a result, they experience excruciating pain. It is really hard to delineate about the pain when one experiences kidney stones. It is very difficult, indeed to even sit or take any comfortable posture while experiencing or going through such situation. Kidney stones are crystallized foreign bodies, soft to touch, and are formed in the urinary tract or in the kidneys. The shape of kidney stones is always crystallized and we can easily crush them into soft mud when they are outside of human body. These tiny objects are foreign objects that generate severe pain and discomfort, and in simple terms, human body does not accept any foreign elements or objects entering into physical body or being formed in the body. It immediately reacts through the channel of pain, which is excruciating.

Kidney stones are basically calcium oxalates deposits and are present in most of the adult population in the world today. These crystallized deposits keep forming again and again. One of the puzzling questions can be as to why these stones keep forming only within the kidneys. Human body is a complex machine. On a daily basis, we ingest and consume some quantity of food and liquids. The human body is at work and starts the process of digestion, then, the food is broken into small particles and into bits and pieces into almost liquid form. It then transfers to different organs and next, some of the solid mass is converted into energy, some into blood and so on. The remaining food material, which is not necessary or needed for the body is then considered waste, and thus, is thrown out of the body in the form of liquidation or feces. This is basically the function of human body, and during this process, one must take care to drink plenty of liquids in order for the flushing system to drive away waste material out of the body. In other words, one must maintain good hydration levels in order to avoid these waste materials to remain within the system. Stone formation is like, for example, one wishes to drink Horlicks or chocolate drink, then, he or she takes a hot cup of milk and mixes coco powder, and if he fails to mix the powder well, then, that powder turns into tiny stone deposits and will remain in the milk. In other words, the chocolate drink is not prepared well. Equivalently, one must not give scope for the mineral deposits to be formed, and thus, one can save oneself from these kidney stones. The objective and purpose of my study is to showcase that it is possible to treat and eliminate kidney stones naturally with the use of natural methods.

Keywords: kidney calculi, excruciating pain, emotional imbalance, epidemiology, hydration, crystallized stones, calcium oxalates deposits.

Introduction: Development of kidney stone is not a serious clinical issue, and at the same time, treatment is one of the essential factors that one must always consider. Of late, the types of kidney stones are, calcium oxalate stones, calcium phosphate stones, struvite stones, uric acid stones, and cystine stones. Since the evolution of technology and advances in medicine, we have so much information about diagnosis and treatment of every disease and clinical condition. As far as we know, history speaks about knowledge of kidney stones disease, it goes back to the Ancient Egyptians and Mesopotamia. Today, with the advancement of so much research in medicine, we have so many sources available to us to treat every grave and small illness that a person experiences. These days, usually, whenever a person experiences, he or she usually gets panic and immediately approaches a clinician, which is of course a good thought. Here, the point is, whenever anyone detects or unable to detect or gets diagnosed at the hospital with kidney stones, one should never get worried about it because, it is not a serious issue or threat at all in spite of the fact that it generates severe pain and would cause anxiety and depression. The clinicians usually suggest surgery to be operated for kidney stones, which is of course, very easy and invasive approach. It is always advisable to try conservative method, give it a time and have patience, and things can get better, and if this does not work, then, one can opt for invasive method of treatment. The breakthrough of treatment of kidney stone occurred in 1980, with the discovery of first extracorporeal shock wave machine, in which the stone management was observed.

Statistical analysis and evidences: Kidney stones are dangerous and can lead to chronic kidney disease. The development of chronic kidney disease can in fact lead to increased risk of heart diseases. The food that we eat in India is a major contributing factor for kidney stone formation. The balanced diet is very important for everyone for overall good health and the lack of equilibrium can contribute to number of comorbidities and major contributing and lead cause, I believe is the food intake and the kind of diet that we take, especially depending on the area. Kidney disease has correlation between genetic predisposition and calcium-based food intake among the general population. The introduction of packed foods processed foods have become fast paced, and generally speaking, lack proper nutrition.

Drug-induced kidney stone disease is a habitual factor in clinical medicine and this clinical condition is very common and it is as high as 60 percent. This sort of clinical condition can be very expensive and recommends multiple clinical interventions including that of hospitalization

Kidney stones have haunting mankind throughout human history, the first such problem could have been discovered, way back dates back to Egyptian mummies, perhaps 7000 years back. In the present world, the kidney stones do exist and continue to torture human beings with the same sort of pain and emotional turmoil, and almost 5% to 10% of patients who suffer with these symptoms do require serious hospitalization and clinical advice.

Causes of kidney stones: There is no definite cause for formation of kidney stones, however, some influencing factors do exist. Oftentimes, the urine becomes concentrated and minerals get crystallized and become kidney stones. Recent studies have revealed that there is an element of genetics that is involved as one of the cause and factors for developing kidney stones. Genetic studies have disclosed prominent roles in the development of kidney stones and some of those factors are transporters and channels, ions, protons and amino acids, the calcium-sensing receptor, (a G protein-coupled receptor) gesturing avenues for vitamin D, oxalate, cysteine, purines and uric acid. Some studies have proved that some individuals are easily prone to develop stones than individuals who do not have family history of kidney stones or kidney disease. Obesity due to lack of physical exertion and excessive body weight is also another root cause for the formation of kidney stones. Keeping and maintaining a healthy weight is very important and essential for good health.

Lifestyle is another important factor, which acts as a main cause of kidney stones. In short, lifestyle is self administered and leading cause of kidney stones. As per my personal survey, I have come across number of people who have been working in sedentary jobs, and developed and been suffering with kidney stones formation. Praveen, one of the employee at call center, my colleague, he used to spend nearly 10 hours a day sitting in his chair, without much breaks. He does not even eat in time or drink sufficient fluids, which results in dehydration. In simple words, how does his body get sufficient fluids to flush away unnecessary minerals, and as a result, he has developed kidney stones number of times. These days, people have got acclimatized to fast food and soft drinks, which no doubt is dangerous to human body. The fast food is so delicious, but it is poison that people keep ingesting into the body. Soft drinks are most dangerous fluids because they contain too much of calcium contents and by consuming and drinking heavily also causes the human body to suffer and is the most important factor for development of kidney stones.

Discussion and method of treatment: Nature always gives best medicine and remedies in the form of medicinal herbs for all ailments and diseases that people suffer. Plants and herbs have been always used since ages in the ancient times and even at present, many prefer to use herbs for therapeutic use. World Health Organization confirmed that herbals and medicinal plants have been beneficial and have greater healing elements and cure and playing a great role in almost 80% of the general population and the most advantageous factors are they do not have side effects and are very effective, less expensive and are freely available in Nature. Knotgrass is one of the natural plant that grows like weed grass in almost every place and it helps greatly in crushing the kidney stones. People can eat these plants as they are and they even help in the treatment of diabetes also. This knotgrass is also called as a miracle grass. I have used this knotgrass when I developed kidney stones for the first time and it has given me miraculous results.

In order to flush out kidney stones, there is a very simple trick one must follow and dissolving stone is not that difficult these days. Considering the size of the kidney stone, perhaps up to 9 mm, which I have experienced personally, and depending on clinical situation and mental state, one can administer and follow treatment accordingly. I have had experienced kidney stones many times in my life. I had a very tough time facing this clinical situation for the first time, but later, after much research, I developed my own technique in eliminating and flushing out these stones. Once diagnosed and made sure that this is a kidney stone or stones, as per the scanning and advice from the clinician, pick up the medicines from the drug store, take the dissolving liquids and pain killers, which is very much essential to take whenever one experiences severe pain. Now, here is the thing, get lemon from the market, and on a daily basis, squeeze lemon and drink at least one small tea cup of raw lemon early in the morning. The raw lemon juice does taste bitter, but it is very much essential that one must drink this liquid every day first thing in the morning hours as soon as you wake up because lemon juice contains citric acid, naturally occurring acid found in the lemon juice and it helps in breaking the stones into small pieces. Later on, during the day, must keep oneself hydrated continuously with plenty of butter milk, diluted lemon water, coconut water and plenty of other think liquids than people who does not have kidney stones. One must follow this menu on a daily basis until the stone is broken and flushed out automatically. Here, one caution, when it comes psychological factors, one must have strong mind that things will be alright soon and whenever one experiences severe pain, have pain killers prescribed by the clinician. One must continue this process for at least one to two weeks, and maximum within one month, the stone will be flushed by breaking itself into pieces. The stones will become crushed and will be dissolved through the flow of urine, and if the stones are tiny, one cannot really know or identify that the stone has passed, and sometimes, one experiences the presence of stone in the urinary tract and it is indefinitely excruciating pain, and when that happens, one must drink plenty of fluids and hold the urine stream until bladder is full, and then, release the stream. Thus, with a few attempts of forceful stream, the stone will be flushed out with ease.

Key points and findings:

Having kidney stones causes and generates great amount of psychological stress and one must develop mental strength.

People with family history of kidney stones are more prone to develop kidney stones faster than normal people who do not have family history of kidney stones.

Greatest benefits of knotgrass plant in eliminating and flushing out the kidney stones.

The vital role that the lemon juice has to play in flushing out the kidney stones.

Conclusion: Having said that we have so many developments in medical science and we have number of medicines available at the drug store and pharmacy. In spite of all these efforts by doctors and medical scientists, people do suffer so much due to kidney stones, and the main reason for this is basically lack of knowledge and ignorance about these symptoms and people get scared and willing to shell out any amount of money to get the treatment. In layman's terms, with the advancement of Internet and better network that we have in the world today, one must be ready to gain better understanding of the clinical condition first rather than getting panic and afraid of the situation.

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