



UTILITY OF HOMOEOPATHY IN NEPHROTIC SYNDROME

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Abstract: Nephrotic syndrome is clinically identified by exorbitant proteinuria along with other noticeable changes such as hypoalbuminaemia, oedema and hyperlipidemia etc. It is mainly pediatric group morbidity but ratio of cases in other age and sex can also be seen. Generally the well-known treatment for nephrotic syndrome has diuretics in it but in Homoeopathy the treatment is not based on the disease only but on the characteristic symptoms of the patient. Homoeopathy treats the patient as a whole and not the disease only. In this article we have discussed the details about nephrotic syndrome and role of homoeopathy in treating it.

Keywords: Nephrotic Syndrome, Homoeopathy, Kidney disease, *Apocynum*, Proteinuria.

I. INTRODUCTION ^[1,2,3]

Nephrotic syndrome is a syndrome characterized by excessive proteinuria (more than 3.5g per 24 hours) which causes hypoalbuminaemia (less than 30g/L) which leads to hyperlipidemia, oedema, and other problems. It can be seen at any age or in any sex and race but it is more common in children. It is caused by impairment in glomerular permeability, which may be related to congenital infections, diabetes, systemic lupus erythematosus, neoplasia, or particular drug use or be primary with a kidney-specific disease. Müller coined the term "nephrosis" to describe degenerative kidney lesions that predominantly impacted the renal tubules. But inflammatory kidney disorders can also lead to the nephrotic condition.

The glomerulus is impacted by all of the illnesses that produce nephrotic syndrome, whether directly by harming podocytes or through indirect damage by scarring or the deposition of foreign material like amyloid into the glomerulus. The histological proof of cell proliferation in glomerulus can be seen. Membranous nephropathy and focal segmental glomerulosclerosis are the most prevalent histologic subtypes of primary Nephrotic Syndrome in adults, and these conditions account for the majority of cases of Nephrotic Syndrome that are idiopathic or primary. Venous thrombosis and hyperlipidemia are significant Nephrotic Syndrome complications, and infection and acute kidney injury are additional potential complications. Although relatively rare, the underlying medical condition can lead to spontaneous acute kidney injury from Nephrotic Syndrome.

II. PATHOPHYSIOLOGY ^[2,3]

The kidneys' glomerulus is where blood is filtered before flowing into the nephron from capillaries with other chemicals. The glomerular filtration barrier (GFB), a membrane that limits the passage of serum proteins by size and charge, protects this process. Proteinuria in Nephrotic Syndrome is brought on by damage to the GFB, which alters its charge- or size-selective characteristics and increases permeability to serum proteins. Any one type of NS may exhibit one or more alterations, such as harm to the podocytes,

capillary endothelial cells, and disturbance of the GBM function.

III. ETIOLOGY^[1,2]

There can be three possible causes of Nephrotic syndrome:

Table 1(Causes of Nephrotic syndrome)

Primary or Idiopathic Cause	Secondary Cause	Genetic Cause
1.Minimal Change Disease (Most Common) 2. Mesangial Proliferation 3.Focal Segmental Glomerulonephrosis (More Common in Adults) 4.Membranous Nephropathy 5.Membranous Proliferative Glomerulonephritis	1. Glomerulonephritis 2. Infectious- Hepatitis, HIV, Syphilis, Malaria etc. 3. Immunological- Castleman's Disease, Kimura Disease, Food allergens. 4. Neoplastic- Lymphoma, Leukemia. 5. Drug Induced- NSAIDs, Mercury, Lithium, Penicillin etc.	1. Focal Segmental Glomerulonephrosis 2. Diffuse Mesangial Sclerosis 3. Nail-Patella Syndrome 4. Alport Syndrome.

IV. CLINICAL FEATURES^[1,2]

1. Gradual swelling of whole body starting from the face.
2. Oliguria (low urine output).
3. Breathlessness due to hydrothorax, ascites, pulmonary infection and oedema may be seen.
4. Abdominal discomfort and tightness may develop due to ascites and parietal oedema.
5. Anorexia, Nausea, Vomiting due to oedema of GI tract and ascites present.
6. Weakness and susceptibility to infection are very common.

V. SIGNS^[1,2]

1. All ages both sexes.
2. Puffiness on face is present on face.
3. Boggy eyelids.
4. Anaemia – mild to moderate.
5. Pitting oedema present.
6. External genitalia swollen.
7. Kidneys are not palpable due to ascites and oedema.
8. On auscultation-breath sound is poor and particularly at lung bases moist sounds may be audible.

VI. INVESTIGATIONS^[1,2,3]

1. Urine examinations: urine may be normal or less colour - straw yellow
specific gravity- more or less normal
albumin coagulates on boiling (in average cases 3 to 15 g. of protein is eliminated through urine in 24 hours).
2. Blood Chemistry: Urea and NPN levels are normal unless and until there is underlying cause. Total protein level is less than 6% and albumin level is less than 3% Serum cholesterol is raised above 200%
3. Renal biopsy: Done when there are no contraindications exists.

VII. COMPLICATIONS ^[1,2]

1. Renal failure
2. Secondary infections
3. Atherosclerosis
4. Hypotension
5. Cerebral and pulmonary oedema

VIII. DIFFERENTIAL DIAGNOSIS ^[2,3]

1. Type 1 nephritis: fever, tonsillar pain and infection.
2. Severe anemia
3. Chronic malnutrition: anemia and features of avitaminosis are present; severe protein leak in urine is absent.
4. K.W syndrome: history of long standing diabetes (type 2) is present, neuropathy and retinopathy may also be present.
5. Drug induced nephrotic syndrome: e.g. like ACE inhibitors, penicillamine, heroine and others

IX. MANAGEMENT ^[1,2]

1. To prevent protein loss and to increase protein level or colloidal osmotic tension of blood.
2. Removal of oedema fluid particularly in lower limbs.
3. Salt free protein transfusion or human salt free albumin transfusion may be given.
4. Polyvitamins, iron, irradiation of septic focus by use of antibiotics may also be done.

X. HOMEOPATHIC TREATMENT FOR NEPHROTIC SYNDROME ^[4]

Homeopathy is the most scientific and comprehensive means of Treatment for Nephrotic Syndrome. Homeopathic treatment for Nephrotic Syndrome offers a safer approach to heal the disease as compared to the conventional use of immunosuppressant and corticosteroids. Homeopathic treatment for Nephrotic Syndrome helps to boost the immune system so that the kidneys can work towards regaining normal functioning in the most natural and chemical-free way. Treating the cause is the key to better and long-lasting relief. Homeopathic treatment for Nephrotic Syndrome focuses on the overall health of the individual and so it also has positive effects on any other underlying disease that may be adding to kidney damage.

Duration of treatment varies from patient to patient. It depends upon the severity of the disease. It also depends upon the factors such as:

1. Immune system
2. Other medical conditions
3. General overall health
4. Duration of Nephrotic Syndrome
5. Cause of Nephrotic Syndrome

The homeopathic medicines are selected after full examination and case-analysis, which includes the medical history of the patient, physical and mental constitution etc. A miasmatic tendency (predisposition/susceptibility) is also often taken into account for the treatment of chronic conditions. The medicines given below indicate the therapeutic affinity but this is not a complete and definite guide to the treatment of this condition. The symptoms listed against each medicine may not be directly related to this disease because in homeopathy general symptoms and constitutional indications are also taken into account for selecting a remedy.

Some medicines in homeopathy that works well to treat nephrotic syndrome are *Apis Mellifica*, *Apocynum Cannabinum*, *Arsenic Album*, *Natrum sulphuricum*, *Terebinthina*, *Eel serum*, and *Mercurius solubilis* etc. ^[5,6,7]

- **Apis Mellifica** is a well indicated homeopathic medicine for nephrotic syndrome. The symptoms for using Apis Mellifica are puffiness under the eyes and swelling of the feet. The swelling in the feet may worsen on walking. The feet feel tight and tense with swelling. Edematous swelling may also occur on the face. There is burning or heat in the face along with swelling. The urine is frothy or milky in appearance. Fetid odor in urine is also noted and there is a frequent urge to pass urine. Albuminuria and pain around the kidney are also present. Another characteristic feature is the absence of thirst.
- **Apocynum Cannabinum** is yet another very effective homeopathic medicine for nephrotic syndrome. Use of Apocynum is considered when there is dropsy accompanied by a great thirst for water. It works well for ascites, hydrothorax, and anasarca. An important accompanying feature is the diminished frequency of the pulse. There is less urine than usual, and it is turbid and hot. Nausea, excessive vomiting, and drowsiness are other features.
- For using **Arsenic Album**, the indication is edematous swelling mainly on the face and abdomen. There is ascites along with a hard and bloated stomach. Urine is turbid and may burn while passing. Another accompanying symptom is an extreme lack of strength, weakness, and fatigue from the slightest exertion. The patient may also faint due to the weakness. Another major feature is a lot of anxiety and restlessness. These complaints are accompanied by a thirst for small quantities of water at short intervals.
- **Terebinthina** is another important homeopathic medicine for nephrotic syndrome. It works well for acute albuminuria in the early stages. Urine is rich in albuminuria and is cloudy and smoky. Tenesmus of bladder, scanty urine or suppression of urine are other features. There may be ascites consequent to albuminuria. There is a burning, drawing pain around the kidney. Drowsiness is another prominent feature.
- **Eel serum** is prepared from the serum of the eel fish and is one of the best nephrotic syndrome homeopathic medicines it is one of the most renowned remedies in homeopathic treatment for Nephrotic Syndrome, wherein the affected individual suffers from either absence of urine or very scanty urine, as well as albuminuria. Whenever the kidney is acutely affected and the patient presents with oliguria, anuria and albuminuria, this remedy effectively establishes diuresis and rapidly arrests albuminuria. It is one of the specific remedies for nephritis.
- **Merc sol** for nephrotic syndrome corresponds to the large white kidney. There is albuminous, scanty and red urine, Pale waxen color of the body. There are lumbar pains, great dyspnea and excessive burning in urination. It takes the first rank among all the mercurials for nephritis, and it comes in the later stages. There is an expression of uneasiness on the face. [5,6,7]

XI. ROLE OF REPERTORY IN NEPHROTIC SYNDROME [8]

FROTHY, URINE: 1Acon, **3All-c**, 1Allox, **2Apis**, 1Arn, 1Ars, 1Ars-h, 1Aur, 1Bamb-a, **2Berb**, 1Carb-v, 1Cean, **3Chel**, 1Chen-a, **2Chin**, 1Chin-s, 1Chion, 1Clem, 1Con, 1Cop, 1Croto-t, 1Cub, 1Glon, 1Guat, 1Hyosin, 1Hyper, 1Iris, 1Jatr, 1Kali-c, 1Lac-ac, **3Lach**, 1Laur, 1Lith-c, **3Lyc**, 1Merc, 1Myric, 1Nat-m, **2Nat-s**, 1Op, **2Pareir**, **2Phos**, 1Puls, 1Raph, 1Rhus-t, 1Sars, **3Sel**, **3Seneg**, **3Spong**, 1Squil, 1Still, 1Syph, 1Thuj, 1Verat-v, 1Ysohim

EDEMA, DROPSY, FROM KIDNEY DISEASE: 1Ampe-qu, 1Ant-t, **3Apis**, **2Apoc**, **2Arg-n**, **2Ars**, **2Asc-c**, 1Aspar, 1Aur, **2Aur-m**, **2Bry**, **2Calc-p**, **2Chim**, 1Coc-c, **3Colch**, 1Coloc, 1Crot-h, **2Dig**, 1Digin, **2Dulc**, 1Eup-pur, **2Hell**, 1Helon, 1Lac-d, 1Liat, **2Lyc**, **2Merc**, **2Merc-c**, 1Merc-d, **2Nat-m**, 1Nit-ac, 1Phos, 1Pib, **2Prun**, 1Rauw, **2Sal-ac**, **2Senec**, **2Solid**, **3Ter**, 1Ur-ac

INFLAMMATION, KIDNEYS, Albuminuria: 1Apis, **2Coch**, **2Crot-h**

BLEEDING, Hematuria, chronic: 1Petr, 1Phos

XII. CONCLUSION

Homoeopathy is a gentle yet reliable method of treatment. It is based on the holistic approach of patient and we believe that Homoeopathy does not treat disease but the person. Nephrotic syndrome can be treated by homoeopathy in a very promising way. It is very marked in children and the specific sign we can notice is oedema on face. In adults it has shown some other clinical manifestations like proteinuria, Hypoalbuminemia and hyperlipidemia along with oedema. In the end we can say that by following the guidelines and principles of our Master Dr. C. F. Samuel Hahnemann we can treat nephrotic syndrome rapidly, gently and permanently.

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