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## Breaking Of Nephrolithiasis By Non-Surgical Aid - Homoeopathic Approach And Medicine: A Review

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### Abstract:

The nephrolithiasis, urolithiasis or renal calculi is the disease of the kidney characterized by formation of crystal solid mass in the Excretory system and represented by bilateral or one sided backache with burning while, before or after micturition and may and may not be with hematuria. Incidence of renal stone are increased day by day as there is change in life style food habit, stress lack of exercise, water intake etc. Homoeopathic medicine are highly effective, safe though it is many time surgical aid required at a same time well selected homoeopathic medicine play great role in the symptom and pain relieving found however the size of the stone should consider to select the therapeutic method.

**Key words:** Nephrolithiasis, Homoeopathic approach and homoeopathic therapeutics, indication of homoeopathic medicine.

### Introduction:

The nephrolithiasis is characterized by the accumulation of organic solid substances from highly saturated urine. The hard sediments which are made of inorganic chemical substances and salts that form crystals inside the kidneys. It can develop because of high concentration of calcium, uric acid, minerals and salt. The causes of kidney stones may vary according to the particular type of stones. The renal stone increases the risk of development of chronic kidney disease, end stage renal disease, cardiovascular disease, diabetes, hyperthyroidism etc.

**Types of renal stone:** Type of stone are depend upon the formation and appearance of the stone.



Calcium stone



uric acid stone



stuvite stone



Cysteine stone

TYPE OF STONE	CALCIUM OXALATE STONES:	URIC ACID STONE:	PHOSPHATE STONE:	CYSTINE STONES:
INCIDENCE	85% cases of all renal stones.	5-10% of all the stones	Rare Female >male	2% of all the kidney stones.
SIZE AND SHAPE	small and ovoid shape	Smooth and yellowish brown in colour.	Struvite stone.	Small, rounded and smooth and multiple.
OTHER	Radiopaque	Radiolucent property. Common in those who eat red meat.	Occurs usually as magnesium ammonium phosphate called struvite	Cystinuria occurs in young girls at puberty.

**Predisposing factors include** Low Fluid intake, Low urine volumes, Diet with high protein, high sodium and low calcium, High sodium excretion, High oxalate excretion, High citrate excretion etc.

**Acquired cause include** Hypocalcaemia of any cause, renal tubular acidosis type-I, Ileal disease or Resection etc.

**Congenital and Inherited causes include** Familial Hypercalciuria, Medullary sponge kidney, Cystinuria, Renal tubular acidosis type-I, Primary Hyperoxaluria

#### **Mechanism of stone formation:**

It is a complex biochemical process which involves physicochemical changes and super saturation of urine. The urine contains high concentration of the organic substance which leads to precipitation and forms crystalline concretions. These constituents accumulate in the renal pelvis or calyces and form the renal stone. This mechanism produces further sign and symptoms of renal stone.

#### **Clinical presentation of renal stone:**

Acute ureteric colic pain which is bilateral or one sided backache with or without hematuria and or acute urinary retention.

In many cases it is Asymptomatic firstly. Gradually may have symptoms of renal colic pain that is presented by pain in abdomen, groin or flank .Ureteric colic, Hematuria, Recurrent Urinary tract infections, Pallor, Sweating, Often vomiting.

**Investigations:** To rule out the cause, diagnosis and treatment plan few investigation are must be done which are as follow with their probable indication.

- **Blood urea and creatinine** levels for investigation of renal failure
- **Plain abdominal x-ray** for location number and size of stone
- **Non-contrast CT KUB-** To obtain images from different angles of the urinary system and surrounding structures.
- **Ultrasound-** To make images of the kidneys, ureters, and bladder.
- **Intravenous urogram** –To understand the renal function and obstruction.
- **Analysis of retrieved stone-** To find out what a kidney stone is made of.
- **Urine culture-** To check for bacteria or other germs in a urine sample.

**Complications:**

- Calculous hydronephrosis
  - urosepsis
  - Calculous pyonephrosis
  - Renal failure
  - Abscess
  - Squamous cell carcinoma
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- **Management:** In general management on the basis of symptom severity following aid is used to treat the renal stone.
  - Forced diuresis (flow of urine causes excretion of stone)
  - Analgesics and antiemetic for renal colic
  - Antibiotics to prevent infection
  - If stone do not pass through urinary tract may need to remove surgically (percutaneous nephrolithotomy)
  - Flush therapy to flush out the fragments of stone

- **Prevention for the patients with risk factors:**

As **prevention is better than cure** some life style, food water and routine habit will help in prevention in the formation of renal stone.

- Proper management of diet and medication
  - Increase water intake and maintain urine output
  - Fluid management: 1.5 L/day
  - Restriction if animal protein
  - Increase intake of food like rice, grapes, apple, cauliflower etc.
  - Avoid the food which contains high oxalate like spinach, beets, sweet potatoes etc.
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- **Homoeopathic approach:** Homoeopathy is based on cardinal principle of homoeopathy and nature's law of cure that is *similia similibus curentur*. Homoeopathy is most rational science with highly effective, scientific, safe, logical method of medicine. By the case taking which is systemic collection of sign and symptom which is followed by the formation of totality of symptom and formation of list of medicine by symptom similarity and with regard of susceptibility of patient, potency and the repetition of doses will be selected.

**Homoeopathic therapeutics:**

Most commonly used medicine for the renal stone are *Berberis vulgaris*, *Lycopodium clavatum*, *Hydrangea arborescens*, *cantharis vesicatora*, *sarsaparilla officinalis* etc.

**1. Berberis vulgaris:**

- *Berberis Vulgaris* is one of the top listed medicines for kidney stones formed on the left side.
- Rapid change of symptoms-pains change in regard to place and character-thirst alternates with thirstlessness, hunger, and loss of appetite, etc.
- Pain in region of kidneys is most marked; hence its use in renal and vesical troubles, gall-stones, and vesical catarrh.
- It causes inflammation of kidneys with hematuria. Pains may be felt all over body, emanating from small of back. It has also marked action on the liver, promoting the flow of bile. Often called for in arthritic affections with urinary disturbances.

- Wandering, radiating pains.
- All Berberis pains radiate, are not worse by pressure, but worse in various attitudes, especially standing and active exercise.
- Burning pains. Sensation as if some urine remained after urinating.
- Urine with thick mucus and bright-red, mealy sediment. Bubbling, sore sensation in kidneys. Pain in bladder region. Pain in the thighs and loins on urinating.
- Frequent urination; urethra burns when not urinating.
- **Modalities.**--Worse, motion, standing. It brings on, or increases, urinary complaints.

## 2. **cantharis vesicatoria:**

- Cantharis Vesicatoria is of great help in kidney stones where there is intense burning on passing urine.
- This powerful drug produces a furious disturbance in the animal economy, attacking the urinary and sexual organs especially, perverting their function, and setting up violent inflammations, and causing a frenzied delirium, simulating hydrophobia symptoms.
- Intolerable, constant urging to urinate is most characteristic.
- The inflammations cantharis produces (bladder, kidneys, ovaries, meninges, pleuritic and pericardial membranes) are usually associated with bladder irritation.
- Intolerable urging and tenesmus.
- Nephritis with bloody urine.
- Violent paroxysms of cutting and burning in whole renal region, with painful urging to urinate; bloody urine, by drops.
- Intolerable tenesmus; cutting before, during, and after urine. Urine scalds him, and is passed drop by drop. Constant desire to urinate.
- Membranous scales looking like bran in water.
- Urine jelly-like, shreddy.
- **Modalities.**--Worse, from touch, or approach, urinating, drinking cold water or coffee. Better, rubbing.

## 3. **Hydrangea arborescens:**

- Hydrangea Arborescens is popularly known as the stone breaker..
- A remedy for gravel, profuse deposit of white amorphous salts in urine. Calculus, renal colic, bloody urine.
- Acts on ureter.
- Burning in urethra and frequent desire.
- Urine hard to start. Heavy deposit of mucus. Sharp pain in loins, especially left. Great thirst, with abdominal symptoms and enlarged prostate.
- Gravelly deposits. Spasmodic stricture. Profuse deposit of white amorphous salts.

## 4. **Lycopodium clavatum:**

- In nearly all cases where Lycopodium is the remedy, some evidence of urinary or digestive disturbance will be found. Corresponds to Grauvogel's carbo-nitrogenoid constitution, the non-eliminative lithæmic. Lycopodium is adapted more especially to ailments gradually developing, functional power weakening, with failures of the digestive powers, where the function of the liver is seriously disturbed.
- Mild temperaments of lymphatic constitution, with catarrhal tendencies; older persons, where the skin shows yellowish spots, earthy complexion, uric acid diathesis, etc;
- Symptoms characteristically run from right to left, acts especially on right side of body, and are worse from about 4 to 8 pm. In kidney affections, red sand in urine, backache, in renal region; worse before urination. Intolerant of cold drinks; craves everything warm.
- Pain in back before urinating; ceases after flow; slow in coming, must strain. Retention. Polyuria during the night. Heavy red sediment. Child cries before urinating.

**Modalities.**--Worse, right side, from right to left, from above downward, 4 to 8 pm; from heat or warm room, hot air, bed. Warm applications, except throat and stomach which are better from warm drinks. Better, by motion, after midnight, from warm food and drink, on getting cold, from being uncovered.

#### 5. sarsaparilla officinalis:

- Sarsaparilla Officinalis is the medicine that you can count on in case of kidney stones with excessive burning at the close of urination.
- Urine scanty, slimy, flaky, sandy, bloody.
- Gravel.
- Renal colic. Severe pain at conclusion of urination.
- Urine dribbles while sitting.
- Bladder distended and tender.
- Child screams before and while passing urine.
- Sand on diaper. Renal colic and dysuria in infants.
- Pain from right kidney downward.
- Tenesmus of bladder; urine passes in thin, feeble stream. Pain at meatus.
- **Modalities:** Worse, dampness at night, after urinating, when yawning, in spring, before menses.

**CONCLUSION:** well selected Homoeopathic medicine not only cure the disease but it also prevent the recurrence of the disease.

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