The Impact of Homoeopathic Treatment in Renal Stone

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ABSTRACT

In controlling renal calculi, this case study demonstrates the effectiveness of customized homeopathic treatment. The remedy Lycopodium Clavatum was carefully chosen by the tenets of the Organon of Medicine through comprehensive repertorization and materia medica analysis. Lycopodium Clavatum 30 CH was prescribed as a result of the emphasis placed on important mental generals while choosing a medication. The patient’s condition improved noticeably, demonstrating the need for a comprehensive symptom assessment and individualized homeopathic treatment for renal calculi. By highlighting the value of taking the patient’s mental state into account when choosing a remedy, this example highlights the potential of homoeopathy as a supplemental treatment for urological diseases.

Keywords: Renal calculi, Homoeopathy, Lycopodium, Renal colic, individualization

INTRODUCTION

Urolithiasis, or the formation of stones in the urinary tract, is becoming more prevalent worldwide. Its occurrence varies depending on geographic location, race, and gender. People in the Middle East and Western countries have a higher lifetime risk of developing urolithiasis (20-25% and 10-15%, respectively), while it is less common in African and Asian populations. Unfortunately, there is a high chance of recurrence after the first episode, with around 50% at 5 years and 70% at 9 years (1). It is more common in males as compared to females. (2) Urolithiasis can be caused by various factors such as poor water quality, a uniform diet, climatic conditions of the area where a person lives (e.g. very hot climate), certain medications, abnormalities of the urinary system, and urethral stricture, hyperparathyroidism, deficiency of vitamins A and D, chronic inflammatory diseases of the urinary system (pyelonephritis, cystitis), and genetic factors (3) Renal stones develop from mineral crystal aggregation in the kidneys, obstructing urinary flow, and leading to pain, inflammation, and potential...
complications like infection and kidney damage. Homoeopathy, a holistic healing system, offers an alternative approach to managing renal stones. This article explores the role of homoeopathy in alleviating symptoms, preventing recurrence, and promoting overall kidney health.

**Types of stone:**
There are mainly, six types of renal stones found as
- Calcium oxalate stones (about 70-80%)
- Calcium phosphate stones (around 5-10%)
- Uric acid stones (approximately 5-10%)
- Struvite stones (around 10-15%)
- Cystine stones (less than 1%)
- Xanthine stones (less than 1%).

**Pathophysiology:**
Nephrolithiasis occurs when urine becomes too concentrated due to factors such as age, gender, diet, and genetics. This can cause kidney structure irregularities, changes in urine flow, metabolic issues, and infections. Oxalate ions trigger lipid signaling in mitochondria, producing free radicals that can cause renal cell necrosis, increase stone formation, and decrease crystallization inhibitors. This activates crystals and leads to their aggregation and retention in the renal tubule, eventually forming osteopontin or concrete stones in chronic cases.

**Clinical features:**
Symptoms of kidney stones include sudden intense pain in the back and side, burning during urination, and dark or red urine. Nausea and vomiting can also occur.

**Investigation (6):**
Medical history and physical examination
Stone history (prior stone events, family history)
Dietary habits
Medication chart
Diagnostic imaging (KUB X-ray, Ultrasound (U/S) of the urinary tract, Intravenous Urography, or Pyelography, CT Abdomen without contrast medium)
Blood analysis (Creatinine, Calcium (ionized calcium and total calcium), Uric acid Urinalysis
Dipstick test: leukocytes, erythrocytes, nitrite, protein, urine pH, specific gravity, Urine culture, 24-hour urine collection test, in case of recurrent stone formation.

**General interventions for kidney stones:**
- To prevent the formation of Calcium stones, it is important to drink plenty of fluids. Additionally, restricting salt and protein intake can help reduce the risk of hypercalciuria, while limiting oxalate intake can decrease the risk of Hyperoxaluria. High urine pH is also a major risk factor for Calcium stone formation.
- For Uric acid stones, protein restriction can reduce the risk of low urine pH and Hyperuricosuria, and fluid intake can prevent low urine volume.
- To prevent Cystine stones, it is recommended to restrict Methionine and salt intake, while increasing fluid intake to prevent low urine volume and restricting protein intake to prevent low urine pH.

**CASE REPORT**
Mr. R. Patel 58 years old Married man Farmer By profession and was deputy council leader of his village.

**Chief Complaints:**
- 58 Yr. old male presented with complaint of stitching Pain in both flank region since last 5months. Pain more in the left flank region. Pain in the flank region extending to the ureter. He had a history of Renal Calculus in the past/s/o USG ABDOMEN report of January 2019.

**Associate complaints:**
- Complain of Itching whole body since last 4-5 year. Itching starts at night, especially after going to bed.
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- **Physical General:**
  - Appetite: Satisfactory
  - Thirst: 12-15 glasses/day
  - Desire: sweet++
  - Aversion: Not specific
  - Bowel: 1T/day satisfactory
  - Urine: 3-4 t/day, 1 t/night
  - Perspiration: Moderate
  - Sleep: sound

- **Mental Symptoms:**
  - He wants to be a leader at the state level but is afraid that his opponent will not achieve that position.
  - He cannot tolerate contradiction and reacts angrily when anyone contradicts him.
  - Often, he is anxious to use wrong words in place of right in talking as well as writing.

- **Menstrual History:**
  - Not applicable

- **Obs. History:**
  - Not applicable

- **Past History:**
  - Typhoid before 5 years ago
  - Renal calculi before 4 years ago.

- **Family History:**
  - Mother – Alive and k/c/o/ Hypertension
  - Father – Died Due to heart attack

- **Physical Examination:**
  - Pulse Rate: 90/ min.
  - Blood pressure: 130/80 mm of hg
  - Temperature: 98.8 f
  - Weight: 75 kg

- **Diagnosis:**
  - Renal & Ureteric Calculi.

- **Totality of symptoms:**
  1. Become Angry from contradiction
  2. Making mistakes writing in words
  3. Making mistakes while talking
  4. Fear of not reach to the political position by others
  5. Easily offended
  6. Cabbage aggravated complaints
  7. Desire for sweet
  8. Stitching pain at flank region
  9. Stitching pain extending to ureter region
  10. Heaviness of abdomen
  11. Distension of abdomen
  12. Abdomen distension ameliorated by passing flatus
  13. Itching at the whole body at night.
  14. Itching aggravated from the warmth of the bed.

**Repertorial Analysis** - Repertorization done with the help of Zomeo Software, Kent Repertory (8)

<table>
<thead>
<tr>
<th>Remedy</th>
<th>Ly</th>
<th>Sulp</th>
<th>Se</th>
<th>Cal</th>
<th>Na</th>
<th>Pu</th>
<th>Nu</th>
<th>Gra</th>
<th>Car</th>
<th>Stap</th>
<th>Si</th>
<th>Cha</th>
<th>Chin</th>
<th>Lac</th>
<th>Th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Totality</td>
<td>52</td>
<td>40</td>
<td>30</td>
<td>30</td>
<td>29</td>
<td>29</td>
<td>29</td>
<td>27</td>
<td>27</td>
<td>26</td>
<td>25</td>
<td>24</td>
<td>23</td>
<td>22</td>
<td>22</td>
</tr>
<tr>
<td>Symptoms Covered</td>
<td>14</td>
<td>12</td>
<td>11</td>
<td>10</td>
<td>11</td>
<td>10</td>
<td>8</td>
<td>10</td>
<td>8</td>
<td>9</td>
<td>9</td>
<td>7</td>
<td>10</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>[Complete] [Mind] Anger: Contradiction, from:</td>
<td>4</td>
<td>3</td>
<td>4</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>3</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>[Complete] [Mind] Mistakes, making: Writing, in: Words:</td>
<td>4</td>
<td>3</td>
<td>4</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>1</td>
<td>1</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>[Complete] [Mind] Fear: Destination, of being unable to reach his:</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>[Complete] [Mind] Offended easily:</td>
<td>4</td>
<td>3</td>
<td>3</td>
<td>4</td>
<td>4</td>
<td>3</td>
<td>3</td>
<td>4</td>
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<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>[Complete] [Generalities] Food and drinks: Cabbage: Agg.:</td>
<td>4</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>3</td>
<td>0</td>
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<td>0</td>
<td>3</td>
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</table>

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nalf Journal of Health Scienc
es and Research (www.ijhsr.org)

Complete

Generalities
Food and drinks:Sweets:Desires:

Complete

Kidneys
Pain:Stitching:

Complete

Kidneys
Pain:Extending:Ureters, along:

Complete

Abdomen
Heaviness as from a load or weight:

Complete

Abdomen
Distension:

Complete

Skin
Itching:Night:

Complete

Skin
Itching:Warmth:Agg.:Bed, of:

Complete

[Skin]Itching:Warmth:Agg.:Bed, of:

Complete

[Abdomen]Distension:

Complete

[Abdomen]Distension:Flatu

Lycopodium clavatum 30CH×4pills×OD× 3 days
Phytum 30CH×4pills×OD× 10 days
Plan of follow-up after 10 days.

Follow up:

<table>
<thead>
<tr>
<th>Date</th>
<th>Complaints</th>
<th>prescription</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/5/19</td>
<td>Improvement in itching of skin. The pain of calculi reduced markedly. Bloating of abdomen relieved.</td>
<td>Phytum 30CH×4pills×BD× 30 days</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sac lac 30CH×4pills×HS× 30 days</td>
</tr>
<tr>
<td>3/6/19</td>
<td>Itching of the whole body increased significantly. Bloating abdomen for last 2-3 days. Flatus increased.</td>
<td>Lycopodium 200×4pills one dose given stat.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Phytum 30CH×4pills×BD× 30 days</td>
</tr>
<tr>
<td>7/6/19</td>
<td>Itching relieved significantly. Abdominal bloating reduced. Feeling better.</td>
<td>Phytum 30CH×4pills×BD× 30 days</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sac lac 30CH×4pills×HS× 30 days</td>
</tr>
<tr>
<td>5/7/19</td>
<td>No any complaints at present. Mild skin itching in between but didn’t needed medicine.</td>
<td>Phytum 30CH×4pills×BD× 30 days</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sac lac 30CH×4pills×HS× 30 days</td>
</tr>
<tr>
<td>4/8/19</td>
<td>Itching relieved completely. No bloating. No renal calculi pain present.</td>
<td>Phytum 30CH×4pills×BD× 30 days</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sac lac 30CH×4pills×HS× 30 days</td>
</tr>
<tr>
<td>16/8/19</td>
<td>Pain in the left flank started suddenly with abdominal heaviness &amp; eructation since evening</td>
<td>Lycopodium 1M×4pills one dose given stat.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Phytum 30CH×4pills×BD× 30 days</td>
</tr>
<tr>
<td>18/8/19</td>
<td>Pain is improved itching relieved</td>
<td>Phytum 30CH×4pills×BD× 30 days</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sac lac 30CH×4pills×HS× 30 days</td>
</tr>
<tr>
<td>14/9/19</td>
<td>No pain. itching relieved</td>
<td>Phytum 30CH×4pills×BD× 30 days</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sac lac 30CH×4pills×HS× 30 days</td>
</tr>
<tr>
<td>28/9/19</td>
<td>Severe pain in right iliac fossa with red-colored urine. Usg abdomen advised</td>
<td>Lycopodium 1M×4pills one dose given stat.</td>
</tr>
<tr>
<td>29/09/19</td>
<td>The pain subsided with mild burning in urine.</td>
<td>Phytum 30CH×4pills×BD× 30 days</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sac lac 30CH×4pills×HS× 30 days</td>
</tr>
<tr>
<td></td>
<td>Advised for plenty of liquids orally... Follow up with usg abdomen KUB after 2 weeks.</td>
<td></td>
</tr>
<tr>
<td>25/10/19</td>
<td>Itching of the skin not present.</td>
<td></td>
</tr>
</tbody>
</table>
DISCUSSION
This case study illustrates how homoeopathy can effectively treat each patient's specific symptoms to treat renal calculi. The USG abdomen and KUB performed on April 25, 2023, confirmed the patient's right-sided calculi measuring 5mm and 4mm, as well as a left-side ureteric stone measuring 11mm. Lycopodium Clavatum was chosen after thorough repertorization and materia medica study, which is a case study that homoeopathy is specific and individualized. To the Organon of Medicine's (7) principles, the remedy was chosen after considering all of the patient's symptoms. The final USG and subsequent follow-up would give important information about the effectiveness of the treatment and the possibility for the renal calculi to be reduced or eliminated. The comprehensive and individualized approach of homoeopathy, which takes into account the patient's mental and emotional well-being in addition to their physical symptoms, is best demonstrated by this example.
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**Conflict of Interest:** The authors declare no conflict of interest.

**REFERENCES**
8. Zomeo Software, Kent Repertory

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