

- Kidney stones
- Triticum Repens
- Homoeopathic medicines indicated in Renal colic & other associated symptoms

HomeoBuzz

CONTINUING MEDICAL INFORMATION

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Dear Readers,

Homoeopathy was discovered about 2 centuries back by the real advocate of logical reasoning Dr. Samuel Hahnemann. Now it becomes the second most used medical system internationally by providing effective & affordable service to the millions of destitute people requiring healthcare for acute as well as chronic conditions.

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The goal of homoeopathic medicine is to promote health, to preserve health, to restore the health when it is impaired and to minimize the suffering and distress.

Dear Doctors,

Kidney stones- a condition also referred to as nephrolithiasis or urolithiasis, are hard deposits that form inside the kidneys. Their size ranges from as small as a grain of sand to the size of a marble or larger. Usually small stones may not cause any symptom & larger stones can cause renal colic, especially if they block a ureter.

Kidney stone has multifactorial causations and is strongly related to dietary lifestyle habits or practice but recently a case control study revealed that oral antibiotics is associated with increased incidences of nephrolithiasis particularly among children, published in Journal of the American Society of Nephrology. We are already aware of the threats posed by antibiotics resistance due to its over usage which is rising to dangerously high levels in all parts of the world. Steps need to be taken care at all levels of society to reduce the impact and limit the over usage of antibiotics.

In this scenario safe, gentle medical therapy homoeopathy plays an important role for the betterment of mankind. In primary health care it vanishes the role of antibiotics in most of the cases therefore reducing the dependency on it.

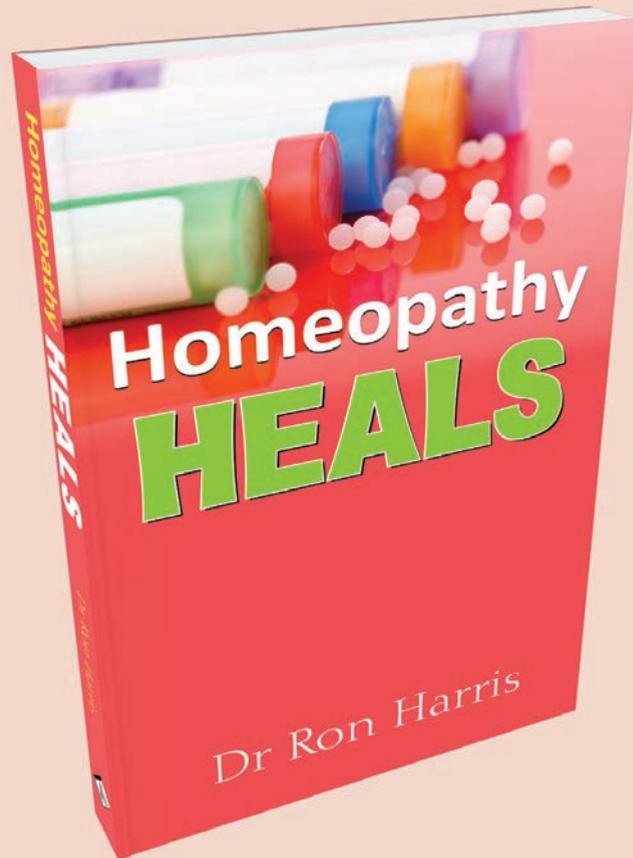
This issue puts shine on the condition kidney stones & its homeopathic management.

Kuldeep Jain
Chief Editor

Dr. Sana Parveen
Editor

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- The book explains potency, dosage and susceptibility of homoeopathic remedies
- Clinical Hints and Hits for practitioners
- To avoid confusing abbreviations, names of the medicines given in full, to make it easier for everyone to know exactly what remedy is being used.
- To simplify understanding of medical terminology both common and Latin names has been provided
- Limitations of Science in Explaining Homeopathy - The Future may hold the Answer

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KIDNEY STONES

Kidney stones is one of the most painful & common urologic disorders. It is estimated that approximately 2% of the population experiences renal stone disease at sometime in their life with male-female ratio of 2:1. The peak incidence is observed in 2nd to 3rd decades of life. The aetiology of this disorder is multi factorial and is strongly related to dietary lifestyle habits or practice.

Kidney stone disease, also known as urolithiasis, is when a solid piece of material (kidney stone) occurs in the urinary tract. Kidney stones typically form in the kidney and leave the body in the urine stream. A small stone may pass without causing symptoms. If a stone grows to more than 5 millimeters (0.2 in) it can cause blockage of the ureter resulting in severe pain in the lower back or abdomen. A stone may also result in blood in the urine, vomiting, or painful urination.

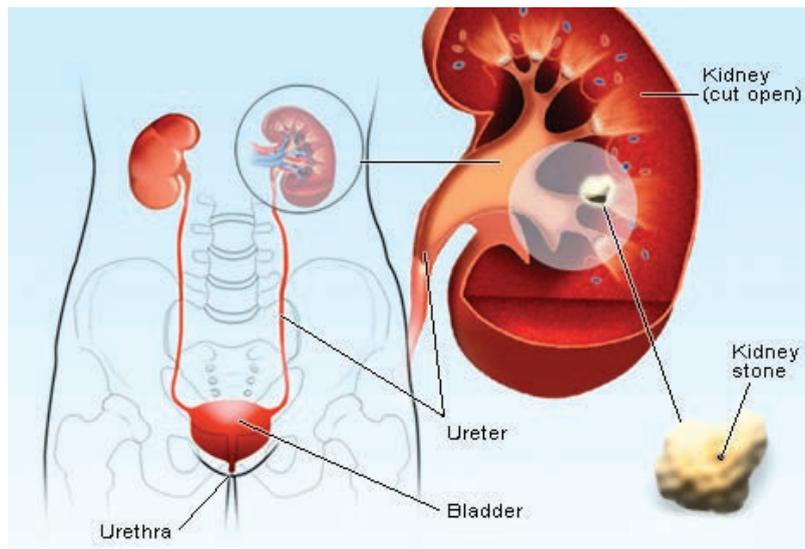
Risk factors

- Dehydration
- Obesity
- High dietary intake of animal protein, sodium, sugars including honey, refined sugars, fructose and high fructose corn syrup, oxalate, grapefruit juice, and apple juice may increase the risk of kidney stone formation.
- Underlying metabolic condition
- More common in people with Crohn's disease
- Recurrent kidney stones.

Signs and symptoms

The hallmark of a stone that obstructs the ureter or renal pelvis is excruciating, intermittent pain that radiates from the flank to the groin or to the inner thigh. This pain, known as renal colic.

Renal colic caused by kidney stones is commonly accompanied by urinary urgency, restlessness, hematuria, sweating, nausea, and vomiting. It typically comes in waves lasting 20 to 60 minutes caused by peristaltic contractions of the ureter as it attempts to expel the stone



KIDNEY STONES

Types of kidney stones

Kidney stone type	Population	Circumstances	Colour	Sensitivity
Calcium oxalate	80%	when urine is acidic (decreased pH)	Black/dark brown	Radio-opaque
Calcium phosphate	5-10%	when urine is alkaline (high pH)	Dirty white	Radio-opaque
Uric acid	5-10%	when urine is persistently acidic	Yellow/reddish brown	Radiolucent
Struvite	10-15%	infections in the kidney	Dirty white	Radio-opaque
Cystine	1-2%	rare genetic disorder	Pink/yellow	Radio-opaque
Xanthine		Extremely rare	Brick red	Radiolucent

1. CALCIUM STONES - Calcium stones are the most common comprising about 75% of all urinary calculi. They may be pure stones of calcium oxalate (50%) or calcium phosphate (5%), or mixture of calcium oxalate and calcium phosphate (45%).

Etiology: Etiology of calcium stones is variable.

- i) About 50% of patients with calcium stones have idiopathic hypercalciuria without hypercalcaemia.
- ii) Approximately 10% cases are associated with hypercalcaemia and hypercalciuria, most commonly due to hyperparathyroidism, or a defect in the bowel (i.e. absorptive hypercalciuria), or in the kidney (i.e. renal hypercalciuria).
- iii) About 15% of patients with calcium stones have hyperuricosuria with a normal blood uric acid level and without any abnormality of calcium metabolism.
- iv) In about 25% of patients with calcium stones, the cause is unknown as there is no abnormality in urinary excretion of calcium, uric acid or oxalate and is referred to as 'idiopathic calcium stone disease'.

2. MIXED (STRUVITE) STONES - About 15% of urinary calculi are made of magnesium-ammonium-calcium phosphate, often called struvite; hence mixed stones are also called as 'struvite stones' or 'triple phosphate stones'.

Etiology: Struvite stones are formed as a result of infection of the urinary tract with urea-splitting organisms that produce urease such as by species of *Proteus*, and occasionally *Klebsiella*, *Pseudomonas* and *Enterobacter*. These are, therefore, also known as infection-induced stones. However, *E. coli* does not form urease.

3. URIC ACID STONES - Approximately 6% of urinary calculi are made of uric acid. Uric acid calculi are radiolucent unlike radio-opaque calcium stones.

Etiology: Uric acid stones are frequently formed in cases with hyperuricaemia and hyperuricosuria such as due to primary gout or secondary gout due to myeloproliferative disorders (e.g. in leukaemias), especially those on chemotherapy, and administration of uricosuric drugs (e.g. salicylates, probenacid). Other factors contributing to their formation are acidic urinary pH (below 6) and low urinary volume.

4. CYSTINE STONES - Cystine stones comprise less than 2% of urinary calculi.

Etiology. Cystine stones are associated with cystinuria due to a genetically-determined defect in the transport of cystine and other amino acids across the cell membrane of the renal tubules and the small intestinal mucosa.

5. OTHER CALCULI - Less than 2% of urinary calculi consist of other rare types such as due to inherited

abnormality of enzyme metabolism e.g. hereditary xanthinuria developing xanthine stones.

Testing for and diagnosing kidney stones

Diagnosis of kidney stones requires a complete health history assessment and a physical exam. Other tests include:

- Blood tests for calcium, phosphorus, uric acid, and electrolytes
- Blood urea nitrogen (bun) and creatinine to assess kidney functioning
- Urinalysis to check for crystals, bacteria, blood, and white cells
- Examination of passed stones to determine their type

The following tests can rule out obstruction:

- Abdominal X-rays
- Intravenous pyelogram (IVP)
- Retrograde pyelogram
- Ultrasound of the kidney (the preferred study)
- MRI scan of the abdomen and kidneys
- Abdominal CT scan

The contrast dye used in the CT scan and the IVP can affect kidney function. However, in people with normal kidney function, this isn't a concern.

Prevention

Prevention of kidney stones may include a combination of lifestyle changes and medications.

Lifestyle changes

- Drink plenty of water throughout the day.
- Eat fewer oxalate-rich foods.
- Choose a diet low in salt and animal protein.
- Continue eating calcium-rich foods, but use caution with calcium supplements.

Treatment

Treatment for kidney stones varies, depending on the type of stone and the cause.

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Hydrangea arborescens	Ø	0.025ml
Cantharis	Ø	0.025ml
Dulcamara	Ø	0.025ml
Equisetum hyemale	Ø	0.025ml
Caramel & flavor		q.s.
Aqua to make		5.0ml
Alcohol content		12% v/v

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TRITICUM REPENS



Botanical name : Agropyron repens
Beauv

Common Name : Couch grass

Natural Order : Gramineae

Part used : Rhizome

Clinical⁶- Irritation of bladder; Dysuria; Incontinence of Urine

Action -

- ✓ On the urinary organs, it exercises a soothing diuretic influence, increasing the flow of the watery portion of the urine without to the same extent influencing the actual renal secretion.⁵
- ✓ Pharmacological effect- Hypoglycemic, Hypolipidemic, Anti-inflammatory.¹

Indications-

- ✓ An excellent remedy in excessive irritability of the bladder, dysuria, cystitis, gonorrhoea.⁴
- ✓ Strangury, pyelitis; enlarged prostate.³
- ✓ It is useful in lithaemic and rheumatic conditions, when the elimination of solids irritates the kidneys and produces much distress.²

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HOMEOPATHIC MEDICINES INDICATED IN RENAL COLIC & OTHER ASSOCIATED SYMPTOMS

Homeopathy is the holistic system of medicine which deals with the patients on the basis of symptom-similarity, matching the symptoms of the patients with that of the proved medicine. Medicine is prescribed not only on physical symptoms but take into account mental symptoms and genetic blend of the patient too i.e. individualization of every case. Approach towards every chronic case in homeopathy is to find out the constitutional medicine for that case.

Some important remedies are discussed below which are indicated for the symptoms associated with renal calculi. Should be careful when the size of the stone is very large and it gets impacted in the ureter leading to hydronephrosis that calls for surgical intervention to prevent kidney damage.

Berberis vulgaris

- Irritation induced by Bilious and Renal Calculi.¹
- Bubbling sensation in the region of the kidneys, or drawing, tearing, pulsative pain.¹
- Cutting pain from left kidney down the Ureter into the Bladder.¹
- All Berberis pains radiate, are not worse by pressure, but worse in various attitudes, especially standing and active exercise.²
- Dose - Tincture, to sixth potency.²



Benzoicum acidum

- It produces and cures symptoms of a uric acid diathesis, with urine highly colored and very offensive, and gouty symptoms.²
- A granular kind of mucus mixed with phosphates in the sediment; urine dark-reddish brown; sheets usually stained brown; acid reaction, or very offensive; heavy hot; fleeting pains in bladder, not when urinating, but at other times; vesical catarrh from suppressed gonorrhoea, calculi, or gout.³
- Dull pain in back, in region of kidneys; stiffness in loins.³
- Dose - Third to sixth potency.²



Cantharis vesicatoria

- Violent paroxysms of cutting and burning in whole renal region, with painful urging to urinate; bloody urine, by drops.²
- Intolerable tenesmus; cutting before, during, and after urine. Urine jelly-like, shreddy.²
- Lancinating or tearing pain in the small of back, after walking, or on rising from a seat. Violent pains in the back.²
- Dose - Sixth to thirtieth potency. Bears repeated doses well.²



Chimaphila umbellata

- It is a diuretic, removing dropsical accumulation and relieving irritation of the urinary tract and kidneys.⁵
- Chronic diseases of the kidneys and urinary tract when the urine is scanty and contains a large amount of ropy muco-purulent sediment.⁵
- Urine turbid, offensive, containing ropy or bloody mucus, and depositing a copious sediment.²
- Dose - Tincture, to third attenuation.²



HOMOEOPATHIC APPROACH

Hydrangea arborescens

- A valuable remedy for certain forms of "gravel;" particularly useful for profuse deposits of white amorphous salts in the urine.⁴
- It is reported to have arrested the tendency to formation of calculus in the bladder, as well as to have relieved distress from renal calculus, with soreness over the region of the kidneys, bloody urine, etc.⁴
- Burning in urethra and frequent desire. Sharp pain in loins, especially left.²
- Dose - Tincture.²



Lycopodium clavatum

- In kidney affections, red sand in urine, backache, in renal region; worse before urination.²
- It is indicated in the uric acid diathesis when there are deposits of uric acid crystals in the urine, which is scanty, cloudy, has a foul odor and causes a burning sensation when it passes.⁵
- It is an important remedy early in the case to prevent the formation of renal calculi.⁵
- Pain in back before urinating; ceases after flow; slow in coming, must strain.²
- Dose- Both the lower and the highest potencies are credited with excellent result. For purposes of aiding elimination the second and third attenuation of the Tincture, a few drops, 3 times a day, have proved efficacious, otherwise the 6th to 200th potency, and higher, in not too frequent doses.



Lithium carbonicum

- Soreness of bladder; pain in right kidney and ureter.²
- Turbid urine with mucus, scanty and dark, acrid; sandy deposit.²
- Dose - First to third trituration.²



Ocimum canum

- Red sand in the urine is its chief characteristic.²
- Renal colic, especially right side.²
- High acidity, formation of spike crystals of uric acid. Turbid, thick, purulent, bloody; brick-dust red or yellow sediment. Odor of musk. Pain in ureters.²
- "Renal colic, with violent vomiting every fifteen minutes; one wrings one's hands and moans and cries all the time."³
- Dose- Sixth to thirtieth potency.²



Pareira brava

- Constant urging to urinate.⁵
- There are violent pains in the glans penis, that extend down the thighs during the effort to urinate. The urine is dark and bloody and is passed only with great effort upon the hands and knees.⁵
- Bruised pains in region of kidneys. Excruciating pains in left lumbar region; pain radiates from left kidney to groin, following course of ureter.³
- Urine smells strongly of ammonia, and contains a large quantity of viscid, thick, white mucus. Black, bloody, foaming urine, depositing a brick-dust sediment of uric acid; deep red and mucous urine.³
- Dose - Tincture, to third potency.²



Sarsaparilla officinalis

- Indicated in renal colic and vesicle calculi, when there is a shower of small, light-colored calculi, and most excruciating pain at the close of urination.⁵
- Dribbling of the urine at times, and the bladder is distended and tender.⁵
- Renal colic and dysuria in infants.²
- Urine scanty, slimy, flaky, sandy, bloody.²
- Tenesmus of bladder; urine passes in thin, feeble stream.²

**Solidago virgaurea**

- Urine- Scanty, reddish brown, thick sediment, dysuria, gravel. Difficult and scanty.²
- Pain in kidneys extend forward to abdomen and bladder. [Berb.]²
- Kidneys; sore and tender over; ache; feel distended.⁶
- Dose- Tincture, to third potency.²

**Uva ursi**

- Frequent urging, with severe spasms of bladder; burning and tearing pain.²
- Urine contains blood, pus, and much tenacious mucus, with clots in large masses.²
- Involuntary; green urine.²
- Dose - Tincture, five to thirty drops.²

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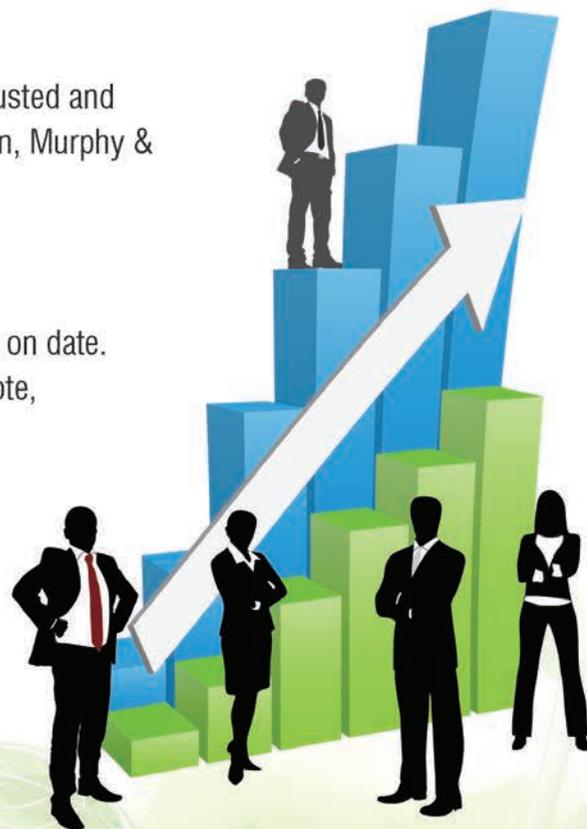
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