

## Effectiveness Of Homoeopathic Medicine In The Treatment Of Renal Calculi- A Case Report

Kuldeep S. Yadav<sup>1\*</sup>, Muktesh Arora<sup>2</sup>, Vinay Kumar<sup>3</sup>

<sup>1</sup>Ph.D. (Hom.) (Scholar), Tantia University, Sri Ganganagar, (Raj.)

<sup>2</sup>M.D.(Hom.), Research Supervisor, Tantia University, Sri Ganganagar (Raj.)

<sup>3</sup>M.D.(Hom.), Ph.D. (Hom.), Asso. Prof., Deptt. of Materia Medica, Faculty of Homoeopathy, Tantia University, Sri Ganganagar (Raj.)

**\*Corresponding Author:** Dr. Kuldeep Singh Yadav

\*Ph.D. (Hom.) (Scholar), Tantia University, Sri Ganganagar, (Raj.)

**ABSTRACT-** The term Urolithiasis comprises of ouron (urine) and lithos (stone), which means calculi anywhere in the urinary tract as well as primary bladder stones. Urolithiasis is one of the major diseases of the urinary tract and is a major source of morbidity. Urolithiasis is the formation of mineral deposits within the urine, occasionally observed in the renal pelvis and/or the urinary bladder, more frequently the latter. Urolithiasis is a potential emergency often resulting in acute abdominal, low back, flank or groin pain. In conventional medical system, pain killer are used for symptomatic management. Homeopathy has excellent treatment in most of the cases of urinary stones. Homoeopathic remedies helps in expulsion/ dissolution of calculi and also cures tendency to formation of stone by improving metabolic activities. This case proves the effect of Homoeopathic medicines in cases of urolithiasis, by non-invasive approach and dissolving the stone and reducing the chance of recurrence and improving the susceptibility prevents its further complications.

**Keywords:** Urolithiasis, Homoeopathy, Lycopodium.

### CASE REPORT

A male patient of 38 years age visited with complain of stitching pain over lumbar region extending to ureter since last 2 month.

Modalities: < urination > pressure

Dull, heavy headache with occasional vertigo

**P/H:** Pt had developed the pain since last 2 month over lumbar region Taking allopathic pain killer for pain. Relieved for some hours then again started.

### Family History

Father: Alive, hypertension

Mother: Alive, No complain

### Physical Generals

1. **Appetite:** 2 meals / day, 4 chapati / meal , satisfactory.
  2. **Thirst:** 1 L /day. No change. Less thirst
  3. **Desire:** Sweets
  4. **Aversion:** N/S
  5. **Stool:** Regular, morning habit, soft in consistency. Satisfactory
  6. **Urine:** Pain during micturition, D/N: 4-5/0-1. pale-yellow and Non-offensive.
  7. **Thermal reaction:** chilly.
  8. **Perspiration:** No change, Non staining , no specific odor
  9. **Sleep:** 8 hours sleep, nothing specific.
  10. **Dreams:** nothing specific
  11. **Addiction:** smoking sometimes.
- H/O Vaccination:** Nothing specific

### Mentals Generals

Mild or yielding.

Less talk.

Reserved

## Physical Examination

### General Examination

1. Pulse: 78/min
2. B.P.: 130/88 mmHg
3. R/R: 18/min
4. Temp: non febrile Oedema: not present
5. Sclera: white in color
6. Conjunctiva: pinkish in colour
7. Nails: no abnormality found
8. Tongue: clean and moist
9. Lymph nodes: not enlarged

### Systemic Examination

**A. Cardiovascular system: NAD**

**B. Respiratory system: NAD**

**C. GIT:** Abdomen: on palpation: mild tenderness present over renal angle L>R

**D. Nervous system: NAD**

### Investigation

A. Ultrasonography (whole abdomen) done on 10/11/2023

Kidneys: Calculi of 5.0 mm in middle pole of right kidney & 5.5 mm in upper pole of left kidney is noted

Impression: Bilateral Nephrolithiasis

USG advised (10/2/18)

USG (Whole abdomen) done on 17/2/23

Kidneys: calculus of 4.5 mm in right kidney

Impression: Right Nephrolithiasis

### Analysis of Case

S.No.	Symptoms	Mental Generals	Physical Generals	Particulars
1.	Mild or yielding personality	✓		
2.	Reserved nature	✓		
3.	Thirst less		✓	
4.	Desire: sweets		✓	
5.	stitching pain over lumbar region extending to ureter			✓
6.	Modalities: < urination ;			✓
7.	> pressure			✓
8.	Dull, heavy headache			✓

### Evaluation of Symptoms

1. Mild or yielding personality
2. Reserved nature
3. Thirst less
4. Desire sweets
5. stitching pain over lumbar region extending to ureter
6. Modalities: < urination ;
7. > pressure
8. Dull, heavy headache

### Totality of Symptoms

1. Mild or yielding personality
2. Reserved nature
3. Thirst less
4. Desire sweets
5. stitching pain over lumbar region extending to ureter
6. Modalities: < urination ;
7. > pressure
8. Dull, heavy headache

**Miasmatic Predominance: Psora Syocotic**

S.No.	Symptoms	PSORA	SYCOSIS	SYPHILIS	TUBERCULAR
1.	Mild or yielding personality	✓			
2.	Reserved nature	✓			
3.	Thirst less		✓		
4.	Desire sweets		✓		
5.	stitching pain over lumbar region extending to ureter	✓			
6.	Modalities: < urination ;	✓			
7.	> pressure	✓			
8.	Dull, heavy headache	✓			

**Repertorial Totality/ Pdf**

Name of Repertory Used:- Kent's Repertory

S.No.	Symptoms	Chapter / Rubric
1.	Mild or yielding personality	<b>MIND: MILDNESS</b>
2.	Reserved nature	<b>MIND: RESERVED</b>
3.	Thirst less	<b>STOMAC-THIRST- LESS QUANTITY</b>
4.	Desire sweets	<b>GENERALS-FOOD AND DRINKS-SWEETS DESIRE</b>
4.	stitching pain over lumbar region extending to ureter	<b>KIDNEYS- PAIN- STITCHING- EXTENDING TO URETER- DOWN</b>
5.	Modalities: < urination ;	<b>ABDOMEN- PAIN- INGUINAL REGION- URINATION DURING</b>
6.	> pressure	<b>ABDOMEN- PAIN- INGUINAL REGION- PRESSURE AMELIORATION</b>
7.	Dull, heavy headache	<b>HEAD- PAIN- DULL</b>

**Potential differential field (pdf):**

Thermal reaction- Chilly

Right sided.

**Repertorial Results**

Lyco 25/10

Berb.vulg. 21/8

Nat mur.. 18/8

Calc.carb. 18/8

Phos. 18/8

Nux vom. 13/8

**Selection of Remedy/ Potency/ Dose**

Lycopodium 30 C/OD

**Diet & Regimen**

1. Increase water intake.
2. Avoid long continued sitting
3. Avoid seeds vegetables like brinjal

**Prescription****RX**

Lyco 30 C/OD X 7days

P.L. 30/ BD X 7days

## FOLLOW- UP SHEET

Date	Symptoms	Prescription
07/04/2023	Headache after getting up in the morning	<b>RX</b>
16/04/2023	Pain in lumbar region reduced	<b>Lyc 30/tds/7days</b>
25/04/2023	Pain in lumbar region occasionally	<b>RX</b>
	Intensity of headache reduced.	<b>Lyc 30/tds/7days</b>
	No pain in lumbar region	<b>RX</b>
	Headache intensity reduced.	<b>Lyc 30/tds/7days</b>
	Pt was calm.	

Symptom score sheet<sup>9</sup> (USS- Urolithiasis Symptom Score)

Symptom/ grade	0	1	2	3
Pain/colic	0 No pain	1 Mild pain	2 Moderate pain	3 Severe pain
Haematuria	0 No haematuria	1 Microscopic	2 Persistent	3 Gross
Dysuria	0 No dysuria	1 Mild dysuria	2 Moderate dysuria	3 Severe
Stone	-	1 Single stone	-	3 Multiple stone
Size of stones	0 Gravel < 03mm,	1 3 mm - < 4 mm	2 4 mm - < 5 mm	3 5 mm and above
Position of stone	No stone in kidney	1 Pelvic ureteric junction	2 Pelvis of kidney	3 Calices of kidney

Total scoring – 22, 1-7 mild, 8-14 moderate, 15-22 severe

**Post score : 07**

## Conclusion

Homoeopathic medicine *Lycopodium* was found effective in the treatment of urolithiasis without any unwanted effects.

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