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## A case report of renal calculi treated with homoeopathic Similimum

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### Abstract

Nephrolithiasis, also known as renal calculi, is a tiny hard deposit that develops in the kidney and is frequently difficult to pass. Renal calculi are a frequent urological system problem. The approximate frequency in India is 12%, with the northern region of the country having a comparatively higher prevalence of 15%. The complementary and alternative medical approach known as homoeopathy is founded on the tenet "Similia Similibus Curenture", which translates to "Let like be Cursed by likes". This holistic approach addresses each person according to their uniqueness. Worldwide, it is the second-largest treatment (WHO). There are several medications in homoeopathy that aid in the elimination of renal calculi and lower the likelihood of recurrence.

**Keywords:** Nephroliathesis, renal calculii, kidney stones, case reports, homoeopathy

### Introduction

Renal calculi are a frequent urological system problem. Anatomical characteristics that cause urinary stasis, low urine volume, nutritional variables, urinary tract infections, drugs, or rare hereditary causes (cystinuria) can all result in renal reserves. Low urine volume as a result of dehydration is the most frequent cause of stone illness. Kidney stones, also called renal calculi or nephrolithiasis, are concentrated crystals that form in the kidneys and are ideally excreted from the body painlessly through the urethra. Rajasthan is referred regarded as India's "stone belt" region. A higher risk of end-stage renal failure, cardiovascular disease, diabetes, hypertension, and kidney stones is associated with these conditions.

Numerous studies have shown that homoeopathic treatment is useful in treating urolithiasis. The homoeopathic strategy of treating the entirety of symptoms has produced notable outcomes in this field.

### Case Study

The Patient 45 year male, reported in the OPD of University College of Homoeopathy on 8/6/23 pre diagnosed with the complain of left sided Renal Calculii since 6 months. Patient had pain in the left iliac region which is radiating to back also which is aggravating on Night and on exertion and ameliorated by rest. Patient advised to do surgery by the Modern Medicine. So he took Ayurvedic Medicine for this got slight improvement but tendency to recurrences was there after approx 3.5 months of Ayurvedic treatment pain still bother the patient so he left Ayurvedic Treatment and opted Homoeopathy treatment.

**Past History:** Renal Calculii before 2 yrs back remove by homemade remedies.

**Family History:** Father has Hypertension.

### Patient as a Whole

**Thirst:** Average of 2.5 to 3ltrs per day.

**Appetite:** 3 meals per day average 3-4 chapati per meal.Satisfactory

**Desire:** Hot Beverages

**Aversion:** Not specific

**Stool:** D<sub>1</sub>N<sub>0</sub> Semi solid, Satisfactory

**Urine:** D<sub>5-6</sub>N<sub>0-1</sub>, Pale yellow, sometimes burning.

**Mentals**

Timidity, Anger Hard for Inferior and soft for superior, Anger on Contradiction, Lack of Confidence, Avarice.

**Local examination**

**Diagnosis:** Renal Calculii.

**Physical generals**

Side Left	+2
Desire –Hot drinks	+2
Thermal-Hot	+2
Aggravation on Exertion	+2

**Particulars**

Bladder Urging to Urinate Frequent	+3
Kidney Stones	+3
Pressing Pain	+3

**Predominant Miasm**

Stone types of Formation are considered to fall under the Hahnemann Sycotic Miasm.

**Prescription:** Lycopodium 200/1 Dose Stat along with the Psychotherapy for 7 Days.

**Repertorization**

The screenshot shows a repertorization window with a list of symptoms on the left and a grid of remedies on the right. The symptoms listed are:

- 1. MIND - TIMIDITY (158) 1
- 2. MIND - ANGER - contradiction; from (51) 1
- 3. GENERALS - FOOD and DRINKS - warm dri... (60) 1
- 4. ABDOMEN - PAIN - pressing (138) 1
- 5. KIDNEYS - STONES (64) 1
- 6. BLADDER - URGING to urinate - frequent (211) 1
- 7. GENERALS - SIDE - left (255) 1

The grid of remedies includes: lycop., sep., sulph., calc., bry., nux-v., sil., petr., phos., ars., merc., puls., aur., bar-c, bell., cupr., ign., and others. The scores for each remedy are shown in the grid cells.

**Fig 1:** Showing Repertorization

**Follow up**

Date	Complaint	Prescription	Justification
15/6/23	Slight relief in pain, No New symptom or complain Noticed Thirst-T+	SL30/BD for 7 Days	As the Lycopodium action is still working so only placebo was given
23/6/23	No New Complaint	SL30/BD for 7 days	No new symptom were noticed so Placebo was given
2/7/23	Sometimes Heaviness feeling in the left side and back. < Exertion, Heavy weight lift > Rest Feels pain in the Lower abdomen. < Before Urination > After Urination	Lycy 200/1 dose (diluted in 3 tablespoon of Water) SL 30/BD for 7 Days	As per the susceptibility of Patient the medium potency is suitable but feels some complain so we give another dose in diluted manner just to stimulate the Vital force.
9/7/23	Feels Better No new symptom noticed	SL30/BD for 7 days	No new complain so only Placebo was given
20/7/23	No Complain noticed, Feels Better	SL30/BD for 7 days	No new complain so only Placebo was given
30/7/23	No Complain noticed,	SL30/BD for 15 Days	No new complain so only Placebo was given Advised to do a sonography for whole abdomen again before next visit.

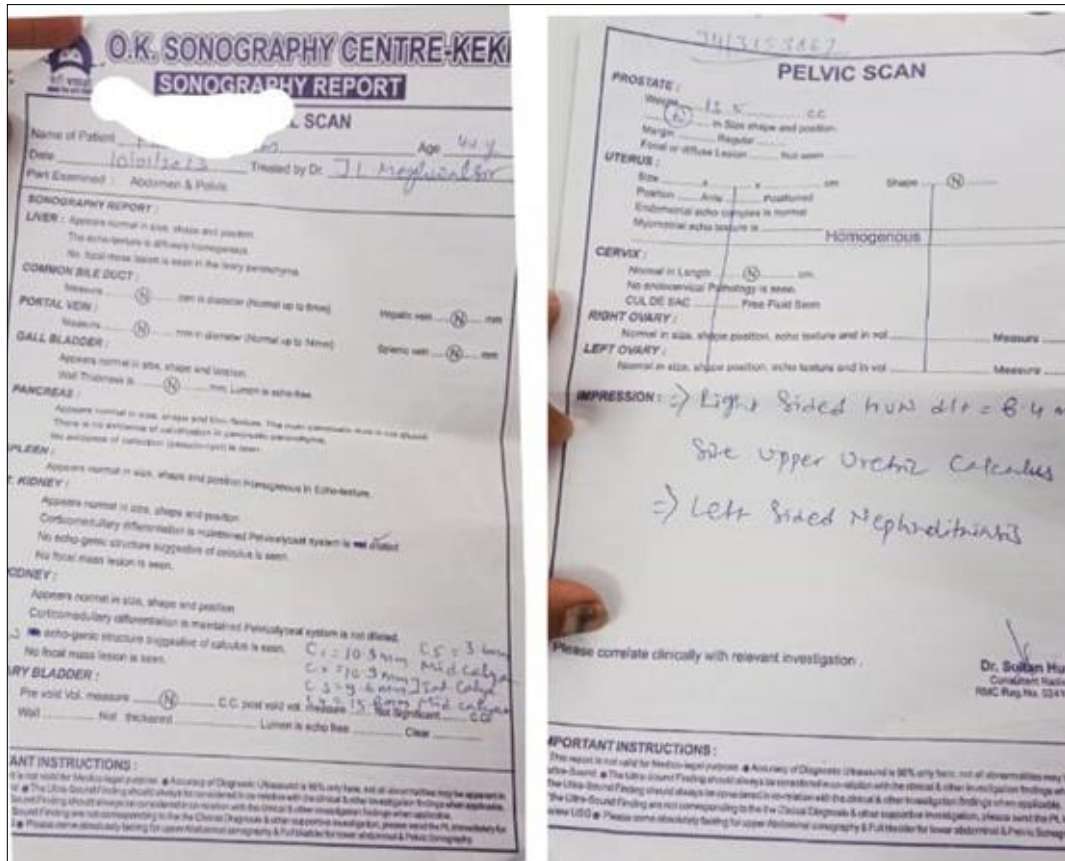


Fig 2: Patient Come with this Diagnosed Report of Renal Calculi



Fig 3: Report Before Treatment

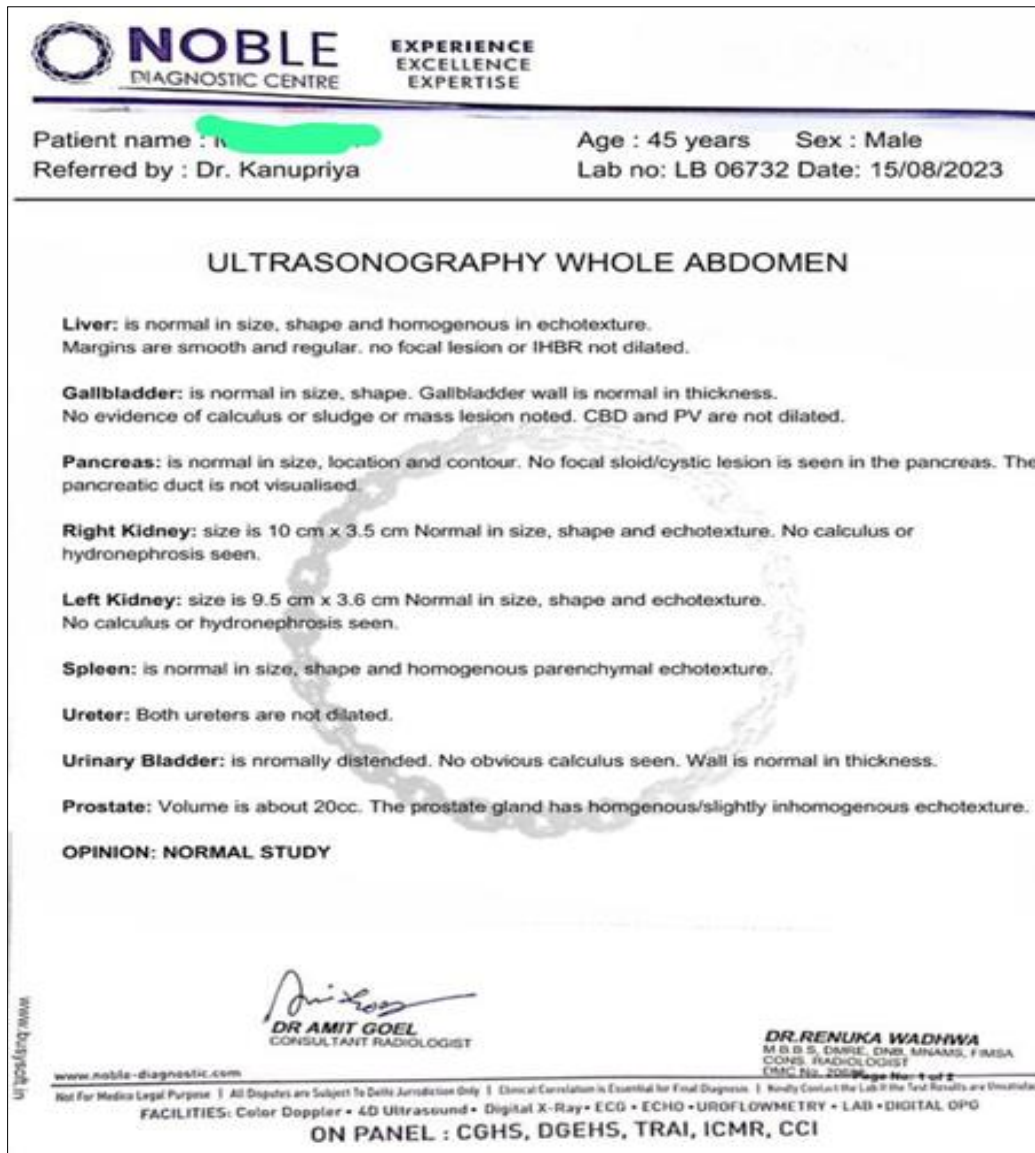


Fig 4: Report After Treatment

**Conclusion**

Patient Visited on 15/8/23 for the follow up and come with their report. Report was absolutely Normal and patient didn't feel any complain So No medicine were given to Patient. So from this case we learn that if the totality matches and an exact similimum were prescribing that only in Minimum dose the patient will get the beneficial results.

**Conflict of Interest**

Not available

**Financial Support**

Not available

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