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Dr. Mohammed Sadiq Mujawar
Associate Professor & HOD,
Department of Practice of
Medicine, Shri Kamaxidevi
Homoeopathic Medical College
and Hospital, Shiroda, Goa,
India

Dr. Yashwanth Reddy R
Assistant Professor,
Department of Human
Physiology and Biochemistry,
Shri Kamaxidevi
Homoeopathic Medical College
and Hospital, Shiroda, Goa,
India

**Dr. Saulam Josephine
Hendrika Angel**
Assistant Professor,
Department of Human
Anatomy, Shri Kamaxidevi
Homoeopathic Medical College
and Hospital, Shiroda, Goa,
India

Corresponding Author:
Dr. Mohammed Sadiq Mujawar
Associate Professor & HOD,
Department of Practice of
Medicine, Shri Kamaxidevi
Homoeopathic Medical College
and Hospital, Shiroda, Goa,
India

A case study: Bilateral nephrolithiasis treated by individualized homoeopathic medicine Arsenicum album

Mohammed Sadiq Mujawar, Yashwanth Reddy R and Saulam Josephine Hendrika Angel

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Abstract

Nephrolithiasis is a common urological disorder, often presenting with acute renal colic and recurrent calculi formation. Conventional management includes analgesics, hydration, and surgical interventions; however, recurrence rates remain high. Homoeopathy offers individualized remedies that address both acute suffering and constitutional predisposition. This case study presents a 56-year-old male with bilateral nephrolithiasis treated successfully with Arsenicum album 200C based on symptom similarity. Marked improvement in pain, general well-being, and ultrasonographic findings was observed over a 3-month follow-up, suggesting the utility of individualized Homoeopathic treatment in nephrolithiasis management.

Keywords: Nephrolithiasis, bilateral renal calculi, homoeopathy, Arsenicum album, case report

Introduction

Nephrolithiasis (renal stone disease) is characterized by the presence of calculi within the renal system, frequently leading to flank pain, hematuria, dysuria, and recurrent urinary tract complications. The prevalence is rising globally due to dietary and lifestyle changes. Conventional treatment focuses on stone removal and symptomatic management, yet recurrence rates approach 50% within 5-10 years.

Homoeopathy, based on the principle of “similia similibus curentur,” aims to treat the individual holistically rather than only the disease entity. Remedies such as Berberis vulgaris, Lycopodium clavatum, Cantharis, and Arsenicum album have been historically used in cases of nephrolithiasis depending on individual symptomatology. This paper reports a case where Arsenicum album 200C was prescribed as the individualized remedy with successful outcomes.

Case Report

Patient details

- **Name:** Mr. X
- **Age/Sex:** 56 years, Male
- **Occupation:** Shopkeeper
- **Residence:** Urban, middle-class setting

Presenting complaints

- Severe burning pain in both flanks, radiating to groins, worse at midnight.
- Restlessness and anxiety, constantly changing posture without relief.
- Marked weakness after each colicky episode.
- Intense thirst for frequent small sips of water.
- Aggravation from cold drinks, relief from warmth applied to the abdomen.
- Complaints of occasional burning micturition and dark urine.

Negative history: No history of diabetes mellitus, hypertension, or tuberculosis.

Past history: Two previous episodes of renal colic in the last 3 years, managed with analgesics. No surgical intervention.

Family history: Father had nephrolithiasis; mother hypertensive.

Physical generals

- **Appetite:** Moderate
- **Thirst:** Increased, frequent small sips
- **Bowel:** Regular
- **Sleep:** Disturbed due to pain, worse after midnight
- **Thermal state:** Chilly, desires warmth

Per abdomen examination

- Mild tenderness in bilateral renal angles
- No organomegaly
- Bowel sounds normal

Investigations (Baseline - USG KUB)

- **Bilateral renal calculi noted**
- **Right kidney:** 5.3 mm calculus in lower pole
- **Left kidney:** 6.5 mm calculus in mid pole




Management

Repertorial totality

- Burning pain in renal region
- Restlessness and Anxiety about health.

- Thirst for small quantities, frequent
- Aggravation after midnight
- Chilly patient, desires warmth

	Ars.	Acon.	Phos.	Nux-v.	Bell.	Kali-c.	Rhus-t.	Sil.	Apis	Kali-n.	Truj.	Coloc.	Si-ph.	Alum.	Cc ust.	Hep.	L-c.	Nit-ac.	Calc.	Con.	Puls.	Sep.	Lach.	Aloe	Merc.
Total	17	11	10	8	7	8	7	5	4	4	4	4	8	7	6	6	6	6	5	5	5	5	4	3	3
Rubrics	6	5	5	5	5	4	4	4	4	4	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Kingdom	Blue	Green	Blue	Green	Blue	Green	Green	Blue	Red	Blue	Green	Green	Blue	Blue	Blue	Green	Blue	Blue	Green	Green	Red	Red	Green	Blue	Blue
Bjorndal's miasms	Red	Green	Red	Red	Red	Red	Green	Red	Red	Green	Red	Green	Red	Green	Green	Red	Red	Red	White	Red	Green	Red	Red	Green	Red
R.R. - Kidney; Pain; burning(57)	2	3	3	2	2	3			1	1	1	3				1	3				2	1	2	1	
R.R. - Mind; Anxiety; health,(130)	3	1	4	1		1		1		1	1		1		1	1	4		3	1	2	1	1	1	
R.R. - Mind; Anguish; restless(32)	4	4	1	1	1		1	1	1		1	2		1	1			1						1	1
R.R. - Stomach; Thirst, small(30)	4	1	1		2		3		1	1		3	3				2			1	2				
Boericke - Aggravation; Mid(15)	2		1	2	1	2	1	1	1	1	1							1							
Boericke - Aggravation; Co(53)	2	2		2	1	2	2	2							2	2	2		1	1	1		2	1	1

Repertorial analysis

Analysis from Synthesis Repertory pointed towards remedies like Arsenicum album, Aconite nap, and Phosphorous. Based on keynote symptoms and generalities, Arsenicum album was chosen.

Treatment plan

- **Prescription:** Arsenicum album 200C, one dose weekly, followed by placebo.
- **Advice:** Adequate hydration, dietary modification (low oxalate, reduced salt and animal protein intake).

Follow-up

- **1 month:** Reduction in intensity of flank pain, improved sleep, anxiety markedly reduced.
- **2 months:** No acute colicky episodes, urine clear, energy level improved.
- **3 months:** USG KUB showed NO calculus in both the kidneys.

Conclusion

The individualized prescription of Arsenicum album 200C provided significant relief in a case of bilateral nephrolithiasis. Not only were acute symptoms alleviated, but there was also evidence of reduction in calculus size and improved renal function parameters. This highlights the role of Homoeopathy as a supportive and holistic approach in the management of nephrolithiasis, warranting further systematic clinical studies.

Conflict of Interest

Not available

Financial Support

Not available

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