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Renal calculi and its homoeopathic management by using rare mother tincture

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Abstract

Renal calculi are the most common condition in day-to-day practice and our homoeopathic mother tinctures acts wonderfully in both acute as well as the chronic renal calculi. Acute as well as chronic pain can be controlled by homoeopathic mother tincture like *Ocimum canum*, *Pareira brava*, *UVA URSI* etc.

Keywords: Renal calculi, mother tincture, homoeopathic approach

Introduction

Renal calculi is a global disease ^[1]. It is a common and painful condition. Each year, billions of dollars are spent on surgical treatment for nephrolithiasis ^[2]. Increase in prevalence of renal calculi is seen due to westernization of lifestyle habits (e.g., dietary changes, increasing body mass index). It is associated with increased risk of chronic kidney disease, end stage renal failure, cardiovascular disease, diabetes & Hypertension ^[1]. Very often patients suffering from renal calculi are reluctant to surgery unless there is much trouble ^[3]. So, there is a need to develop a simple, cost effective, painless treatment which not only removes the calculi but also helps in removing the tendency of calculi formation ^[4].

Definition

The term 'nephrolithiasis' is derived from the Greek words 'nephros' which means 'kidney' and 'lithos' which means 'stone'. Renal calculi is a condition in which one or more stones are present in the pelvis or calyces of the kidney or in the ureter ^[1].

Epidemiology

Nephrolithiasis is common worldwide; this is the 3rd commonest disorder of urinary tract after urinary tract infection & prostatic hyperplasia ^[1]. It is more common in males ^[5]. The incidence is highest in middle-aged white men, but stones can form in infants as well as in the elderly ^[6].

Risk Factors

1. Dietary – Increased intake of calcium, oxalate & uric acid rich food.
2. Dehydration – Solute solvent imbalance.
3. Calcium deposition – Decreased citrate excretion in urine.
4. Renal infection – caused by urea splitting organisms.
5. Obstruction of urinary tract – Urinary stasis.
6. Prolonged immobilization – Skeletal decalcification favors urinary calcium
7. Metabolic causes – Hyperparathyroidism, Hyper vitaminosis, Myeloma, Disseminated malignant disease, Sarcoidosis, Milk alkali syndrome, Hyperthyroidism, Cushing's disease.
8. Cystinuria, Xanthinuria, Oxaluria, Gout – Increase in urinary solutes ^[7].
9. Genetic factors-1 in 4 persons with renal stone has a family history of nephrolithiasis ^[1].
10. Miscellaneous
 - i). pH of urine-uric acid and cystine stones are pH dependent
 - ii). Anatomical abnormalities like pelvi ureteric junction (PUJ) obstruction, horse shoe kidney, calyceal diverticulum, ureterocele, vesico-ureteral reflux, medullary sponge kidney, make one stone prone.

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iii). Medications like triamterene, indinavir act as stone nidus ^[1]

Pathology

Normal urine contains both solvents and solutes; imbalance of their relative concentrations results in precipitation of solutes leading to pathological crystallisation which occurs in three stages:

Stage I 'under saturation' when crystals remain dissolved;

Stage II 'saturation' in which urine is saturated with crystals; and

Stage III 'super saturation' when urine becomes oversaturated with crystals.

'Nucleation' is an important initial step, followed by crystal aggregation and stone formation ^[1].

Clinical Manifestations

Depends upon size, position & type of stone. Many of them remain asymptomatic.

There are 2 common presentations with an acute stone event: Renal colic & painless gross hematuria ^[7].

Renal colic - Pain is dull aching to pricking at renal angle ^[8]

Ureteric colic – sudden, unilateral flank pain ^[6].

The intensity of the pain can increase rapidly, accompanied by nausea & by vomiting, may radiate to ipsilateral testicle in men/ ipsilateral labium in women ^[6].

Pain worsens on movement like walking upstairs & during jolting ^[9]. Single/bilateral ureteric stones can cause complete anuria & rapid deterioration of renal function ^[1].

Hematuria - microscopic/macroscopic without pain ^[1]. Dirty/smoky urine ^[9]. Urgency, frequency, Strangury occur with stone at ureterovesical junction ^[1].

Recurrent UTI-fever with chills & rigors, burning micturition, pyuria & increased frequency of urination ^[8].

Physical Examination

(I) Tenderness at renal angle posteriorly. Anteriorly elicited about an inch below & medial to tip of 9th costal cartilage, which is known as renal point.

(II) Muscle rigidity over kidney & Rebound tenderness anteriorly are elicited. (III) Swelling - may be felt in flank when there is hydronephrosis/pyonephrosis associated with renal calculus ^[9]

Investigation

1. Urinalysis & Urine Culture/Sensitivity ^[6].
2. Blood investigations-Complete blood count, urea, creatinine, electrolytes, renal function test, serum calcium, phosphorous, alkaline phosphatase, uric acid estimations ^[1].
3. Straight X-ray abdomen (KUB).
4. Intravenous urography.
5. Ultrasonography (KUB).
6. Computed Tomography Scan.

Treatment

1. Preventive-renal stones is should be managed prophylactically in an attempt to prevent recurrence.
2. Conservative measure-Not all patients with renal stones require surgery ^[9].

Homoeopathic Approach

In homoeopathy, Mother Tinctures are also routinely prescribed for the treatment of wide variety of complaints

^[10] Mostly, the homoeopaths of today claim to have cured the patients suffering from various acute & chronic diseases with mother tinctures, that too, "rapidly, gently & permanently" ^[11] The use of homoeopathic medicines as complements / alternatives to conventional medicine ^[10]

Reportorial approach towards rare remedies with different repertories

1. J. T. Kent Repertory ^[14].
Urinary organs – Bladder- Calculi
Bladder – calculi- after operation for
2. Oscar E Boericke Repertory ^[13].
Calculi – Gravel (Nephrolithiasis) – Colic
Colic worse left side
Colic worse right side
Inter-paroxysmal treatment
3. Robin Murphy Repertory ^[12].
Kidney-Stones, kidney
Colic from stones
Colic from stones, glans pressing amel
Colic from stones, with haematuria
Colic from stones, passing with writhing twitching, crampy pain
Colic from stones, urination profuse amel.
4. A Clinical Repertory ^[15].
Renal calculi
Renal Colic
Urinary Organs
5. KNERR-Kidney ureter-calculi ^[16].
Calculi – with renal colic, during passage
Congestive and inflammatory symptoms with purulent chalky or sandy sediment Caused nephritis
Passage with writhing twitching, crampy pain
6. BCCR – Urinary organs - kidney – Calculi ^[17].
Urinary organs – kidney - renal colic

Homoeopathic mother tincture for renal calculi
Pareira brava ^[13-1].

It is commonly used in renal colic, catarrh of bladder and prostatic affections. It is indicated when there is constant urging, great straining, and pain going down thighs during effort to urinate. Sensation as if bladder were distended with pain. Dribbling after micturition. Violent pain in glans penis is a strong important indication ^[17-1].

Dose

1. 30 drops in hot water every half an hour in emergency and thrice daily in chronic complain ^[17-1]
2. Tincture to third potency ^[13]
3. 5 drops four times a day ^[18-1]

UVA URSI ^[13-II].

It is commonly indicated for cystitis with bloody urine. Patient is having burning after discharge of slimy urine pyelitis.

There is frequent urging with severe spasms of bladder, burning and tearing pain with painful dysuria.

Urine contains blood, pus and much tenacious mucus with clots in large masses

Dose

1. Tincture, five to thirty drops. In pyelitis a trituration of the leave ^[13-III]
2. Five to ten drops doses ^[18-1]

3. 5 to 30 drops thrice daily [19-1].

Equisetum [13-4].

It is indicated in dropsy enuresis, cystitis, Gravel, Hematuria urine retention [18-II]. Its principal action is on the bladder.

Patient is having frequent urging with severe pain at the close of urination.

Urine flows only drop by drop with sharp burning cutting pain in urethra while urinating. It is indicated in children with dreams or night mares when passing urine.

Much mucus in urine and involuntary urination.

Dose

1. 5 drops three times daily [18-III].
2. A decoction teaspoonful doses or the tincture in hot water is found useful to allay irritability of urinary tract, calculus, dysuria etc [13].
3. Mother tincture 5-7 drops in hot water, is found useful to allay irritation of urinary tract, calculus, dysuria etc. [20-I]

Epigaea repens [13]

It is used in chronic cystitis with dysuria tenesmus after micturition, muco-pus and uric acid deposit, gravel, renal calculi.

There is fine sand in urine of brown colour pyelitis incontinence of urine.

There is burning in neck of bladder whilst urinating and tenesmus after words.

Dose

1. Tincture in 5 drops every three hours.

Eryngium aquaticum [13-4]

It is used in urinary disorders with Strangury.

Urine is thick, yellow mucous discharge

Uridrosis, sweat of urinous odor in evening. Difficult and frequent micturition with renal colic, pain running down to urethra and legs.

It is also indicated in irritable bladder from enlarged prostate gland

Dose

1. Tincture to third potency [13-VII].
2. Few drops every two hours [18-IV].
3. Mother tincture 5 drops thrice daily [19-II].

Hydrangea [13-8]

It is used in gravel, profuse deposit of white amorphous salts in urine, calculus, renal colic, bloody urine, gravelly deposit.

It's principal action is on ureter. Patient is having burning in urethra and frequent desire to pass urine but urine hard to start. Spasmodic stricture with profuse deposit of white amorphous salt. There is heavy deposit of mucus sharp pain in loin, especially left. Great thirst with abdominal symptoms and enlarged prostate.

Dose

1. Mother tincture 10 drops three times a day [18-V].
2. Mother tincture 4 to 5 drops thrice daily [19-III].

Galium Aparine [13-13]

It is used in dropsies, gravels and calculi, dysuria and cystitis

Its principal action is on urinary organs and it acts as diuretic. It is solvent for gravel and stone [19-4]. It has power of suspending or modifying cancerous action. It favors healthy granulation on ulcerated surface.

Dose

1. Fluid extract half dram doses in cup of water or milk, three times a day 30-60 drops mixed with water or milk four times daily [13-XI].
2. Mother tincture 30-60 drops mixed with water or milk four times daily [19-IV].

Ocimum canum [13-XV]

It is used in renal calculi, renal colic especially right side.

Its principal action is on the kidney, bladder and urethra. It is indicated in uric acid diathesis. The keynote symptom is red sand in the urine. Turbid thick purulent bloody, brick, dust red or yellow sediment with pain in ureter.

Dose

1. Mother tincture 5 drops three times a daily [19-V].

9) Dioscorea Villosa [13-X].

It is used for colic and in severe painful affections of abdominal and pelvic viscera

It is indicated in ureteric colic; where pain radiates downwards to bladder. Pain aggravates by lying down and doubling up better by pressure

It equally applicable in renal colic and other pains of spasmodic nature in urethra. The pain which is always agonizing writhing (twisting and rolling both) and crampy in nature, radiates from a small spot over the crest of the right leg and into the right testicle. It may end by passing kidney stone [19-VI]

Dose

1. 5 Mother tincture drops thrice daily. In acute pain 5 drops every 10 to 15 minutes [19-VI].
2. Mother tincture to third potency [13-X].
3. Mother tincture 5 to 10 drops every hour during colic [18-VI]

Berberis vulgaris [13-XIII]

It is used in renal and vesical troubles. It is indicated in inflammation in kidney with hematuria.

The urine is greenish, blood red with thick slimy mucous. The urine may become dark, turbid with copious sediment in chronic diseases. Sensation as if some urine remained after urinating, urethra burns when urinating. Pains in thighs and hips on urinating. Prostate gland enlarged with pressure in perineum.

Dose

1. Mother tincture 5 drops every hour or more oftener according to severity of case in the mild form the daily [19-VII]
2. Mother Tincture to six potency [13-XIII]

Solidago virga [13-XVI]

It is indicated in Dysuria, Bright disease, Gravels

Patient having pain in the region of kidney with dysuria, kidneys sensitive to pressure.

Urine is scanty, reddish brown, thick sediment dysuria gravel

Urine flow is scanty and difficult albumen blood and slime in urine

There is pain in kidney which extend forward to abdomen and bladder.

Urine is clear and offensive urine

It is a used a homoeopathic catheter. It makes the use of catheter unnecessary many times ^[18-VII]

Dose

1. 10 Drops three to four times a day ^[18-VIII].
2. Mother Tincture to third potency ^[13-XVI].

Conclusion

Homoeopathic mother tincture has a great scope in renal calculi.

It helps to reduce pain in the acute as well as chronic cases of renal calculi.

It helps to reduce the suffering of the patients and removes the tendency of calculi formation.

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