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A case report on fatty liver with renal calculi treated with homoeopathy

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Abstract

This is a case of 43 years male presented with right sided pain in abdomen associated with tightness in abdomen since 1 month. He was also suffering from the scanty urination along with red-brick like sedimentation in urine, pain in back which is of radiating type and pain in posterior part of the leg. On investigation it is found that patient is suffering from fatty liver and renal calculi. Systematic case taking followed by repertorisation of the totality of symptoms was done by Synthesis Repertory using RADAR software in order to choose the individualised remedy where *Lycopodium*, *Sepia*, *Nux vomica*, *Lachesis* and *China* were shortlisted.

Keywords: Fatty liver, renal calculi, sedimentation, *Lycopodium*

Introduction

Non-alcoholic fatty liver disease (NAFLD) is defined by macrovesicular steatosis in $\geq 5\%$ hepatocytes, in the absence of a secondary cause such as alcohol or drugs. It encompasses a spectrum of disease from non-alcoholic fatty liver (NAFL) through to non-alcoholic steatohepatitis (NASH), fibrosis and cirrhosis. NAFLD is now a leading cause of chronic liver disease worldwide, yet public understanding of the disease remains very limited, and the complications of cirrhosis are overlooked in the public discourse on the national obesity epidemic. However, NAFLD is one of the fastest growing areas of liver research and the next decade should witness a transformation in the therapeutic options available for these patients. This review will summarise our current understanding of disease mechanisms, but focus on epidemiology and approaches to diagnosis and management [1].

Renal Calculi

Kidney stones are mainly lodged in the kidney(s). Mankind has been afflicted by urinary stones since centuries dating back to 4000 B.C. and it is the most common disease of the urinary tract. The prevention of renal stone recurrence remains to be a serious problem in human health. The prevention of stone recurrence requires better understanding of the mechanisms involved in stone formation. Kidney stones have been associated with an increased risk of chronic kidney diseases, end-stage renal failure, cardiovascular diseases, diabetes, and hypertension. It has been suggested that kidney stone may be a systemic disorder linked to the metabolic syndrome. Nephrolithiasis is responsible for 2 to 3% of end-stage renal cases if it is associated with nephrocalcinosis [2].

Case History

Personal Data

Name: Mr. Y

Age: 43

Sex: Male

Marital status: Married

Dated: 26/06/2022

Presenting Complaints

The patient complained of abdominal pain radiating to right lumbar region since 15 days associated with tightness of abdomen. He also complained of scanty urination along with red-brick like sediments in urine associated with bloody urine sometimes, pain in back which is of radiating type and pain in posterior part of the leg which is aggravated by flexion of the legs.

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History Of Presenting Complaint

He suffered from same complaint 4 years back and got relieved by taking allopathic treatment

Personal History

- Diet – Vegetarian
- Addiction – Non alcoholic
- Physical Generals:
- Appetite: Good
- Thirst: Thirsty
- Desire: Sweets
- Aversion: Nothing specific
- Intolerance: Tight clothing around abdomen
- Bowel: Regular, Satisfactory
- Bladder: Scanty with red-brick like sediments
- Sleep: Refreshing
- Perspiration: Profuse, non-staining
- RHC: Chilly

Mental Generals

Anger – suppressive
 Contradiction – intolerant
 Fear – Nothing specific
 Memory – Sharp

Provisional Diagnosis

Grade I Fatty Liver [3] and Right Renal Calculus [4].

Totality of Symptoms

- Abdominal pain with tightness
- Abdominal pain radiating to right lumbar region
- Intolerance to tight clothing around abdomen
- Right renal calculi
- Pain in back of radiating type

- Scanty urination with red- brick like sediment
- Bloody urine
- Pain in posterior part of the leg
- Desire for sweets
- Contradiction intolerant

Rubrics Selected [5]

1. Mind – contradiction – intolerant of contradiction
2. Abdomen – clothing, sensitive
3. Abdomen – distension – painful
4. Kidney stones- right
5. Urine – sediment – red
6. Urine – bloody
7. Back – pain – radiating
8. Back – pain – lumbar region- right
9. Extremities – pain – aching – lower limbs- posterior part
10. Generals – food and drinks – sweets – desire
11. Urine - scanty

Analysis of the case

After analysis and evaluation of the case the characteristics symptoms were used to form the totality “abdominal pain, pain in back, pain in posterior part of the leg” were important particulars in this case. “Desire for sweets and scanty and bloody urine with red sediments” were important physical generals in this case and “contradiction intolerance” was important mental general in this case.

The selection of remedy was based on repertorisation from RADAR 10 software using Synthesis Repertory 9.1 by Frederick Schroyens [5] with repertorial result showing top five remedies as Lycopodium (21/9), Sepia (19/8), Nux vomica (16/8), Lachesis (15/8) and China (13/8).

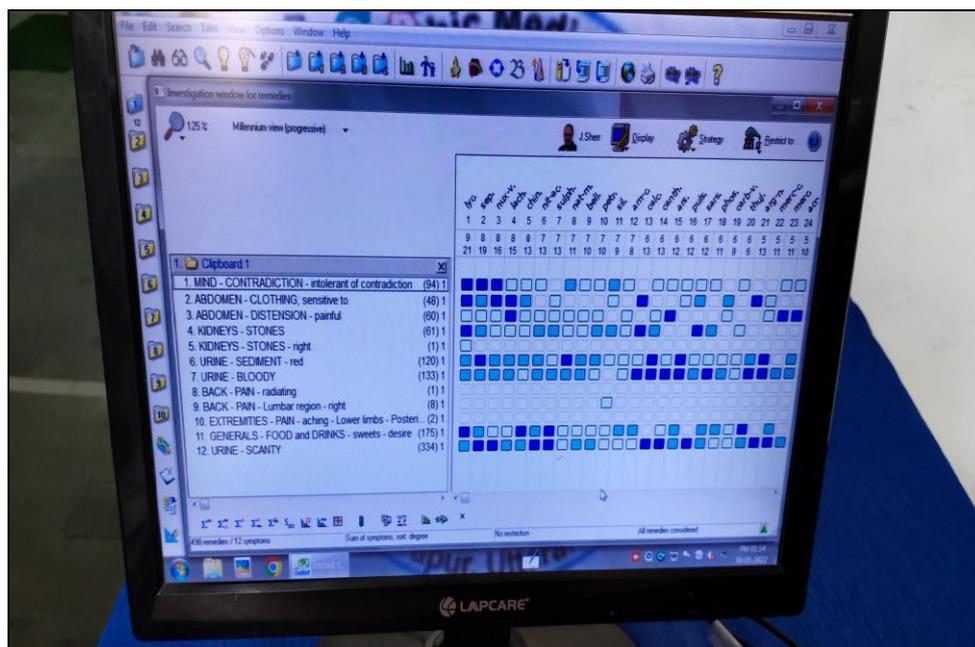


Fig 1: Repertorial Analysis [5]

Prescription

Lycopodium [6] 1M single dose

Basis for Prescription

After analysing the repertorial results and with the

knowledge of our Materia Medica, LYCOPODIUM [6] 1M single dose is prescribed as it got maximum marks in repertorial sheet and it is a right sided medicine and this patient is suffering from maximum right sided complaints. Patient showed marked improvement in very few doses.

Follow – up

Table 1: Follow up Date wise description of medicine

Date	Symptoms	Medicine
26/06/2021	Patients' 1 st visit	<i>Lycopodium 1M single dose</i> ("The dose of medicine (of the first prescription) that acts without producing new troublesome symptoms in to be continued while gradually ascending, so long as the patient with general improvement, begins to feel in the mild degree the return to of one or several old original complaints".) (Aph 248,280) [7]
19/07/2021	Urine complaint relieved	Placebo
27/07/2021	Slight relief in backache	Placebo
20/09/2021	Abdominal pain relieved	Placebo
05/10/2021	No new complain	Placebo

Before Treatment

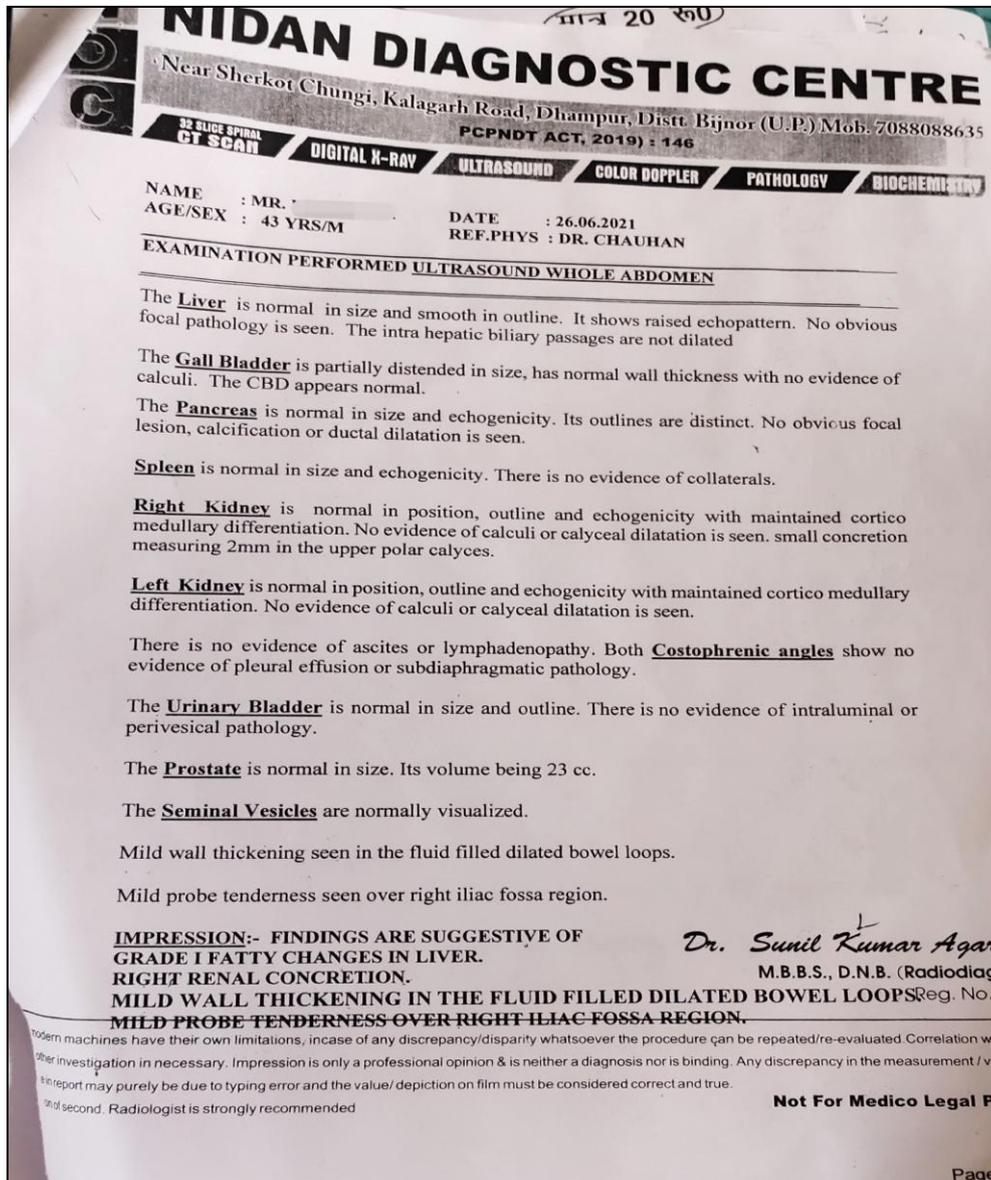


Fig 2: Investigation before treatment

After treatment

RUDRAPUR MRI & DIAGNOSTICS PVT. LTD.
MRI, CT, COLOR DOPPLER & ULTRASOUND, DIGITAL X-RAY
 28/1, CIVIL LINES, DOCTOR'S COLONY, RUDRAPUR (UDHAM SINGH NAGAR) UTTARAKHAND
 Mob.: 09012077776, E-mail : rudrapurmri@yahoo.com

1.5 TESLA MRI  **1.5 TESLA MRI**

PATIENT NAME: MR. NARENDER SINGH	AGE/SEX : 40 Y/M
REF. BY: SELF	DATE : 23-07-2021

USG-WHOLE ABDOMEN

LIVER – is normal in size with normal echogenicity. There is no focal lesion seen. IHBR are not dilated. The portal vein is normal. The IVC and hepatic veins are normal.
GALL BLADDER – Lumen is echo free. Wall thickness is normal. No evidence of calculus at present scan. No focal lesion seen.
CBD is normal.
PANCREAS – is normal in size and echotexture. There is no focal lesion seen. The main pancreatic duct is not dilated. Tail obscured due to gases.
PARA-AORTIC AREA – Aorta and inferior vena cava are seen as regular, normal caliber vessels with pulsations in complete extent. No vascular defect is seen. Para-aortic area shows no mass lesion.
SPLEEN – is normal in size with normal echogenicity. There is no focal lesion seen.
RIGHT KIDNEY – is normal in size and echotexture. The cortical thickness is normal. Corticomedullary differentiation is well maintained. There is no calculus or hydronephrosis.
LEFT KIDNEY – is normal in size and echotexture. The cortical thickness is normal. Corticomedullary differentiation is well maintained. There is no calculus or hydronephrosis.
RIGHT ILIAC FOSSA – Right ilio-psoas is normal in configuration. Iliac vessels are normal. The Caecum is seen as normally low echogenic structure with gut gasses. The appendix is not seen. No free fluid is seen in right iliac zone.
URINARY BLADDER – Lumen is echo free. Wall thickness is normal. No evidence of calculus at present scan.
PROSTATE – is normal in size, with normal echogenicity. There is no focal lesion seen.

IMPRESSION:
 ➤ **NORMAL STUDY.**
Please correlate clinically

DR. SUBODH
(DNB Radiodiagnosis)

The above report is based on interpretation of images. In case of any disparity between the clinical and usg findings, a repeat / review examination may be requested. This report is not valid for medico-legal purpose. In case of any discrepancy due to machine error or typing error, please get it rectified immediately.

Prepared By: **MONIKA**

Fig 3: Investigation after treatment

Discussion and Conclusion

Homoeopathic medicine selected on the basis of homoeopathic principles proved to be very effective in this case of fatty liver with renal calculus and shown remarkable results in the treatment. Lycopodium^[6] was selected on the basis of physical generals, mental generals and particulars and keeping in mind the knowledge of Materia Medica and homoeopathic philosophy. Treatment was continued for 3 months. Medicine was given in very few doses which appeared very effective in treatment of the case.

The potency selection was done on the basis of susceptibility of the patient as stated by Dr Close^[8]

1. The greater the characteristic symptoms of the drug in the case, the greater the susceptibility to the remedy and the higher the potency required.
2. Age: Medium and higher potency for children.
3. Higher potencies for sensitive, intelligent persons.
4. Higher potencies for person of intellectual or sedentary occupation and those exposed to excitement or to the continual influence of drugs.
5. In terminal condition even the crude drugs may be required.

He also writes “Different potencies act differently in different cases and individuals at different times under different conditions. All may be needed. No one potency, high or low, will meet the requirement of all cases at all times”.

Potency was selected on the basis of susceptibility of the patient and organic condition of the disease, the susceptibility of the patient was high so 1M potency was

selected.

This case of Fatty liver with renal calculus re-established the strength of homoeopathy and proves the homoeopathic principles and philosophy as stated by Dr Hahnemann. It also elicited that homoeopathy can cure such type of case in very few doses in a very short period of time without any aggravation and side effects.

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