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Role of constitutional remedy in treating the unknown: A case study

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Abstract

Homoeopathy is known as holistic science. It treats the patient and not the disease. Homoeopathic medicine, even when prescribed for any particular complaint of the patient, would work on the patient as a whole and treat him not just for his presenting particular ailment but also to cure him on all levels. The constitutional Homoeopathic remedy works on the constitution of the patient and cures him as a whole. The present study focuses on a constitutional remedy for a person with a kidney stone who originally presented with a complaint of heartburn.

Keywords: Constitutional remedy, heartburn, renal stone, lycopodium

Introduction

Kidney stones are hard, stony deposits formed of urine salts and minerals bound by an organic-based colloid matrix that develop in the kidneys [1]. They are also known as Renal Calculus, Urolithiasis, or Nephrolithiasis. Kidney Stone Disease (KSD) is common in India, where the population as a whole is said to be predisposed to urinary stones, with a 12% life expectancy [2]. Of this (12%), 50% of the population has a renal impairment that is severe enough to result in kidney loss [3]. Whether a kidney stone is in the kidney, ureter, or urinary bladder, the symptoms will vary [4]. Renal calculus affects males 2.5:1 more frequently than women [5]. According to recent studies, urolithiasis has become more common over the past several decades in both developed and developing nations. This expanding pattern is said to be brought on by changes in lifestyle, such as inactivity and poor eating habits, as well as global warming [6]. Stone development does not initially result in any symptoms. Renal calculi may remain asymptomatic for long periods of time and usually result in symptoms during times of dehydration or exertion. A case of a person with a kidney stone who originally presented with a complaint of heartburn is given in the current research study.

Case: A male patient, aged 37 years, came for treatment of heartburn. He had complained of retrosternal burning pain for around 1 week, aggravated especially at night, during sleep. Had to wake up from sleep due to heartburn, had sour eructation, and needed to take an antacid, only after which he could sleep. During day time, he had heaviness in the abdomen with bloating. He was not able to eat much due to a sensation of heaviness in the stomach. Since it was an acute case, a few physical generals were asked, repertorised and medicine was prescribed. The Repertorisation Chart is shown in Figure 1. In physical general, he had a desire for sweets and an aversion to bitter food, he preferred normal water for drinking throughout the year and had a seasonal bathing inclination. He also desired covering at night in all seasons, hence his thermal was identified as chilly. His bowels and bladder movement were normal. The case is as mentioned below.

Chief Complaints

- Retrosternal burning pain < night, during sleep, since 1 week.
- Sour eructation.
- Heaviness of abdomen.

Physical Generals

Desire: Sweet.

Aversion: Bitter.

Thirst: Around 1.5 to 2 litres/day, 1 glass at a time.

Thermal: Chilly.

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Bowel: Normal.
Bladder: Normal.

Sour eructation.
Heaviness of abdomen.
Desire: Sweet.
Thermal: Chilly.

Totality
Heartburn < Night.

The screenshot shows the 'Repertorisation' window of a software application. It features a menu bar at the top with options like Patient, Repertory, Search, Extract, MatMed, Edit, View, Utilities, Homopath Family, Window, and Help. Below the menu is a toolbar with various icons. The main area is titled 'Repertorisation' and includes a status bar with 'Reg. No. : ' and 'Visit Date : 29/06/2023'. The interface is divided into two main sections: 'Symptoms' on the left and 'Remedies' on the right. The 'Symptoms' section lists several symptoms with checkboxes, such as '[C] [Stomach]Heartburn:Night', '[C] [Stomach]Eructations Sour:Eating, after.', '[C] [Abdomen]Heaviness as from a load or weight:Eating, after.', '[C] [Generalities]Food and drinks:Sweets:Desires:', and '[C] [Generalities]Cold:Agg.'. The 'Remedies' section is a grid with columns for various remedies: Lyc, Sulph, Kali.c, Chin, Nit.ac, Phos, Bry, Ferr, Merc, Nat.ar, Nat.m, Sil, Ars, and Ber.c. Each cell in the grid contains a numerical value representing the strength of the remedy for that symptom. At the bottom, there are two summary boxes: 'Symptoms 5' and 'Remedies 312'.

Fig 1: The Repertorisation Chart

Prescription: 14th May 2019.
Lycopodium 200, 5 globules BD, 3 days.

Thereafter, Placebo 5 globules TDS, 3 days.
The follow-up of the presented case is tabulated in Table-1.

Table 1: Follow-up of the presented case

Date	Symptoms	Prescription
20/05/2019	Better Had to wake up twice during last week due to retrosternal burning pain	Placebo, 5 globules, TDS, 5 days
27/05/2019	Better No complain of Heartburn The patient reported that he had abdominal pain yesterday and passed a renal stone, which he had complained of 3 months back.	Advised for USG

Result

The patient was cured of his acute complaint of heartburn, at the same time, he also got rid of his renal stone. The

medical reports of the presented case are showcased in Figure 2 and the removed renal stone is shown in Figure 3.

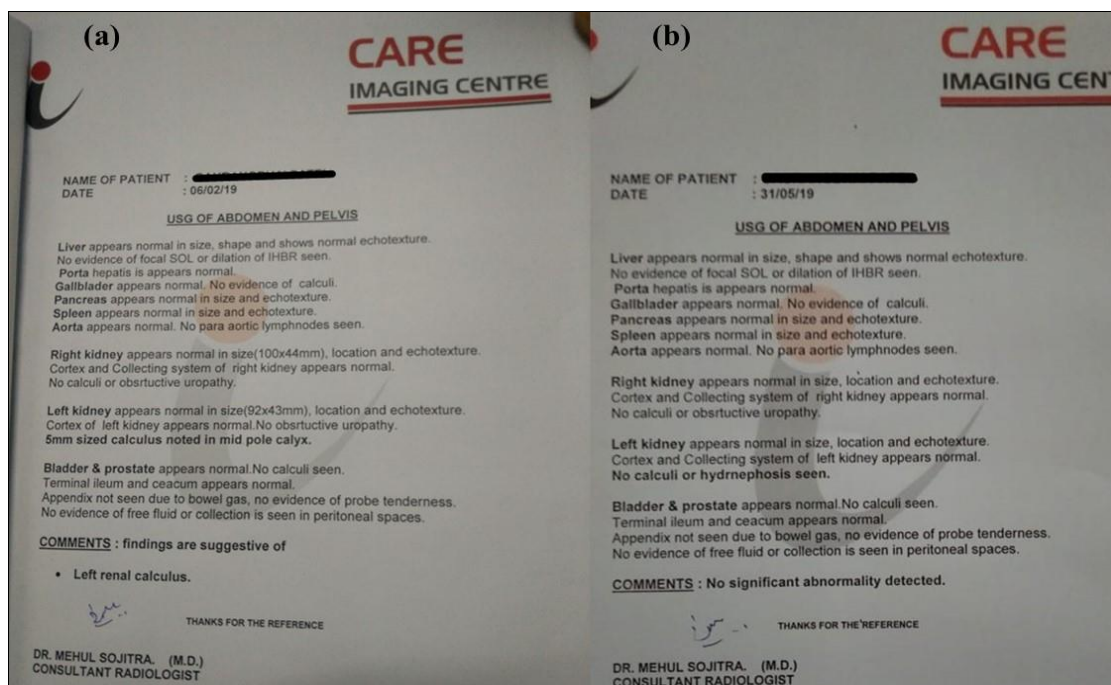


Fig 2: Medical reports of the presented case (a) Before - 06/02/2019 (b) After - 31/05/2019



Fig 3: Recovered stone

Discussion

The patient had originally come for his acute complaint of heartburn and was under treatment for the same. The prescribed medicine, *Lycopodium*, turned out to be his constitutional remedy which was confirmed by asking him further questions after treatment. He wanted to change his job for one with a better salary but at the same time, he was hesitant to do so as he was much accustomed to his current work environment. He lacked the confidence to face interviews. *Lycopodium* patients lack confidence. They fear undertaking new things^[7].

The patient had suffered from renal colic 3 months back but was asymptomatic since then when he had taken allied treatment for the same. Since it was an acute case of heartburn, details of past history were not inquired. Moreover, as the patient too was asymptomatic for the last 3 months, he did not report that he had a renal stone during case taking. The beauty of Homoeopathy lies in the fact that it is a holistic science. It treats the patient as a whole and hence, it even cures what the patient does not reveal.

Conclusion

For the multiple complaints of the patient, Homoeopathy comes up with a single medicine. It is because, in Homoeopathy, there does not exist symptomatic treatment. Homoeopathy does not have medicines that are homoeopathic antibiotics, homoeopathic antivirals, homoeopathic antipyretics, homoeopathic analgesics, homoeopathic antiemetics, etc. Such specific remedies do not exist in Homoeopathy. Homoeopathy is known for lengthy case taking which continues for many hours at times. That is because, Homoeopathy has nothing to do with the particular, specific disease symptoms, but what a homoeopath is in search of is characteristic, peculiar, rare symptoms and symptoms that cover the patient as a whole. The method of Homoeopathic Case Taking is what makes it different from other medical sciences. While one takes the case of the patient as a whole, what one arrives at is a Constitutional Remedy. Usually, Constitutional Remedies are prescribed for chronic cases. To arrive at a constitutional remedy for the patient, his physical, mental and particular, all symptoms need to be considered.

In the present case study, since it was an acute complaint that the patient originally presented with, detailed case-taking was not carried out but accidentally, the

homoeopathic medicine prescribed for his acute complaint, turned out to be his constitutional, which was later confirmed from his mental generals, so it acted even on the renal stone and cured it.

Consent of Patient

Patients have agreed that their reports and other clinical information can be used for research work, and it can be reported in the journal.

Acknowledgment

The author acknowledges the consent given by a patient to use his case and report for research and publication.

Conflict of interest: None

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