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Dr. Sammaia Papiah
Lecturer, Department of
Organon of Medicine, North
Eastern Institute of Ayurveda
& Homoeopathy, Shillong,
Meghalaya, India

Dr. Bethshida Kharbuli
Lecturer, Department of
Obstetrics & Gynaecology,
North Eastern Institute of
Ayurveda & Homoeopathy,
Shillong, Meghalaya, India

Daffinisa K Lyngdoh
Internee, North Eastern
Institute of Ayurveda &
Homoeopathy, Shillong,
Meghalaya, India

Renal calculi treated with homoeopathic medicine Berberis Vulgaris Q: A case report

Dr. Sammaia Papiah, Dr. Bethshida Kharbuli and Daffinisa K Lyngdoh

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Abstract

An increasing nephrological disorder of human health, renal stone also known as renal calculi affects about 12% of the world population. It has been linked to an increased risk of kidney failure in its last stages. Homoeopathy has some very effective remedies in order to treat renal stones. Homoeopathic approach for the treatment of renal stones is to dissolve the stones without any surgical or laparoscopic procedures. It also has the tendency to prevent the body from future disposition.

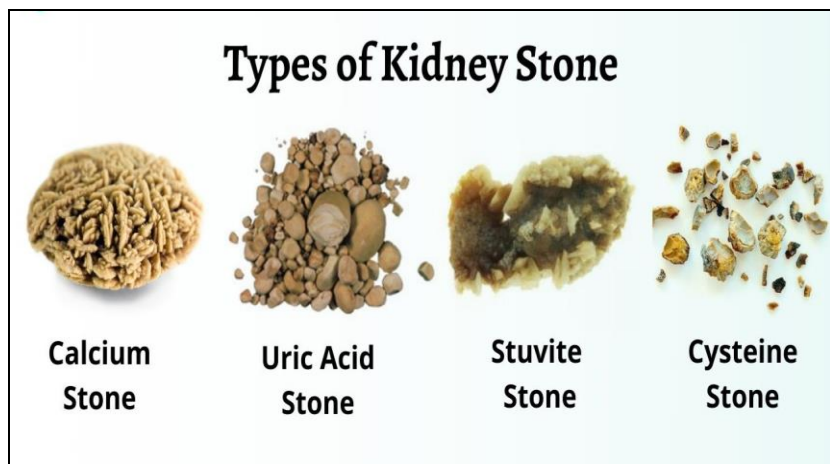
Keywords: Berberis vulgaris, homoeopathy, renal calculi

Introduction

The kidney, ureter, bladder, and urethra make up our urinary system. The kidney is a crucial organ that cleanses our system and eliminates waste. Mineral buildups called kidney stones can be either free or connected to the renal papillae in the renal calyces and pelvis. They are composed of clusters of crystals that often include calcium or phosphate along with trace amounts of proteins and glycoproteins^[1].

Types of renal stones

1. **Calcium Oxalate Stones:** Most common type of stone. It occurs when urine has high levels of calcium, oxalate, or uric acid and low levels of citrate^[2,3].
2. **Calcium Phosphate Stones:** It is caused by abnormalities in the way the urinary system functions^[2,3].
3. **Struvite Stones:** Most common in women. Certain forms of urinary tract infections are the cause. These bacteria or pathogenic agents frequently take up the entire kidney due to their rapid growth and size^[2,3].
4. **Uric Acid Stones:** Most common in men in those who have gout, family history or had chemotherapy^[2,3]. It affects those who don't drink enough water or consume a lot of animal protein in their diet.
5. **Cystine Stones:** It is brought on by an inherited genetic condition known as cystinuria, which can cause excessive amounts of the amino acid cysteine to accumulate in urine^[2,3].



Corresponding Author:
Dr. Sammaia Papiah
Lecturer, Department of
Organon of Medicine, North
Eastern Institute of Ayurveda
& Homoeopathy, Shillong,
Meghalaya, India

Clinical features

Pain in your side or lower back of the body which begins as a dull aching pain that comes and goes. Pain in the loin which radiates round the flank to the groin^[1].

- Pallor
- Sweating
- Pain with nausea and/or vomiting
- Blood in urine.
- Pain when urinating.
- Unable to urinate.
- Frequent urination
- Fever or chills.
- Urine offensive and looks cloudy^[1].

Investigations

- Approximately 90% of stones include calcium, which may be seen on a simple abdomen X-ray.
- Ultrasonography of whole abdomen.
- CTKUB is the gold standard for diagnosing a stone within the kidney.

Berberis vulgaris: The main action of this drug is upon the urinary organs, when there is a tendency of formation of calculi and lithaemia. The pain radiates from the kidney to the bladder. The pain is tearing and cutting in the kidney, shooting through the pelvis and into the hip, continuing along the ureters to the bladder or urethra, and cutting and sticking in the bladder and urethra. Urethra burns when not urinating. Urine is thick, turbid, slimy mucus, yellow; red, mealy, sandy sediment. Burning, soreness or bubbling sensation in the region of kidneys^[4]. Iranian traditional medicine and cuisine place a great deal of importance on the healing plants of the genus Berberis. This study aims to look at the results of recent studies on the phytochemical properties, specifications, and applications of Berberis vulgaris in light of the many plants from the genus Berberis and their economic, nutritional, and medicinal status in Iran^[5]. As well-known Berberis vulgaris (Berberideaceae) contains Berberine, oxycanthine and berbamine as its constituents. Different parts as fruits, roots and bark of this plant are used for medicinal purposes. It is said to have strong cardioprotective, nephroprotective, and hepatoprotective properties. It has antioxidant, anti-

inflammatory, and anti-apoptotic properties^[6].

Case report

A 22yrs old male, undergraduate degree student, came with chief complaint of stitching type pain in right lower abdomen since 1 month which was aggravated by motion and ameliorated by rest. The patient was apparently healthy 1 month back and then gradually developed stitching type pain in right lower abdomen. His diet was non-veg with good socio-economic status and a hobby of playing football. His appetite was decreased, he was thirstless, aversion to bitter & scanty perspiration. His urine was frequent with 8-9 times/day, 3-4 times/night and urging to urinate especially after motion. He was anxious and indifferent towards others.

Systemic examination- Gastro-intestinal system: Mild tenderness was present in right lumbar region on palpation

USG report: Dated- 13/07/2022 [Figure 1]

Calculus measuring 3mm and 4.7mm noted in the upper calyx of right kidney.

Calculus measuring 10.88 mm in left upper ureter.

Impression: Right renal calculi.

Left upper ureteric calculus causing mild hydronephrosis.

Totality of symptoms

1. Anxious
2. Indifferent
3. Decreased appetite
4. Thirstless
5. Urine- frequent
6. Urging to urinate especially after motion
7. Stool- loose stool; clay coloured
8. Stitching pain in right lower abdomen
9. Stitching pain in right lower abdomen aggravation-motion
10. Right renal calculi

Repertory used with reason: Repertory of Homoeopathic materia medica by Dr J.T Kent was used as the case is rich in mental and physical generals^[7].

Table 1: Repertorial totality: Conversion of symptoms into rubrics

Sl. No.	Symptomss	Rubric	Reason	Page no.
1	Anxiety	MIND, ANXIETY	Mentals	4
2	Indifferent	MIND, INDIFFERENCE	Mentals	54
3	Thirstless	STOMACH, THIRSTLESS	Physical generals	527
4	Urine- frequent	BLADDER, URINATION, frequent	Physical generals	657
5	Urging to urinate especially after motion	BLADDER, URGING, to urinate, motion on	Physical generals	654
6	Decreased appetite	STOMACH, APPETITE, diminished	Physical generals	476
7	Stool- loose stool; clay coloured	STOOL, clay colored	Physical generals	636
8	Stitching pain in right lower abdomen	KIDNEYS, PAIN, stitching	Particulars	665
9	Agg- motion	KIDNEYS, PAIN, stitching, motion on	particulars	666
10	Right renal calculi	URINE, SEDIMENT, renal calculi	particulars	690

Repertorisation: Total addition method

Analysis of reportorial result

1. Berberis vulgaris- 19/9
2. Belladonna- 17/8
3. Phosphoric acid-16/7
4. Lycopodium-16/7

First prescription: In consultation with materia medica and comparing the potential differential field, Berberis vulgaris Q was given, 15 drops of it in half cup of warm water twice daily for 2 weeks.

Table 2: Follow up of the patient

Date & Time	Observation	Advice
31/07/22	Pain in abdomen still present No new complaint	1. Berberis vulgaris Q x 2 weeks 2. Rubrum30 x 2weeks
16/08/22	Pain in abdomen still present No new complaint Patient feels better	1. Berberis vulgaris Q x 2 weeks 2. Rubrum30 x 2weeks 3. Advice: USG whole abdomen
28/08/22	Pain in abdomen has reduced No new complaint USG report: Dated- 26/08/2022 [Figure 2] -Small right renal calculus measuring 2.4mm -Calculus measuring 5.7 mm in VUJ Impression:- Small right renal calculus -Right VUJ calculus	1. Berberis vulgaris Q x 2 weeks 2. Rubrum30 x 2 weeks

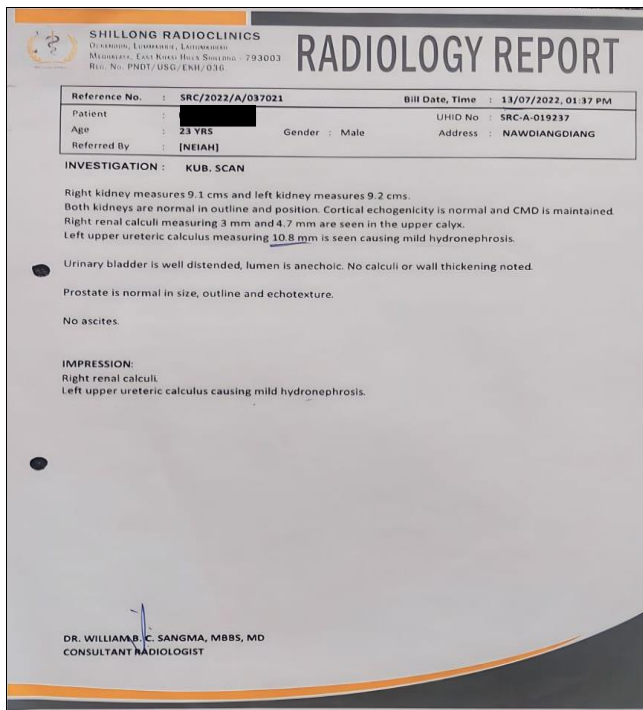


Fig 1: Before treatment

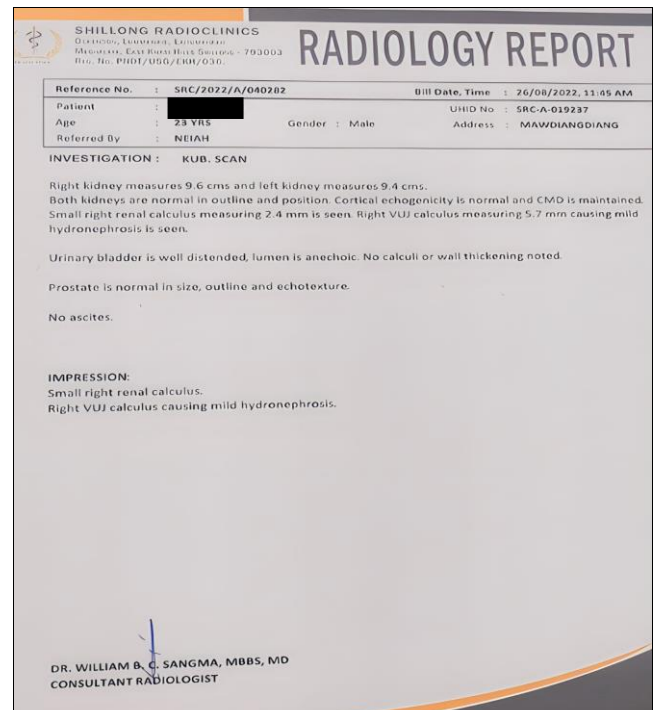


Fig 2: After treatment



Fig 3: Stone expelled by patient which was of approximate 3 mm in size

Discussion

In this case, mother tincture of Berberis Vulgaris was given to the patient with the help of Dr. J T Kent’s repertory [7]. There was reduction in the size of the right renal calculi and expulsion of left renal calculus. Renal calculi have become one of the leading disease as per the present scenario of India. The growing intake of animal products, which results

in higher levels of calcium, oxalate, and phosphorus in the urinary system, is having an impact on the general public’s health. Homoeopathy has always been an alternative treatment for renal calculi. Patients seeking homoeopathic treatment for renal calculi are mostly those who wants to avoid the risk of surgical intervention.

Conclusion

This case study supports the potential role of *Berberis Vulgaris Q*, as a sole treatment for renal calculi. The findings of this study will help clinicians learn more, which will benefit patients with renal calculi, especially those who prefer to forgo the danger of surgical procedures. For a scientific validation of the effectiveness of homoeopathic medications in renal calculi, a prospective research study with Reliable Change Index study design and a large sample size is advised.

Declaration of patient consent

Images and other clinical data were reported in this journal with the patient's agreement. The patient is aware that his initials and name will not be used publicly.

Conflict of Interest

Not available

Financial Support

Not available

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