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Efficacy of Homoeopathy in Nephrolithiasis

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Abstract: ***Nephrolithiasis is the medical term for kidney stones. These stones are hard deposits made of minerals and salts that form inside the kidneys. They can vary in size from tiny crystals to large masses and can cause severe pain and discomfort as they move through the urinary tract. Here's a bit more about nephrolithiasis:***

Keywords: Kidney stone, Renal Stone, Homoeopathic Treatment, Renal Calculi, Nephrolithiasis

Etiology

Nephrolithiasis occurs when solutes crystallize out of urine to form stones. Nephrolithiasis may occur due to anatomic features leading to urinary stasis, low urine volume, dietary factors (eg, high oxalate or high sodium), urinary tract infections, systemic acidosis, medications, or, rarely, inheritable genetic factors such as cystinuria.

Kidney stones can form due to a variety of factors, including:

- Dehydration: Not drinking enough fluids can lead to concentrated urine, which increases the likelihood of stone formation.
- Diet High intake of certain foods, such as those rich in calcium, oxalates, or purines, can contribute to stone formation.
- Medical Conditions: Conditions like hyperparathyroidism, gout, and certain urinary tract infections can increase the risk.
- Genetics: A family history of kidney stones can make you more susceptible.
- Medications: Some medications can increase the risk of stone formation.

Types of Kidney Stones:

1) Calcium Stones: The most common type, usually formed from calcium oxalate or calcium phosphate.
2) Struvite Stones: Often related to urinary tract infections, these stones can grow quickly and become large.
3) Uric Acid Stones: Formed from high levels of uric acid in the urine, often related to a high-protein diet or conditions like gout.
4) Cystine Stones: Less common, formed from a genetic disorder that causes the kidneys to excrete too much of the amino acid cystine.

Risk factors

Factors that increase your risk of developing kidney stones include:

- Family or personal history. If someone in your family has had kidney stones, you're more likely to develop stones, too. If you've already had one or more kidney stones, you're at increased risk of developing another.
- Dehydration. Not drinking enough water each day can increase your risk of kidney stones. People who live in warm, dry climates and those who sweat a lot may be at higher risk than others.
- Certain diets. Eating a diet that's high in protein, sodium (salt) and sugar may increase your risk of some types of kidney stones. This is especially true with a high-sodium diet. Too much salt in your diet increases the amount of calcium your kidneys must filter and significantly increases your risk of kidney stones.
- Obesity. High body mass index (BMI), large waist size and weight gain have been linked to an increased risk of kidney stones.
- Digestive diseases and surgery. Gastric bypass surgery, inflammatory bowel disease or chronic diarrhea can cause changes in the digestive process that affect your absorption of calcium and water, increasing the amounts of stone-forming substances in your urine.
- Other medical conditions such as renal tubular acidosis, cystinuria, hyperparathyroidism and repeated urinary tract infections also can increase your risk of kidney stones.
- Certain supplements and medications, such as vitamin C, dietary supplements, laxatives (when used excessively), calcium-based antacids, and certain medications used to treat migraines or depression, can increase your risk of kidney stones

Symptoms:

- Severe pain in the back, side, or lower abdomen
- Painful urination
- Blood in the urine (hematuria)
- Cloudy or foul-smelling urine
- Frequent urination or feeling the need to urinate urgently
- Nausea and vomiting
- Fever and chills (if an infection is present)

Diagnosis:

- Imaging Tests: Ultrasound, CT scans, or X-rays can help locate and assess the size of stones.
- Urinalysis: Tests of urine can show signs of infection, blood, or crystals.
- Blood Tests: These can check for kidney function and levels of substances that can lead to stone formation.

Treatment:

Treatment depends on the size and type of stone and the severity of symptoms. Options include:

- Hydration: Drinking plenty of water helps flush out small stones.
- Medications: Pain relievers, medications to relax the urinary tract, or drugs that can help dissolve certain types of stones.
- Extracorporeal Shock Wave Lithotripsy (ESWL): Uses sound waves to break stones into smaller pieces that can be passed more easily.

- Ureteroscopy: A small scope is inserted into the urethra and bladder to remove or break up the stones.
- Percutaneous Nephrolithotomy: A surgical procedure to remove large stones through a small incision in the back.

Homoeopathic management

Aconite: Pain in loins as if bruised. Cutting pain from spine to abdomen. Cramping pain and contraction in hypogastrium, at bladder region. There is frequent and violent urging to urinate with scanty emission of red turbid urine

Nitric acid: Oxalic acid calculi in the urine, and urine is scanty, dark, bloody, aluminous and offensive. In this remedy offensiveness of urine is marked.

Belladona: Right sided pain, comes suddenly and goes, in paroxysms. < Least jar, even of the bed, slight noise, light, lying down. > Pressure, tight bandaging, wrapping up.

Berberis Vulgaris: This drug is useful for left sided renal colic. There is tendency to the formation of calculi and lithaemia diathesis. Urine with thick mucus, bright-red, mealy sediment. Peculiar bubbling, sore sensation in kidneys. Pain in bladder region and in the thighs and loins on urinating. Worse by motion and standing.

Cantharis: There is violent paroxysms of cutting, burning in whole renal region, with painful urging to urinate, constant desire, bloody urine, comes in drops. Intolerable tenesmus is present. Cutting before, during, and after urine.

Hydrangea: Hydrangea arborescence is useful when stones are in ureter. This medicine acts as a stone breaker and treats the condition without any problem. Yellow sand or
the white deposits are detected in the urine which indicate the need for this medicine in kidney stone treatment.

Lycopodium: Right sided complaints. Pain in back before urinating; ceases after flow; slow in coming, must strain.Retention of urine or red sediment. Right sided pains.Peculiar agg from 4 to 8 pm, heat. Feel better with cold applications, and hot food and drinks. These persons areintellectually keen, but physically weak.

Ocimum Canum: In this drug, there is right sided renal colic, with uric acid diathesis. High acidity, formation of spike crystals of uric acid. Thick, turbid, purulent, bloody, brick dust red or yellow sediment.

Sarsaparilla: Urine is scanty, slimy, flaky, sandy, and bloody. Child screams before and while passing urine.Severe pain at conclusion of urination is characteristic. Pain at meatus.Urine dribbles while sitting. Renal colic and dysuria in infants. Sand on diaper. Pain from right kidney downward. Tenesmus of bladder; urine passes in thin, feeble streamBy these symptoms we can understand the stone is passing down or may be present at intramural part or in bladder. But, always the characteristic symptoms which are put out by vital force are guide for selection of remedy.

“smells like horse’s urine”.

Prevention:

1) Hydrate: Drinking plenty of fluids helps dilute urine and prevents stone formation.
2) Dietary Changes: Reducing intake of calcium-rich foods, oxalates, or purines depending on the type of stone.
3) Medications: For individuals with recurrent stones, medications might be prescribed to prevent new stones from forming.

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