

# Management of Renal Stones

Dr. Sahni B.S Dy. Chief Medical Officer, ONGC Hospital Panvel-410221, Navi Mumbai, India

---

In Homoeopathy patients always come to you for treatment of Renal Stones whenever these were diagnosed by X-Ray / Sonography to avoid Surgery. In our society 90% stones are in the upper tract i.e. Kidneys & Ureters and the rest in the Urinary bladder.

The majority of renal stones formed of crystalline salts of Calcium. Uric Acid stones account for the rest and rarely you will come across of Xanthine stones

## **The following factors contribute to form renal stones:**

- A large excretion of Calcium in the urine
- A large excretion of Oxalate in the urine
- A low urine volume
- A low urine acidity
- Low urinary inhibitors of Crystallization
- Sometimes renal stones are formed due to the complication of parathyroid activity. Parathyroid gland secretes a hormone, parathormone which increases calcium absorption from the gut and calcium loss from the bones. Due to this the calcium loss in the urine may increase many folds and such start formation of renal stones.

## **Clinical Presentation of Renal Stones:**

It has been noticed in practice that many patients who have renal stones have no symptoms and this is found in large stones which only visits Doctor because of urinary Tract Infection, Obstruction or even in renal failure. Otherwise a pain in the loin or back area is the only complaint patient have. Patients generally when investigated for these complaints through urinary examination & X-Ray they are diagnosed as having renal stones. The Stag horn Renal stones generally diagnosed during such examinations as they do not have any symptom except dull pain in the back or some times patients are presented with Sciatica like symptoms.

The most problematic stones which gives maximum trouble to the patients are the small sharp calcium Oxalate stones. Because of their irregular shape and spikes they give the following set of physical symptoms;

- Burning Pain during Urination
- Blood in Urine
- Obstruction feeling during Urination. In this stage the pain is maximum which is generally referred as Renal Colic and is followed by vomiting.
- Pain comes at few minutes intervals and felt in the side of the abdomen and radiates in to the groin, genital area.

## **Homoeopathic Management of Renal Stones:**

The management consists of the following categories:

- Symptomatic relief to the patient
- Crush/break the calculi
- Dissolve the stones gradually
- For easy passage of renal stones dilate the ureteric muscles

- Push forward the renal stones in the urinary tract
- Promote diuresis
- Prevent the reformation of renal stones

Symptomatic relief to the patient:

- Pain, Right Side: Lycopodium, Ocimum Can, Sarsaparilla, Nux Vomica
- Pain, Left Side: Berberis Vulgaris, Cantharis, Tabacum, Hydrangea
- Burning Micturation: Cantharis, Ars. Alb, Pareira Brava, Hedeoma, Uva Ursi
- Haematuria: Uva Ursi, Cantharis, Hydrangea, Erigeron, Terebinthina, Thalapsi BP, Sarsaparilla, Millifolium, Nitric Acid, Merc. Cor., Kali Chlor.
- Dysuria: Lycopodium, Uva Ursi, Solidago, Belladonna
- Interproximal treatment: Berberis Vulgaris, Cal. Carb, Hydrangea, Lycopodium, Sepia, Nux. Vom., Urtica Uren, Chinum Sulph, Elemuy Gauteria, Xanthorrhoea Arborea, Silica, Acid Benz

Crush/Break the Calculi:

- Crush Stones: Terebinthina, Ononis Spinosa

Dissolve the Stones Gradually:

- Sarsaparilla, Epigea Rep, Lycopodium, Uva Ursi

For Easy Passage of Renal Stones Dilate the Ureteric Muscles:

- Ipomoea, Nux Vomica, Hydrangea

Push Forward the Renal Stones in the Urinary Tract:

- Nux Vomica, Galium Aparine, Berberis Vulg

Prevent the Reformation of Renal Stones:

- Fragaria

The following remedies can be used on the basis of Urine Analysis:

- Pus Cells: Ars. Alb, Berberis Vulg. , Cantharis, Epigea rep, Sulphur, Pulsatilla, Kali Bich, Lycopodium, Phosphorus, Cannabis Sativa, Barosma Crenata, Merc. Cor, Ocimum Can,
- Uric Acid Crystals: Acid Benz, China Sulph, Urtica Uren, Lycopodium, Cal. Carb, Acid Uric, Ocimum Can, Hedeoma, Berberis Vulg
- Phosphates: Belladonna, Acid Nitric, Acid Phos, Cal. Carb, Thalapsi BP, Cal Phos, Solidago, Alfalfa, Hydrangea, Lecithinum
- Oxalates: Berberis Vulg, Acid Oxalic, Kali Sulph, Senna, Brachyglottis, Acid Nitric, Nitro-Muriatic Acid

Auxiliary Treatment:

Apart from homoeopathic treatment, following precautions will help the patient for a speedy recovery:

- A large quantity of water intake is
- Avoids dietary products containing excessive amount of Calcium, Oxalates and Phosphates which are commonly contained in Tomato, Milk products, Leafy Vegetables & Non Veggies.

**CONCLUSION:**

Homoeopathic medicines can offer complete cure for Renal stones except Stage Horn type Renal Stones where Surgery is absolutely necessary. Systematic use of Homoeopathic medicines can prevent reoccurrence of stones.

---