

Renal Stone Treatment: A Holistic Approach with Homoeopathy

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ABSTRACT

The treatment of renal stones with Platina 1M in homoeopathy is described in this succinct case report. According to homeopathic principles, the remedy was chosen based on the patient's particular symptoms and unique constitution. Platina 1M, when used in low doses, significantly reduced pain, elevated wellbeing, and improved urine function. This instance highlights the effectiveness of homoeopathy as a non-invasive, individualized strategy for managing kidney stones, promoting more research in this area and emphasizing its potential.

Keywords: Renal calculi, Homoeopathy, Platina, Renal colic, Holistic Approach, Symptoms

INTRODUCTION

Kidney stones are mineral deposits found in the renal calyces and pelvis, either free or attached to the renal papillae (1). It is the third most prevalent condition in nephrology, with significant morbidity, socioeconomic impact, and low mortality rates (2). It has been associated with an increased risk of end-stage renal failure (3). The cause of kidney stones can vary among individuals, and often, multiple factors interact to increase the risk. The most common type of kidney stone is calcium oxalate formed at Randall's plaque on the renal papillary surfaces (4). Individuals who have kidney stones should seek

medical evaluation and guidance to determine the underlying factors contributing to their stone formation.

Epidemiology:

Kidney stones are a widespread issue that affects people all over the world. The renal stone disease belt in India spans across Maharashtra, Gujarat, Rajasthan, Punjab, Haryana, Delhi, Madhya Pradesh, Bihar, and West Bengal states (5). The annual prevalence is estimated to be around 3-5%, and the lifetime prevalence is approximately 15-25%. After the first occurrence, the chance of recurrence within the first year is

14%, within the fifth year is 35%, and within the tenth year is 52%. (6)

Etiology:

Urolithiasis can be caused by a variety of factors, including inadequate hydration or diet, climatic conditions such as a very hot climate, the use of certain medications, urethral strictures and other abnormalities of the urinary system, hyperparathyroidism, vitamin A and D deficiency, chronic inflammatory diseases (pyelonephritis, cystitis), abnormalities of the urinary system, and genetic factors. (7)

Types of renal stone:

Proteins combine with both organic and inorganic crystals to form kidney stones. Up to 80% of all stones contain calcium, which renders them the most prevalent variety. Among these, calcium oxalate, calcium phosphate, struvite, and cystine stones are radiolucent, but uric acid, xanthine, and hypoxanthine stones are radio-opaque (8).

Management and prevention strategies:

This includes dietary modifications, increased fluid intake, medications, and, in some cases, surgical intervention, depending on the type and size of the stones and the underlying causes.

Homoeopathic cases:

Write Introduction section of your research paper here. Modify this section as applicable according to your research work. Aims/objectives of research article should be included in this section.

Add appropriate original references to the sentences/paragraphs taken from other media/sources.

CASE REPORT

Mrs. SH Prajapati 50 years old Married Primary school Teacher By profession she came for treatment on 16th December 2020.

Chief Complaints:

Pain in both flank since last 5-6 months. Episodes of pain comes with inability to sit

or sleep she feels better by walking around. Pain radiates towards groin region and lower legs. Nausea during pain episodes. Pain while passing urine specially during pain episodes. Often Loss of sensation at coccyx region.

Physical General-

- Appetite-Satisfactory
- Thirst-10- 12 glass/ Day
- Desire-Not specific
- Aversion-Not specific
- Bowel-1T/day, Dry, Black stool
- Urine: Pain while passing urine specially during pain episodes
- Perspiration: Moderate
- Sleep: Disturbed

Mental Symptoms:

- Courageous, Egoistic.
- Sensitive to contradiction, makes her angry on least argument.
- Cry and asking for help while in pain.

Menstrual History:

- Menopause since 3 last years.

Obs. History:

- G2P2A0
- 1 female – 21 years old
- 1 Male – 18 years old

Life Space:

- She is well educated Government Employee. Her husband is a farmer and not even graduated, so she uses to take Decision about the family more.

Past History:

- Malaria before 15 years ago

Family History:

- Mother – Alive and Healthy
- Father – Died Due to cardiac issue
- Sister – Alive and Healthy

Physical Examination:

- Pulse Rate: 88/ min.
- Blood pressure: 128/80 mm of hg
- Temperature: 98.4 f

- Weight: 60 kg

Diagnosis:

Patient came up with her USG abdomen done on 15/12/2020 giving impression of bilateral renal calculi with left ureteric calculi present.

- Bilateral Renal Calculi

3. Dry stool
4. Black stool
5. Painful urination
6. Loss of sensation at coccyx region.
7. Lumbar region pain ameliorated by walking.
8. Lumbar region pain radiates towards groin region and lower legs.

Totality of symptoms:

1. Egoistic
2. Shrieking for help

Reportorial Sheet- Repertorization done by with the help of zomoeo software (10)

Remedy	Pla t	Sulp h	Arg -n	O p	Nux -v	Pl b	Cal c	Pho s	Zin c	Ar s	Nat -m	Nit -ac	Cup r	He p	Mer c
Totality	13	9	9	9	8	8	7	7	7	7	7	7	6	6	6
Symptoms Covered	7	5	4	3	3	3	4	4	4	3	3	3	3	3	3
[Kent] [Mind]Egotism:	3	2	0	0	0	0	2	0	0	0	0	0	0	0	1
[Kent] [Mind]Shrieking: Aid, for:	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent] [Stool]Dry:	2	2	2	3	3	2	2	3	3	1	3	3	2	2	0
[Kent] [Stool]Black:	2	1	2	3	2	3	2	2	1	3	2	2	2	2	3
[Kent] [Bladder] Urination: Dysuria:	1	3	3	3	3	3	1	1	1	3	2	2	2	2	2
[Kent] [Back]Numbness: Coccyx:	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent] [Back]Pain: Lumbar region:Walking:Amel: l:	0	1	2	0	0	0	0	1	2	0	0	0	0	0	0
[Kent] [Back]Pain: Lumbar region: Extending to:Groins:And down legs:	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Prescription-

Platinum Metallicum 1M- Single dose prepared with Sugar of milk (Stat.)

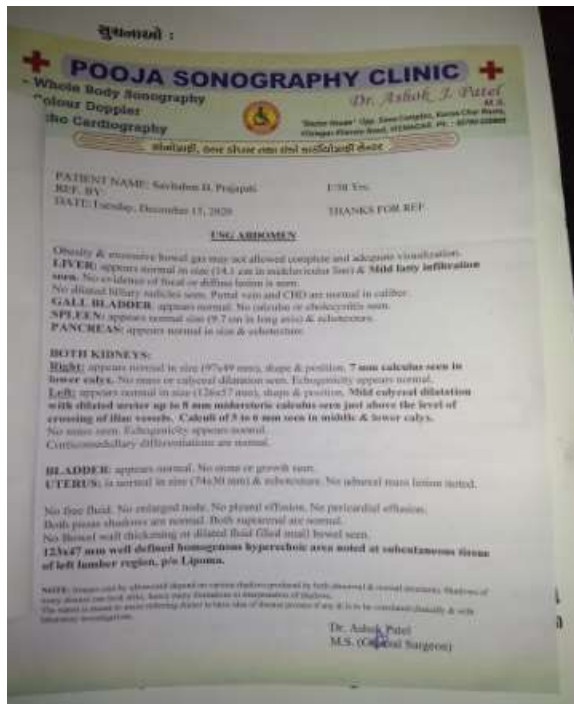
Phytum 200-6pills×BD-for 10 days

Follow up after 10 days.

Follow up:

Date	Complaints	Prescription
26/10/2020	Pain reduced, Stool color normal-consistency not much hard.	Phytum200-6pills×BD-for 30 days Nihilinum 200-6pills×HS for 30 days
11/01/2021	No pain in lumbar region. No complaints in bowel	Phytum200-6pills×BD-for 30 days Nihilinum 200-6pills×HS for 30 days
12/02/2021	No pain.	Phytum200-6pills×BD-for 30 days Nihilinum 200-6pills×HS for 30 days
10/03/2021	Mild pain in left flank region since last night	Platinum Metallicum 1M- Single dose prepared with Sugar of milk (Stat.) Phytum200-6pills×BD-for 30 days
11/03/21	Pain is reduced markedly	Phytum200-6pills×BD-for 30 days Nihilinum 200-6pills×HS for 30 days
12/04/23	Telephonic follow up taken as per covid spread in region. No pain after that.	Phytum200-6pills×BD-for 60 days Nihilinum 200-6pills×HS for 60 days sent with covid care guidelines. Advised to get usg abdomen done-once covid condition improves.
18/06/2021	No complaints. Patient came up with her usg abdomen done today	No bilateralstones visible-lipoma also disappeared. No further medication needed

Investigation report- USG Abdomen before after



Before Treatment



After treatment

DISCUSSION

We can see how essential ideas from Hahnemann's Organon of Medicine (9) are put into practice in the case of a kidney stone treated with Platina 1M in homoeopathy. First and foremost, the individualization concept is essential since homoeopathy treats the patient as a whole instead of merely the sickness. Platina 1M is chosen depending on the patient's particular symptoms and constitutional traits.

The Organon also emphasizes using the smallest dose required to activate the vital force. According to the law of similars, Platina 1M is a highly diluted and potentized therapy in this situation. Homoeopathy seeks to activate the body's natural healing processes and address the underlying cause of kidney stone production by matching the remedy to the patient's symptom profile.

In the case of a renal stone treated with Platina 1M in homoeopathy, we can observe the application of key principles outlined in Hahnemann's Organon of Medicine (9). Firstly, the principle of individualization is crucial, as homoeopathy treats the patient as

a whole rather than just the disease. The selection of Platina 1M is based on the patient's unique symptoms and constitutional characteristics.

Furthermore, the Organon emphasizes the use of the minimum dose necessary to stimulate the vital force. In this context, Platinum Metallicum 1M represents a highly diluted and potentized remedy, adhering to the law of similia. By matching the remedy to the patient's symptom profile, homoeopathy aims to stimulate the body's self-healing abilities and address the root cause of the renal stone formation.

The case report serves as an illustration of homoeopathy's holistic approach, which takes into account the patient's physical, mental, and emotional needs. Following the principles of Organon of Medicine, monitoring the patient's development and changing the treatment as necessary leads to the ultimate goal of restoring health and balance.

Declaration by Authors

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