

CLINIC TOPIC: HOMEOPATHY FOR Renal conditions (KIDNEY STONES).

What are Kidney stones? or renal calculi often refers to stones in the urinary system. These are actually hard deposits or minerals that form anywhere in the urinary system ie the kidney or the bladder or the urethra. These are formed when the urine becomes too concentrated. This could be due to lack of intake of water or due to dehydration.

Kidney stones can be quite painful. The pain is usually felt in the lower abdomen or lower back which is the kidney region. In cases where there is some obstruction of the urinary tract, there may be heaviness in the kidney region. Burning or difficulty may be felt while urinating. At times, there is bleeding along with urination. Presence of blood in the urine can cause the colour of urine to become red or pink or brown depending on the quantity of blood. Nausea or vomiting may also be present. Patient feels the urge to urinate every now and then even when the quantity of urine is less. Urinary calculus is a stone-like body composed of urinary salts bound together by a colloid matrix of organic materials. It consists of a nucleus around which concentric layers of urinary salts are deposited. Renal calculi can vary in size from as small as grains of sand to as large as a golf ball.

Most calculi originate within the kidney and proceed distally, creating various degrees of urinary obstruction as they become lodged in narrow areas, including the ureteropelvic junction, pelvic brim, and ureterovesical junction. Location and quality of pain are related to position of the stone within the urinary tract. Severity of pain is related to the degree of obstruction, presence of ureteral spasm, and presence of any associated infection.

What are the symptoms?

Symptoms of Renal Calculi

- Colicky pain: "loin to groin". Often described as "the worst pain [...] ever experienced".
- Hematuria: blood in the urine, due to minor damage to inside wall of kidney, ureter and/or urethra.
- Pyuria: pus (white blood cells) in the urine.
- Dysuria: burning on urination when passing stones (rare). More typical of infection.
- Oliguria: reduced urinary volume caused by obstruction of the bladder or urethra by stone.
- Abdominal distension.
- Nausea/vomiting: embryological link with intestine – stimulates the vomiting center.
- Fever and chills.
- Postrenal azotemia: when kidney stone blocks ureter.
- frequency in micturation: Defined as an increase in number of voids per day (>than 5 times), but not an increase of total urine output per day (2500 ml). That would be called polyuria.
- loss of appetite.
- loss of weight.

Homeopathic Treatment & Remedies for Kidney Stones

Homeopathy treats the person as a whole, this means that homeopathic treatment focuses on the patient as a person, as well as his pathological condition. The homeopathic medicines are selected after a full individual examination and case-analysis, which includes the medical history of the patient, physical and mental constitution etc. A miasmatic tendency (predisposition/susceptibility) is also often taken into account for the treatment of chronic conditions. The medicines given below indicate the therapeutic affinity but this is not a complete and definite guide to the treatment of this condition. The symptoms listed against each medicine may not be directly related to this disease because in homeopathy general symptoms and constitutional indications are also taken into account for selecting a remedy. **None of these medicines should be taken without the professional advice of an experienced homeopath.**

Homeopathic treatment for Kidney stones

Belladonna Renal calculi with sharp, shooting pains. Come suddenly, crampy straining along ureter, during passage of calculus. Feverish and excitable. "Irritation and clutching and spasm where there are little circular fibres in small canals- as in gall-stones (which see) or in renal calculi." Bell. is red, and hot, and dry: hypersensitive, especially to jarring. Bell. pains come and go suddenly. **Berberis** "Excellent remedy for renal calculi." Pains shoot: radiate from a point. Cannot make the least motion: sits over to painful side for relief. Sharp, darting pains following ureter and extending down into legs. Pains run up into kidneys and down into bladder. Formation of little calculi like pin-heads in pelvis of Kidney, start to go down to bladder, with great

suffering. "You will be astonished to know how quickly Berberis will relieve this particular colic." "Anything that is spasmodic can be relieved instantly."-Kent. Burning and soreness, lumbar, in region of kidneys. Cannot bear any jar : has to step down carefully. Urine dark, turbid, with copious sediment: slow to flow: but constantly urging. May be associated with biliary calculi. **Cantharis** One of the best remedies during the paroxysms of renal colic. Pain and excitement found in no other remedy. Pains lancinating, cutting, stabbing like knives, shoot off in different directions. Burning pain, with intolerable urging to urinate. Tenesmus. Sits and strains and gets no relief. "if he could only pass a few drops more urine (or a little more bloody stool) he would get relief: but no relief comes. Intolerable urging, before, with and after urination: violent pain in bladder" (Cystitis). Thirst, with aversion to all fluids. **Lachesis** Stitches in kidneys, extends down through ureters. Pain in left lumbar region. Pain and tenderness left iliac region, intolerance of pressure. Lifts clothing from abdomen. Extremely sensitive to touch: especially about throat and abdomen. Left side ailments. Worse for sleep: worse on waking: sleeps into an aggravation. **Lycopodium** Usually right-sided. Pain extends along ureter and ends in bladder: not down leg. Back-ache, > by urination. Lithic acid in urine. Red sand in clear urine. Characteristics of Lyc. Desire for sweets and hot drinks. All symptoms < 4-8 p.m. Hunger: but fullness after a little food. Distension, must loosen clothing. **Nux vomica** Indicated in renal colic when one kidney (especially the right is the seat of the disease. Pains extend to genitalia and down leg, with nausea and vomiting. Renal colic, especially when each pain shoots to the rectum and urges to stool. "Must strain to urinate: bladder is full and urine dribbles away; yet when he strains it ceases to dribble." "Renal colic is caused by a stone in the ureter, which by its irritation causes a spasmodic clutching of the little circular fibres of that canal; the proper medicine relaxes these fibres, and the pressure from behind forces these calculi out at once." The Nux patient is hypersensitive, mentally and physically: choleric; irascible: quick and active: generally lean. Chilly. **Sarsaparilla** Excruciating neuralgia of the kidneys. Renal colic. Passes gravel: vesical calculi. Tenesmus: extreme pain at conclusion of urination: yells with pain :-or urine passes without sensation. "White sand in scanty, slimy or flaky urine, or red sand in clear urine"-Nash. Renal and vesical calculi. Kent says, "This medicine has many times dissolved a stone in the bladder; it so changes the character of the urine that it is no longer possible for the stone to build up, and it grows smaller by continually dissolving off from the surface." Curious symptom, "Urine only passes freely when standing." Hot food and drink aggravate all the complaints; but wants heat applied externally. After the remedy has been given there is a deposit of sand in the urine, which should not be stopped.

How can our Homeopathic consultation and remedies help with kidney stones?

To start with, the homeopathic enquiry is a very profound one and very often during a consultation various factors come to light, which may be creating the problem in the patient's life. A discussion as to how they may be overcome, removed or mitigated, can often be very helpful.

Discussion itself can be extremely therapeutic. In many cases the patient is anxious or worried because nobody has taken time to talk to them. The homeopathic physician spends a lot of time with patients.

Having carefully assessed the patient, taking into account not only his illness and how he is reacting to it, but his whole make-up, the homeopathic physician then tries to work out the patient's constitutional remedy. If he succeeds in selecting the right remedy, the patient's wellbeing, resistance, resilience, general health and ability to cope are enhanced and many allergy problems can be helped. There are a number of polychrests (medicines of many uses) often prescribed constitutionally, which are particularly appropriate for different sorts of allergies.

I have many options for getting the right remedy and a good response to your symptoms. After a detailed consultation we would look initially at some of the above remedies, (supplied by the **Royal Family's homeopathic pharmacy, Ainsworths**. We are recognised by **Aviva Insurance and others**, (so your consultation is potentially reimbursable.) Homeopathy is safe and can be used by the elderly, children and even babies as there are no side effects. It is non-invasive, non-addictive and simple to use. It can be used with other types of medicines and it's even safe to use in pregnancy. It's a holistic treatment that stimulates **the body's own healing power by identifying and addressing the cause rather than suppressing the symptoms**.

I have been treating patients for over 30 years and I am confident I can make a real difference with a holistic approach to your wellbeing. Please contact me for a consultation, available 24x7 and at my regular health clinics at either **Cranleigh Pharmacy or The Godalming Pharmacy**.

Disclaimer: I would not advise people to discontinue any treatment prescribed by their doctor, instead I strongly advocate an integrated approach to healthcare, where complementary and conventional medicines are used responsibly together to provide the best care for the patient. Dr. Michael F Perez MD MARH is an allopathic doctor not registered with the General Medical Council, I dedicate my practice to homeopathy. Any views or advice in this article should not be taken as a substitute for medical advice or treatment, especially if you know you have a specific health complaint. Copyright 2015.