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Hydrangea Arborescens in Renal Calculi: A Case Report

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ABSTRACT

A 34-year-old male presented with intermittent dull aching pain over both lumbar/renal regions for 1–2 weeks. The pain was aggravated by movement and relieved by warmth. Ultrasonography showed a 6 mm calculus in the lower calyx of the right kidney and 4 mm and 6 mm calculi involving the mid calyx and vesicoureteric junction (VUJ) of the left kidney. Based on the recorded symptom totality, Hydrangea arborescens mother tincture was prescribed. Serial follow-up documented progressive reduction of pain followed by complete absence of pain. The recorded Guy's Stone Score changed from 4 before treatment to 0 after treatment.

KEYWORDS: *Renal calculi; Hydrangea arborescens; Mother tincture; Guy's Stone Score; Homoeopathy; Case report.*

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1. Case Presentation

A 34-year-old male (BR) presented with pain over both sides of the abdomen on and off for 1–2 weeks. The pain was localized to both lumbar/renal regions and was dull aching in character. It was aggravated by movement and relieved by warmth. No associated complaints, past history or family history were recorded.

Patient Profile

Parameter	Finding
Age/Sex	34 years/Male
Occupation	Business
Diet	Vegetarian
Appetite	2–3 rotis/meal
Thirst	5–6 glasses/day
Sleep	Disturbed due to pain
Diagnosis	Renal calculi

2. Examination and Investigations

The patient's pulse was 70/min, respiratory rate 14/min, blood pressure 110/80 mmHg and temperature was afebrile. Systemic examination was essentially unremarkable. Renal examination showed mild tenderness over the left renal angle.

Ultrasonography of the abdomen and pelvis revealed:

Kidney	Location	Stone size
Right	Lower calyx	6 mm
Left	Mid calyx	4 mm
Left	VUJ	6 mm

3. Case Analysis and Treatment

The totality of symptoms consisted of dull aching pain over both lumbar/renal regions, aggravated by movement and relieved by warmth.

Based on the recorded symptom totality, *Hydrangea arborescens* was prescribed in mother tincture form.

Prescription: *Hydrangea arborescens* Q, 15 drops three times daily in half a glass of water for one month.

The patient was also advised to drink plenty of water & avoid salty diet.

4. Follow-up

Serial follow-up showed progressive improvement:

Follow-up	Clinical response	Prescription
1	Pain in abdomen decreased	*Hydrangea arborescens* Q, 10 drops TDS
2	Pain only over left side of abdomen	*Hydrangea arborescens* Q,10 drops BD
3	Mild pain in abdomen	*Hydrangea arborescens* Q, 10 drops OD
4	No pain	No further prescription recorded

The above progression is based on the follow-up sheet in the supplied case record.

5. Assessment by Guy's Stone Score

The case record documented a **Guy's Stone Score of 4 before treatment and 0 after treatment**. The recorded final interpretation was marked improvement.

Assessment	Pre-treatment	Post-treatment
Guy's Stone Score	4	0
Recorded interpretation	Moderate disease	Marked improvement

6. Discussion

The case was characterized by dull aching pain in the renal/lumbar regions, aggravated by movement and relieved by warmth. *Hydrangea arborescens* was selected based on the recorded symptom totality. During follow-up, the case record documented progressive reduction and eventual disappearance of pain. The objective assessment also recorded a reduction in Guy's Stone Score from 4 to 0.

As this is a single case report without a control group, the documented improvement cannot by itself establish causation or treatment efficacy. The report represents the clinical course recorded in this individual case.

7. Conclusion

In this case of renal calculi, treatment with *Hydrangea arborescens* mother tincture was followed by progressive improvement in abdominal pain and a recorded reduction in Guy's Stone Score from 4 to 0. Further systematic clinical studies are required to evaluate the effectiveness of this intervention.

Patient Confidentiality: The patient is identified by initials only; direct personal identifiers have been omitted.

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