

Utility of Homoeopathy in Cases of Nephrolithiasis with Counstitutional Approach

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ABSTRACT

Nephrolithiasis also known as renal calculi is a frequent urinary tract condition. Most patients with renal calculi experience recurrent nephrolithiasis. Recurrence rates are estimated at about 10% per year. Most of the people seek for the allopathic treatment for acute cases. The treatment course in the case of renal calculi is flush therapy (through I.V. fluids), Lithotripsy or surgical aid etc. these methods are generally painful, harmful and sometime risky for the patients compare to the homoeopathic mode of treatment. Homoeopathic system of medicine manages such case quickly, mildly, gently and permanently without consuming much time. So, this study was conducted to confirm the role of homoeopathy in cases of nephrolithiasis with constitutional approach.

KEYWORDS: Nephrolithiasis, Constitution, Homoeopathy

INTRODUCTION

Renal calculi, often known as kidney stones, are solid concretions (crystal aggregations) of dissolved minerals in urine that form inside the kidneys or ureters. Annual prevalence is estimated to be 3-5 percent, with a lifetime prevalence of 15-25 percent. Most patients with renal calculi experience recurrent nephrolithiasis. Recurrence rates are estimated at about 10% per year. The cause of renal calculi is not yet fully understood but multiple factors are involved. It is important for the physician to understand that the typical causes and presentations of renal calculi in patient are variable depending upon age & underlying medical condition. For centuries homoeopaths managed these problems of patient, efficiently with desired results coming in relatively shorter time with almost no sequel. Homoeopathy is safe and good for raising the immunity. The Homoeopath will conduct the cases on the basis of complete history of patient, diagnosis, investigation and from that of therapeutics.

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MATERIALS AND METHODOLOGY

Period of study: Study conducted as an open clinical trial in which patients enrolled from the OPD, IPD and CAMPs from November 2018 to October 2019.

Sample size: 30 (simple, Randomization)

Materials:

- Specially designed case format for study.
- Computerized Homoeopathic software.

Inclusion criteria:

- Cases of renal calculi of both sexes between ages of 10-60 yrs.

Exclusion criteria:

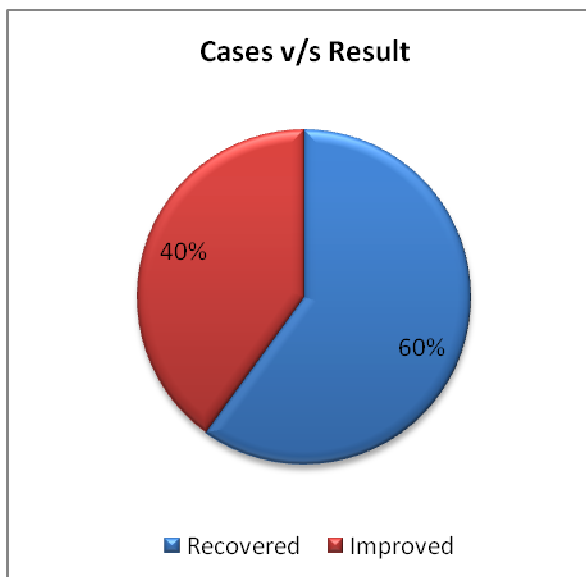
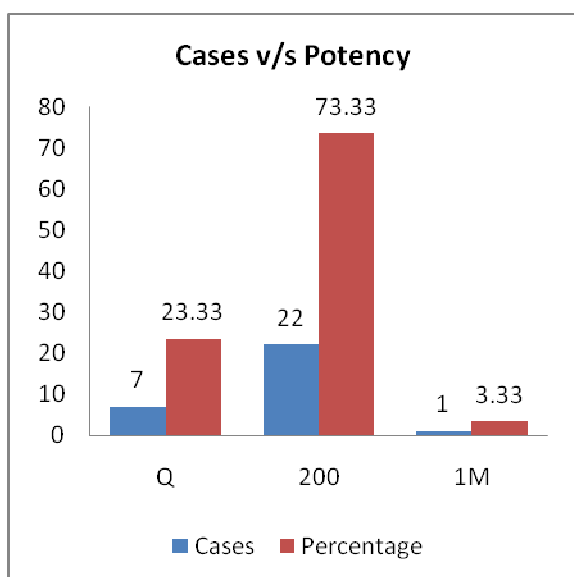
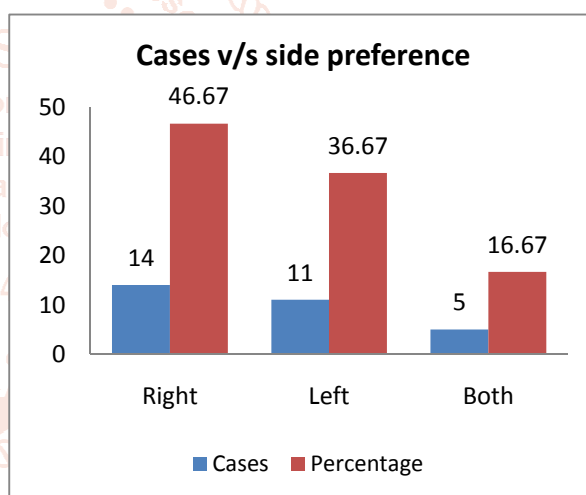
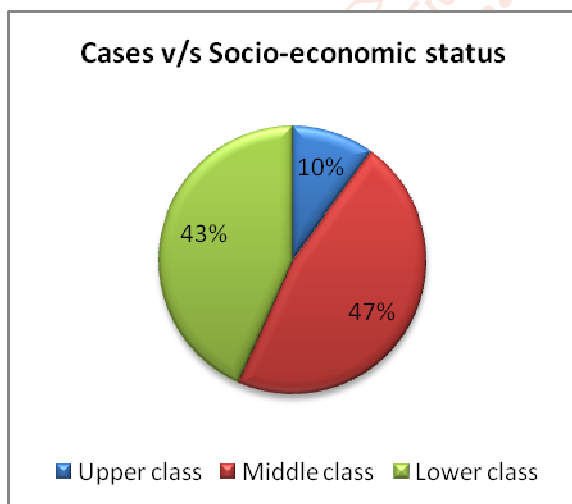
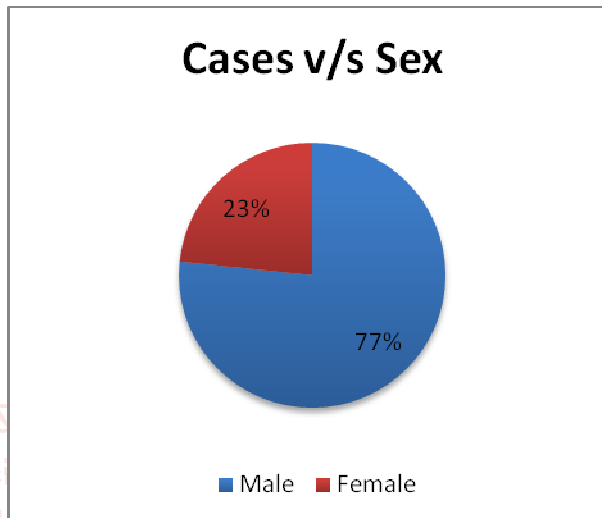
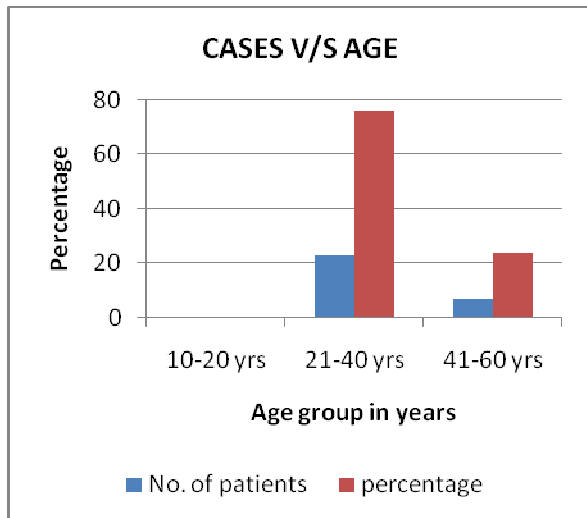
- Cases with other systemic disorders.
- Cases of below 10 yrs and above 60 yrs of age.
- Cases with irregular follow-ups.
- Cases with sever intoxication and addiction.

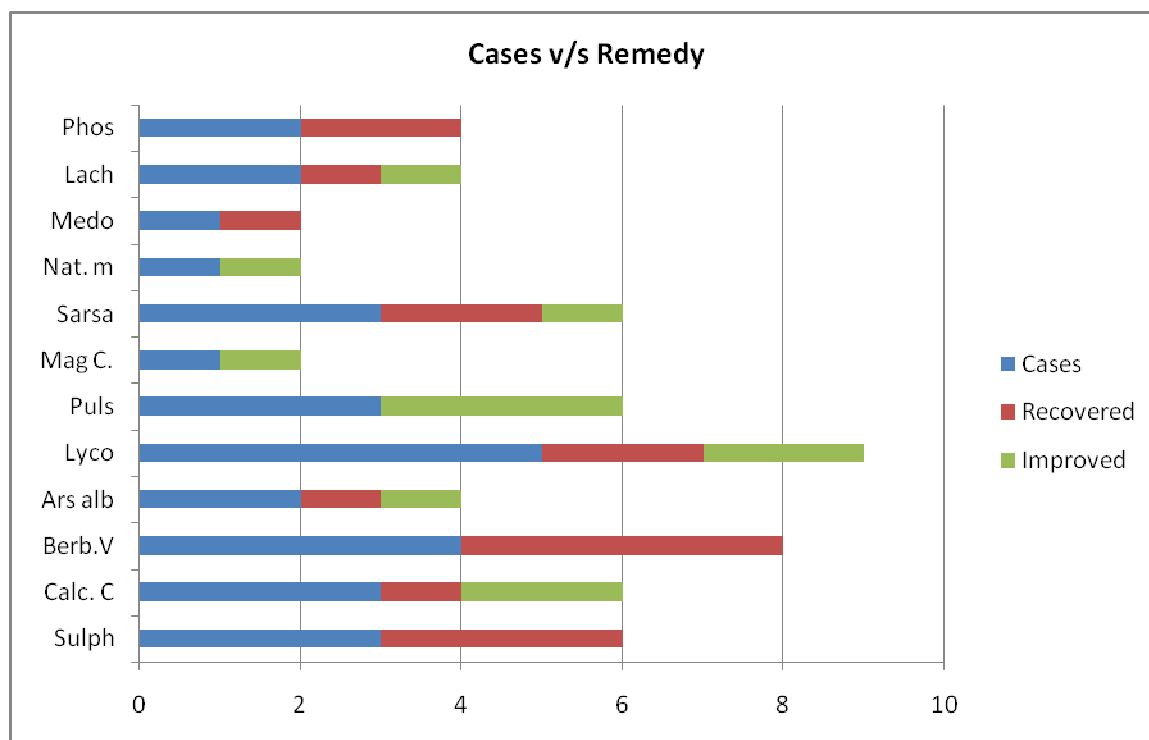
Outcome assessment:

Assessment based on general improvement of the patient at mental and physical level and also at local level (inclusive of pathology). New signs and symptoms developed after the medicine were also assessed during the follow-up. Whenever necessary, help of investigations taken for assessment. After the medicine given- based on the mental, physical and pathological state of the patient the result will be classified as recovered and improved. Recovery –when relief is more than 75%.

Improved –when relief is more than 50% but less than 75%.

OBSERVATIONS





RESULT AND CONCLUSION

The result of this study shows that 18 (60%) cases recovered and 12 (40%) cases improved. The result is based on statistical analysis of obtained data.

The study resulted that constitutional homoeopathic medicine is very effective in treatment of renal calculi. It just not removes the symptoms of disease but also helpful for prevention of surgical measures. Homoeopathy treats the patient as a whole and thus it also improves the quality of life.

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