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# NON-SURGICAL EXPULSION OF RENAL STONES (CALCULI) WITH HOMEOPATHIC REMEDIES: A DEPENDABLE ALTERNATIVE OPTION

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<i>Article History:</i> Received 15 <sup>th</sup> November, 2017 Received in revised form 21 <sup>st</sup> December, 2017 Accepted 23 <sup>rd</sup> January, 2018 Published online 28 <sup>th</sup> February, 2018	<ul> <li>Background: Urinary stones measuring less than 5 mm in size generally pass out spontaneously with urine but only 50% of stones measuring between 5 and 7 mm can do so. Stones measuring more than 7 mm generally need some expensive medical intervention like shock wave lithotripsy and/or surgery for removal.</li> <li>Aims: To examine if renal stones of all sizes can be successfully expelled through homeopathic remedies without surgical intervention.</li> <li>Materials and methods: Homeopathic remedies were selected on the basis of "totality of</li> </ul>									
Key words:	symptoms" according to "similia principle" and by consulting rubrics obtained from									
<i>Key words:</i> Renal calculi; non-surgical expulsion; homeopathic remedies; similia <i>principle</i>	repertory of Kent. Patients were screened for symptoms indicating possible presence of renal calculi and advised USG test. Selected homeopathic drugs were administered and change of symptoms periodically monitored.									
	Results: All 9 patients (5 male and 4 female) detected with renal calculi measuring between 5 and 7 mm expelled their stones through urine after homeopathic treatment as confirmed by USG. Similarly, 4 out of 5 patients with stones measuring more than 7 mm also expelled their stones successfully with homeopathic remedies; one patient with the largest stone (16 mm) was greatly ameliorated with the stone size reduced (9 mm). Conclusion: Homeopathic treatment can remove renal stones without surgery and can provide an alternative option for non-invasive treatment.									

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# **INTRODUCTION**

Urolithiasis, the process of forming renal stones, generally begins when urine becomes supersaturated with insoluble materials like Calcium oxalate (major player), Uric acid and Urates, etc. (Parmer 2004; Gupta *et al.*, 2008) resulting in deposition and formation of crystals (also known as renal calculi) at various places of the urinary system- in kidney, or in distal or proximal parts of ureter. Urinary stones are one of the most common renal problems, affecting about 5% of the world population (Parmer 2004) and about 12.7% of human population in India (Gupta *et al.*, 2008), apart from the more common pathological infections of the urinary tract (UTI) (Siddiqui *et al.*, 2017). Stones are more commonly found in the upper and lower urinary tracts. Renal calculi can form at any age, but males of 30-40 years of age are more at risk of developing stones in the industrialized countries while children

\**Corresponding author:* Anisur Rahman Khuda-Bukhsh Khuda-Bukhsh Homeopathic Benevolent Foundation, B-2/325, Husn Ara Manzil, Kalyani-741235, Nadia, India under 10 years of age in the developing countries are at more risk (Asplin *et al.* 2004).

Generally patients with renal calculi opt for the Western or orthodox medicines, partly because they feel unsure about if homeopathy, that uses micro doses of ultra-highly diluted and agitated (dynamized) medicines, can be able to remove the stones successfully although this mode of treatment is otherwise quite popular for treatment of other general diseases like fever, diarrhea, rhinitis etc. However, there are a few records of removal of renal stones by homeopathic remedies earlier (Parmer 2004; Gupta *et al.*, 2008; Siddiqui *et al.*, 2017). The results of this study would further help those patients who do not like to undergo surgery for some other physical reasons like old age, or any other disease condition, and to give an alternative option of an economically affordable treatment.

In larger controlled trials with some Western medicines, renal stones (or calculi) of up to 5 mm size had been reported generally to pass off spontaneously through natural process (Asplin *et al.*, 2004). However, only about 50% stones of size 5 to 7 mm can do so spontaneously albeit with some degree of

difficulty and sometimes with severe pain in the abdominal or hip region (Tolley Anagnostou et al, 2004) while the other 50% get lodged somewhere in the urinary system and increase in size. Therefore, stones of larger size exceeding 7 mm generally need medical intervention such as Shock Wave Lithotripsy (SWL) and/or surgery. SWL is done to shatter or fragment the larger stones breaking them into smaller pieces, facilitating expulsion. Though this method is used more commonly in the US and some European countries as a first line of treatment for bigger stones, it involves more cost to the patient and is not without risk of damaging kidney or contributing to other form of renal injury, depending on the condition of the patient (Zarse et al., 2004). Stones situated at or near the uretero-vesical junction often cause dysuria and/or results in frequent urination, which may conceal the real cause and mislead diagnosis of the patients to have urinary tract infection. But not much studies on successful removal of larger renal calculi have so far been published other than some individual case reports to suggest that homeopathic remedies selected properly in consultation with Repertory as well as based on the guiding symptoms also can effectively remove a substantial percentage of renal calculi, at least equally effective if not more effective than some of the existing medical systems (Parmer 2004; Gupta et al., 2008; Siddiqui et al., 2017).

Homeopathy is a popular holistic method of treatment, only second in popularity to the Western orthodox medicines in many countries including in India. In homeopathy, there is no specific remedy that can be prescribed in all cases of renal calculi as the "standard medicine" (Kulkarni 2010). According to the homeopathic principles, selection of remedy must be on the basis of individualization of cases, and guided by the totality of symptoms present in each case (Boericke 2002; The doctor has a choice of several drugs Kent 1983). depending strictly on the condition and symptoms of the individual patient to get the best results. Accordingly, quite a few remedies like Berberis Vulgaris, Sarsaparilla Officinalis, Nux Vomica, Lycopodium Clavatum, Ocimum Canadensis, Thuja Occidentalis etc have been claimed to have ability to dissolve/expel renal calculi (Boericke 2002; Kent 1983), but only few cases have been properly documented (Siddiqui et al., 2017; Tolley Anagnostou, et al, 2004). In this study, the successful removal of stones from15 out of 16 different patients along with great amelioration of associated symptoms is intended to be recorded. Most of the patients were from the economically weaker section.

Thus, the primary objectives of the study were to test the hypothesis i) if homeopathic mode of treatment can be accepted as a viable and dependable alternative for patients with renal stones, particularly for those who cannot undergo surgery of ESWL for medical/economic reasons; ii) if homeopathic remedies could ensure 100% expulsion of renal stones of size between 5 and 7 mm, and iii) if it was possible to expel stones larger than 7 mm without taking recourse to surgery and if possible, iv) to indicate the possible time and chances of removal in respect of the size of the stones, that is, if the expected frequency of removal of stones of different size and degree of amelioration of associated symptoms.

# MATERIAL AND METHODS

### Incusion Criteria

#### Guiding symptoms of renal calculi

Kidney stones do not always produce any typical symptom(s) of excruciating pains and stress in the patients, but when the stone proceeds towards the ureter from the kidney or from the ureter into the urinary bladder or when it passes down from the urinary bladder to the urethra, or the stone size is big enough, severe pain, mainly in the flanks (outer side of lower abdomen) and lower back of the abdomen follows. The pain often extends to the groin area or to genitals. In some cases, urine may contain blood or pus accompanied with painful urination or urgency to urinate. In some cases, patients complain nausea and vomiting. Presence of renal calculi can be ascertained with X-rays, USG imaging, or scanning computed tomography (CT scan), of which USG is often advised because of its greater availability even in small towns and cheaper cost than that of CT scan, a facility which can only be available in big cities in India and other developing countries. Routine urine and culture sensitivity test (RE/CS) were also advised, particularly to exclude the possibility of urinary tract infection (UTI).

#### **Exclusion** Criteria

Patients with history of acute and chronic renal failure, pregnancy, presence of renal lump or any other life-threatening, systemic diseases were excluded. Also excluded from the study were those testing positive for UTI by RE/CS.

#### Selection of the Homeopathic Remedies

The detailed case taking was conducted for each patient and individualization of the case was made in accordance with the totality of symptoms and repertorization by consulting Boericke, Kent and the computer software ((Boericke 2002; Kent 1983; Hompath Neometal).

The patients were advised to undergo abdominal X-rays initially, and those suspected with renal calculi were further advised to undergo USG of the abdominal region for detection of the size of the stone before administering the homeopathic remedies. Incidentally although the computed tomography (CT) is considered a more precise method for the detection of renal stones and their size, because of its much higher cost and unavailability except in big cities, and also because of relative abundance of the USG facility even in small towns, USG was preferred for this study in view of the economic condition of the patients. The patients were also advised to get their urine tested for RE/CS for excluding the possibility of presence of UTI from this study.

# **RESULTS AND DISCUSSION**

A total number of 16 patients had been detected with renal stones and they were administered different personalized homeopathic remedies depending on individualization of cases, as per the standard homeopathic principle of practice following the computerized Repertory [Hompath Neometal; Tables 2 A-D]. Of them, all 10 patients (6 male and 4 female) having their stone size lying between 5 and 7 mm successfully expelled their renal stones on homeopathic medication (Table 1; Figs 1-2) for varying periods of time ranging mostly from 1 month through 6 months with two patients taking a little longer time for expulsion.

Table 1 List of patients suffering from renal colic with renal stone and their treatment modalities.

SI. No.	Name Age/ Sex	Before Medicine- Ultra-sonography findings	Presenting symptoms,(represented only renal symptoms here)	Date of 1 <sup>st</sup> Visit and medicine given	Date of intermediate visit/Visits	Date of final/last visit	After medicine
1	UB- 31/M	Rt. hydronephrosis, Rt. renal stone 7.6mm, Rt. hydro ureter PUJ dilatation Rt. ureteric calculus - 11mm	Patient felt pain in right kidney/ renal regions more before urination, backache, few episodes of red colored urine, cold drinks not tolerated; craving for everything warm. Pain ceases after flow; slow in coming, must strain patient feels accumulation/retention of urine in bladder. Frequency of micturition increased during the night.	26/04/2016 LYCO-30/ 14doses, BDAC X 7 Days Placebo30-BDAC x 7 Days	12/05/2016- PL 30, for 14 days 30/05/2016-Lyco-200, 4 doses BDAC X 2 Days, PL 30 28/06/2016-Lyco 200, 4 doses again 25/07/2016-PL 30 30/08/2016-Lyco 1M 2 Doses 04/10/2016- PL 30, Advised for USG	10/11/2016	totally normal USG, with complete amelioration of symptoms 10/11/201 6
2.	S R- 38/F	It. ureteric calculus 7.4mm Rt. nephrolithiasis and left hydro- nephrosis and left hydro ureterolithiasis, bulky uterus	Patient feels pain in region of kidneys Wandering, radiating pains, renal and vesical troubles, difficulty in micturition with urinary disturbances, burning sensation of pain during passing out urine as if small amount of urine remained after urinating, one episode of red colored hæmaturia mucus. Pains felt all over the body, particularly in the thighs and loins on urinating, Pain also in bladder region. Frequent urination; urethra burns when not urinating. Patient's pain not aggravated by pressure but pain aggravated in various postures, especially on standing and on active exercise.	20/12/2015 BERBERIS VUL 30, 14 doses, BDAC X 7 days , Placebo30-BDAC x 7 Days	05/01/2016, BER VUL200,4 doses, BDAC X 2 days 10/02/2016, Ber Vul 200, 6 doses, BDAC X 3days 06/03/2016, PL 30 16/04/2016, BER VUL 1M , 4 doses, BDAC X 2 days	28/5/2016	Expelled ureteric stone remains, with complete amelioration of other symptoms 28/5/2016
3.	N S 45/M	Left renal stone - 5.5mm. Vesico-ureteric junction calculus - 12.6mm	Urinary pain with stream split and small. Sensation of trickling after urinating. Severe cutting pain after urination. Frequent micturition accompanying pains. Desire sudden and urgent, but cannot be controlled. Modalities. Worse, at night, from heat of bed; at 3 am and 3 pm; from cold, damp air;. Better, left side; while drawing up a limb.	12/2/2017 THUJA 30, 14 doses , BDAC X 7 days, PL 30	27/02/2017,Thuja 1M ,2 doses ODAC X 1 day 02/03/2017 Thuja 10 M , 1 dose	19/3/2017	renal stone – remain but 12.6mm stone ves- uret stone,,expell ed with complete amelioration of other symptoms.
4.	S K- 16/F	9.5mm Rt. renal Stone ,	Urine scanty, slimy, flaky, bloody. Renal colic. Painful micturition Patient felt severe pain at the end of urination. Urine dribbles while sitting. Bladder distended and tender/pain on touch .Pain from right kidney downward. Tenesmus of bladder; urine passes in thin, feeble stream. Pain at meatus. Worse after urinating, when yawning, before menses.	19/11/2016 SARSA-30,14 doses , BDAC X 7 days, PL 30	20/12/2016 - SARSA-200,6 doses 24/01/2017,- PL 30 19/02/2017, SARSA-1M, 2 doses 19/03/2017, SARSA-1M, 2 doses	14/4/2017	14/4/2017, No stone found, with complete amelioration of symptoms
5.	R K- 21/M	Left renal stone 9.1mm, Hydro ureter, 21/4/2017	Pain in urinary system. Trickling sensation after urinating. Severe cutting pain. Frequent micturition accompanying pains. Desire sudden and urgent, but cannot be controlled. Aggravated at night, from heat of bed; at 3 am and 3 pm; from cold, damp air; . Better, left side; while drawing up leg	24/04/2017 THUJA 30, 14 doses , BDAC X 7 days, PL 30	10/05/2017 THUJA 1M, 4 doses , BDAC X 2days,	15/06/2017	15/6/2017, no stone found with complete amelioration of symptoms
6	P P- 34/F	Left renal calculus,5mm (aprox)	Urinary pain. Stream split and small. Sensation of trickling after urinating. Severe painful frequent micturition, Desire sudden and urgent, but cannot be controlled. Pain aggravated at night, from heat of bed;	15/09/2016 THUJA 30, 14 doses , BDAC X 7 days, PL 30	30/09/2016, THUJA 200,4 doses, BDAC X 2 days, 28/10/2016, THUJA 200, 4 doses, BDAC X 2 days, 25/11/2016, THUJA1M,2d, BDAC X 1 day, 20/12/2016 THUJA1M,2d,BDAC X 1 day,	10/01/2017	No calculus with complete amelioration of symptoms
7.	S B- 62/M	Rt. Kidney Calculus 6mm. left kidney 3mm stone and SOL(34.3mmX24.9 mm) on mid pole of polar region of Rt. kidney	Pain in region of kidneys and bladder. Wandering, radiating pains, difficulty in micturition, urinary disturbances, burning pain during passing urine, sensation as if small amount of urine remained after urinating, Pains felt all over the body, Pain in the thighs and inguinal region when urinating, Frequent urination; urethra burns when not urinating. Aggravated pain when standing and in motion.	23/01/2015 BERBERIS VUL 30, 14 doses, BDAC X 7 days , Placebo30-BDAC x 7 Days	day, 10/02/2015, BER VUL 200,4 doses, BDAC X 2 days 09/03/2015, PL 30 15/04/2015, BER VUL 200, 4 doses, BDAC X 2 days 25/05/2015, BER VUL 1M,2 doses, BDAC X 1 day 05/07/2015, BER VUL 10M,1 dose, ODAC X 1 day 10/08/2015, PL30 15/09/2015, PL 30	04/11/2015	Total normal USG with complete amelioration of symptoms
8	S M- 46/M	Left kidney hudronephrosis. Rt. Kidney ureteric stone (5.1mm) causing hydro- nephrosis, dilated ureter	Difficulty in micturition with urinary disturbances. Burning pain during urination, sensation as if a little amount of urine remained after urinating, one episode of red colored hæmaturia with mucus. Pains felt all over the body, Pain in lower part of body on urinating, Pain in bladder region. Frequent urination; urethra burnings. Patient's pain not aggravated by pressure but pain aggravated in various postures, especially on standing and during active exercise.	25/08/2016 BERBERIS VUL 30, 14 doses, BDAC X 7 days , Placebo30-BDAC x 7 Days	11/09/2016, BERBERIS VUL 30, 14 doses, BDAC X 7 days , 28/09/2016, PL 30 25/10/2016, BER VUL 200,4 doses, BDAC X 2 days 24/11/2016, BER VUL 1M,2 doses, BDAC X 1 day 05/01/2017, PL30	17/02/2017	USG WNL with complete amelioration of symptoms

#### Non-Surgical Expulsion of Renal Stones (Calculi) With Homeopathic Remedies: A Dependable Alternative Option

9.	SkSZ- 80/M	Rt. renal stone 23mm, 07/03/2017 5mm	Patient felt pain more before urination, patient cannot tolerate of cold drinks; wants everything warm. Frequency of micturition increased during the night. Pain ceases after flow; slow in coming, must strain patient feels accumulation/retention of urine in bladder.	07/03/2017 LYCO-30/ 14doses, BDAC X 7 Days Placebo30-BDAC x 7 Days	22/03/2017, Lyco-200, 4 doses BDAC X 2 Days 20/04/2017, Lyco-1M, 1 dose ODAC X 1 Day 05/05/2017, PL 30	12/06/2017	Stone expelled with complete amelioration of symptoms
10.	N P- 21/F	Bi Lat stone, 6mm lower calyx Rt. kidney 7.2mm	Patient felt pain in the right kidney/ renal regions; backache, patient felt pain more before urination, one episode of blood in urine, patient cannot tolerate cold drinks; wants everything warm. Pain relieved after flow; drop-like appearance, patient feels accumulation of urine in bladder. Frequency of micturition increased during the night.	29/01/2015 LYCO-30/ 14doses, BDAC X 7 Days	14/02/2015, Lyco-200, 4 doses BDAC X 2 Days 28/02/2015, PL 30 25/06/2015, Lyco- 1M,2doses BDAC X1D 29/07/2015,Lyco- 1M,2dosesBDACX1 D	22/08/2015	Stone expelled with complete amelioration of symptoms
11.	JN- 50/F	Rt. kidney upper calyx6.33mm and lower calyx 6.4mm	Backache, patient felt pain more before urination, few episodes of red colored urine, patient cannot tolerate cold drinks; wants everything warm. Frequency of micturition increased at cold area. Pain ceases after flow; slow in coming, must strain patient feels accumulation/retention of urine in bladder.	31/07/2016 LYCO-30/ 14doses, BDAC X 7 Days	15/08/2016, Lyco-200, 4 doses BDAC X 2 Days 16/09/2016,PL 30 18/09/2016 Lyco-1M, 2 doses BDAC X 1 Day 15/10/2016, PL30 20/11/2016 Lyco-10M, 1dose ODAC X 1 Day	25/12/16	USG normal with complete amelioration of symptoms
12	R S- 25/M	Rt. kidney stone 5.9 mm, Fatty liver	Pain in renal regions, backache, patient felt pain more before urination, few episodes of red colored urine, patient cannot tolerate cold drinks; wants everything warm. Pain ceases after flow; slow in coming, must strain patient feels accumulation/retention of urine in bladder. Frequency of micturition increased during the night.	21/7/2014 LYCO-30/ 14doses, BDAC X 7 Days	10/08/2014, Lyco-200, 4 doses BDAC X 2 Days 09/09/2014, Lyco-200, 4 doses BDAC X 2 Days 10/10/2014,PL30 10/11/2014, Lyco-1M, 2 doses BDAC X 1 Day 15/12/2014 PL30	25/01/2015	No stone with complete amelioration of symptoms
13.	CS- 22/F	5.5mm Rt. ureter stone	Patient had difficulty in micturition with urinary disturbances, burning pain during urination. Patient feels pain in region of kidneys Wandering, radiating pains, and one episode of red colored hæmaturia with mucus. Pains felt all over the body. Pain in the thighs and loins on urinating. Patient's pain not aggravated by pressure but pain aggravated in various postures, especially on standing and active exercise. Pain in bladder region. Frequent urination; urethra burns when not urinating.	10/11/2015 BERBERIS VUL 30, 14 doses, BDAC X 7 days , Placebo30-BDAC x 7 Days	25/11/2015, BER VUL 30, 14 doses, BDAC X 7 days, 20/12/2015, Ber Vul 200,4 doses, BDAC X2 days 19/01/2016, BER VUL 1M,2 doses, BDAC X 1 day 25/02/2016 BER VUL 1M,2 doses, BDAC X 1 day 29/03/2016, PL.30	27/04/2016	No stone found with complete amelioration of symptoms
14.	BM- 22/M	5mm renal stone Rt.	Patient felt pain in right kidney/ renal regions ,backache, patient felt pain more before urination, few episodes of red colored urine, patient cannot tolerate cold drinks; wants everything warm. Pain ceases after flow; slow in coming, must strain patient feels accumulation/retention of urine in bladder. Frequency of micturition increased during the night.	30/03/2017 LYCO-30/ 14doses, BDAC X 7 Days	16/04/2017, Lyco 200, 4 doses, BDAC X 2 days 30/04/2017, Lyco 1M 1 dose, ODAC X 1 day	21/05/2017	USG within normal limit with complete amelioration of symptoms
15	DS- 45/M	6.3 mm Left VUJ stone	Urinary pain, stream split and small. Sensation of trickling after urinating. Severe cutting pain after urination. Frequent micturition accompanying pains. Desire sudden and urgent, but cannot be controlled. ModalitiesWorse, at night, from heat of bed; at 3 am and 3 pm; from cold, damp air; . Better, left side; while drawing up a limb.	15/07/2016 THUJA 30, 14 doses , BDAC X 7 days, PL 30	30/07/2016 THUJA 200,4 doses , BDAC X 2 days, 28/08/2016, PL 30 25/09/2016, THUJA 1M, 2 doses, BDAC X 1 day, 31/10/2016 THUJA 1M,2 doses , BDAC X 1 day, 25/11/2016, PL 30	23/12/2016	No stone found, other symptoms ameliorated
16.	S B- 50/M	Rt. Kidney stone 16mm and multiple cortical cyst noted in both kidney	Pain ceases after flow of urine; slow in coming, patient feels accumulation of urine in bladder. Frequency of micturition increased during the night. Patient felt pain in right kidney/ renal regions, backache, patient felt pain more before urination, few episodes of red colored urine, patient cannot tolerate cold drinks; wants everything warm.	7/05/2016 LYCO-30/ 14doses, BDAC X 7 Days	23/05/2016, Lyco 200, 4 doses, BDAC X 2 days 25/06/2016, Lyco 1M 2 doses, BDAC X 1 day	26/07/2016	Rt. kidney stone 9.4mm( reducing) all cysts resolved and other symptoms ameliorated

PUJ- pelvic ureteric junction, stone =calculus= lithiasis, SOL- space occupying lesion, WNL –within normal limit, PL = Placebo, ODAC once daily before meal/ empty stomach, BDAC = twice daily before meal/ empty stomach, d- dose, D =day \*\* Placebo had been given to the patients after every medicinal dose administered

				Т	able 2	A									
		Repe	ertoris	ation S	heet - H	lompatł	1 NeoN	letal							
		Pat	ient N	ame : N	IS. Chu	ımki Sa	rkar 2	2/F							
Remedy	Berb	Nit-ac	Calc	Nux-v	Sulph	Nat-m	Chel	Phos	Puls	Cann-i	Merc	Sep	Canth	Nat-c	Apis
Totality	21	14	13	13	13	12	11	11	11	11	11	11	11	11	10
Symptoms Covered	11	7	7	7	5	5	6	6	6	5	5	5	4	4	6
[Kent ] [Mind] Indifference, apathy etc.:	1	2	2	1	2	3	2	3	3	1	2	3	0	3	3
[Kent ] [Stomach] Nausea:Breakfast:Before:	2	2	2	0	0	0	0	0	0	0	0	3	0	0	0
[Kent] [Generalities]Motion :Agg:	2	2	1	3	3	2	3	2	1	1	3	2	2	0	2
[Kent] [Urethra] Pain: Burning: Urination:Before:	2	2	2	2	2	0	1	1	2	3	2	0	3	2	2
[Kent ] [Urethra] Pain: Burning:Urination:During:	2	3	3	3	3	2	2	2	2	3	2	2	3	3	1
[Kent ] [Urethra] Pain: Burning:Urination:After:	2	2	1	1	0	3	2	2	2	3	2	0	3	3	1

[Kent ] [Urethra]Pain: Burning:Meatus:	2	1	2	0	3	2	1	1	1	0	0	1	0	0	1
[Kent ] [Kidney]Pain:Motion :Agg:	2	0	0	2	0	0	0	0	0	0	0	0	0	0	0
[Kent ] [Kidney]Pain:Radiating:	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent ] [Kidney]Pain:Region of:Extending :Downward:	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent ] [Kidney]Pain:Region of:Extending :Thighs:	3	0	0	1	0	0	0	0	0	0	0	0	0	0	0
[Kent ] [Urine]Bloody:Last part:Violent pain in the bladder,with:	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

### Table-2B

						ne-20									
							mpath N								
			]	Patient	Name :	Sonali	Khatun 1	6/F							
Remedy	Sars	Berb	Lyc	Bell	Canth		Cann-s			Sulph	Chel	Con	Phos		Arg-n
Totality	25	19	18	17	17	14	14	14	13	13	11	11	11	10	10
Symptoms Covered	16	11	9	8	8	9	9	9	7	6	7	7	6	7	6
[Kent ] [Mind]Indifference,apathy etc.:	1	1	2	2	0	3	1	1	3	2	2	2	3	3	2
[Kent ] [Mind]Indifference,apathy etc.:Forenoon:	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent ] [Mind]Sadness,mental depression:Forenoon:Amel:	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent ] [Urethra]Pain:Burning: Urination:During:	2	2	2	3	3	1	3	3	2	3	2	2	2	2	3
[Kent ] [Urethra]Pain:Burning: Urination:After:	1	2	2	0	3	1	2	1	2	0	2	2	2	0	1
[Kent] [Urethra]Pain:Burning:Meatus:	0	2	1	0	0	1	2	0	1	3	1	0	1	1	0
[Kent ] [Kidney]Pain:Radiating:	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent ] [Kidney]Pain:Region of:Extending :Downward:	2	1	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent ] [Urine]Bloody:Last part: Violent pain in the bladder,with:	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent] [Stomach]Nausea:Breakfast:After:	2	0	0	1	0	0	0	0	0	0	0	0	0	0	0
[Kent ] [Abdomen] Pain:Cutting:Stool:During:	1	0	0	0	2	0	0	0	0	3	1	0	0	0	0
[Kent ] [Kidney]Pain:Bladder:	2	1	2	1	1	0	0	0	0	0	1	0	0	0	1
[Kent] [Kidney] Pain:Ureters: Right side:	2	1	3	0	1	1	1	2	0	0	0	0	0	0	0
[Kent ] [Kidney]Pain:Ureters:Extending to :Right thigh:	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
[Kent ] [Kidney] Pain:Cutting:Ureters:	3	3	3	3	2	2	1	2	0	0	0	1	2	1	2
[Kent ] [Kidney] Pain:Tearing:Extending	1	0	0	1	0	0	0	0	0	0	0	0	0	0	1
:Downwards:											-				
[Kent] [Bladder]Pain:	2	2	2	3	3	2	1	1	2	1	2	2	1	1	0
[Kent] [Bladder]Pain:Neck:	1	2	1	3	2	1	2	2	1	1	0	1	0	1	0
[Kent ] [Bladder] Pain:Neck:Urination:After:	1	0	0	0	0	2	1	1	2	0	0	1	0	1	0

Table 2C

	R	epertori	sation S	Sheet - I	Homp	ath Neo	Meta	l							
		Patient	Name :	Mr Ut	tam B	iswas 3	1/M								
Remedy	Lyc	Nat-m	Nux-v	Sulph	Berb	Canth	Ars	Sep	Bell	Staph	Arg-n	Chel	Ph-ac	Ign	Graph
Totality	41	27	27	25	24	21	20	20	19	19	18	18	18	18	17
Symptoms Covered	20	13	13	12	12	10	11	11	10	9	11	11	10	9	10
[Kent ] [Mind] Indifference, apathy etc.:	2	3	1	2	1	0	2	3	2	3	2	2	3	2	2
[Kent ] [Mind]Restlessness, nervousness:	3	2	2	3	0	1	3	3	3	3	3	2	2	2	2
[Kent ] [Mind] Restlessness, nervousness: Morning:	2	1	0	1	0	0	0	0	0	0	0	0	1	0	0
[Kent ] [Mind]Grief:	2	3	2	0	0	0	1	1	0	2	0	0	2	3	2
[Kent ] [Mind]Grief:Ailments, from:	1	3	2	0	0	0	1	0	0	3	0	0	3	3	2
[Kent ] [Mind]Company:Aversion to:Amel, when alone:	2	2	0	1	0	0	0	3	0	1	0	0	0	0	0
[Kent ] [Stomach]Appetite:Easy satiety:	3	2	2	2	0	0	1	2	0	0	1	0	0	2	0
[Kent ] [Generalities]Food:Cold drinks :Agg:	2	0	2	2	0	3	0	0	2	0	1	2	2	2	2
[Kent] [Generalities]Food:Warm drinks :Amel:	2	0	3	2	0	0	3	0	0	0	1	2	0	0	2
[Kent ] [Urethra] Pain:Burning:Urination:During:	2	2	3	3	2	3	1	2	3	2	3	2	1	2	1
[Kent ] [Urethra]Pain:Burning:Meatus:	1	2	0	3	2	0	0	1	0	1	0	1	1	0	1
[Kent] [Kidney]Pain:Radiating:	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
[Kent ] [Kidney]Pain:Region of:Extending :Downward:	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0

#### Non-Surgical Expulsion of Renal Stones (Calculi) With Homeopathic Remedies: A Dependable Alternative Option

[Kent ] [Kidney]Pain:Bladder:	2	0	0	0	1	1	1	0	1	0	1	1	0	0	0
[Kent ] [Kidney]Pain:Ureters:Right side:	3	0	2	0	1	1	0	0	0	0	0	0	0	0	0
[Kent ] [Kidney] Pain: Ureters:Extending to :Right thigh:	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0
[Kent ] [Kidney]Pain:Cutting:Ureters:	3	0	2	0	3	2	2	1	3	0	2	0	0	0	0
[Kent ] [Kidney] Pain:Tearing:Extending :Downwards:	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0
[Kent] [Urethra]Constriction:	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent] [Urethra] Pain:Biting:Urination:During:	1	1	0	0	0	2	0	1	0	0	0	0	0	1	2
[Kent ] [Urethra]Pain:Burning:	2	1	3	3	3	3	3	2	1	2	2	1	2	1	1
[Kent ] [Urethra] Pain:Cutting:Urination:After:	2	3	0	2	2	3	0	0	0	0	0	1	0	0	0
[Kent ] [Kidney] Pain:Stitching, stinging,sticking:Extending to :Down ureters:	3	0	0	0	3	0	0	0	1	0	1	2	0	0	0
[Kent] [Kidney] Pain:Stitching,stinging,sticking:	2	2	2	1	3	2	2	1	2	2	0	2	1	0	0

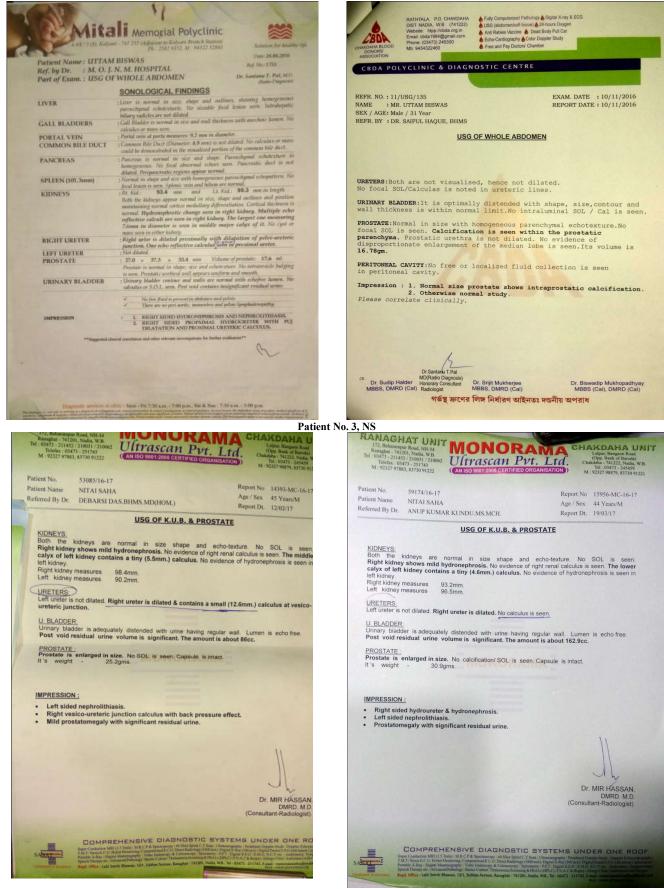
							able-2								
				-				etai Saha				~	~		
Remedy	Thuj	Puls	Nux-v	Lyc		Sulph	Ph-ac			Kali-c		Cham	Sep	Lach	Phos
Totality	28	19	19	17	17	16	15	15	14	14	14	14	13	13	12
Symptoms Covered	16	11	10	9	7	8	10	8	8	8	8	7	9	6	8
[Kent]	2	2	2	2	2	3	2	2	2	2	2	2	2	2	2
[Sleep]Dreams: Anxious:	3	3	3	3	2	3	2	3	3	3	3	2	2	2	3
[Kent]															
[Mind]Mistakes	3	1	1	3	0	1	0	2	0	0	0	2	1	3	1
:Writing,in:	5	1	1	5	0	1	0	2	U	0	0	2	1	5	1
[Kent]															
[Mind]Excitement,	2	3	3	2	1	2	3	3	2	1	3	3	2	3	3
excitable:	-	5	5	-	1	-	5	5	2		5	5	2	5	5
[Kent]															
[Mind]Forgetful (see	2	0	0	0	0	0	1	0	0	0	0	0	0	0	1
memory):Morning:In:															
[Kent]															
[Generalities]Warm	2	3	0	3	0	3	1	1	1	1	1	0	0	0	1
:Room agg:															
[Kent]															
[Generalities]Food:	2	2	3	1	3	1	2	1	1	0	1	3	1	0	0
Coffee :Agg:															
[Kent][Generalities]	2	0	1	0	0	0	0	0	1	3	0	0	1	0	0
Night:3 a.m.:															
[Kent] [Urethra]Pain:	1	1	1	2	3	2	1	1	2	2	2	0	2	2	0
Cutting:															
[Kent ] [Urethra]Pain: Burning:Meatus:	2	1	0	1	0	3	1	2	2	1	1	0	1	0	1
[Kent] [Urethra]Pain:															
Drawing:	2	1	0	1	0	0	1	0	0	1	0	0	1	0	1
[Kent ] [Urethra]Pain:															
Pressing:	1	1	1	0	0	0	2	0	0	0	0	0	0	2	0
[Kent]															
[Kidney]Pain:Burning	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
:Urination:Before:															
[Kent] [Kidney]Pain:	1	0	0	0	0	1	0	2	0	0	0	1	0	0	0
Drawing:Ureters:	1	0	0	0	0	1	0	2	0	0	0	1	0	0	0
[Kent] [Kidney]Pain:	2	0	2	0	2	0	0	0	2	2	2	0	0	0	0
Pressing:	4	U	4	U	4	U	U	U	4	4	4	U	U	U	U
[Kent] [Bladder]Pain:	1	2	1	1	3	0	0	0	0	0	1	1	2	1	1
Burning:	1	2	1	1	5	v	Ū	Ū	U	Ū	1	1	2	1	1
[Kent] [Bladder]Pain:				0	2	0		0	0	0	0		0	0	0
Burning:Neck:Urinati	1	1	3	0	3	0	1	0	0	0	0	2	0	0	0
on:During:															

Table-2D

Apparently, the time taken for expulsion could not always be properly correlated with the size of the stone. All 4 patients (2 male and 2 female) having their stone size lying between 7 and 12.6 mm could also successfully expel out their stones (Figs. 1-3) but of the two patients, the one having the largest huge stone measuring 23.mm in size could expel the stone completely (Fig.1, Pt. 9), the other one having 16 mm stone (Pt.16) has not yet been able to eliminate the stone; however, his stone size has been reduced to 9.4 mm after 2 months of treatment with great relief of his accompanying symptoms including pain. Incidentally, Paul Sumithran (2016) and

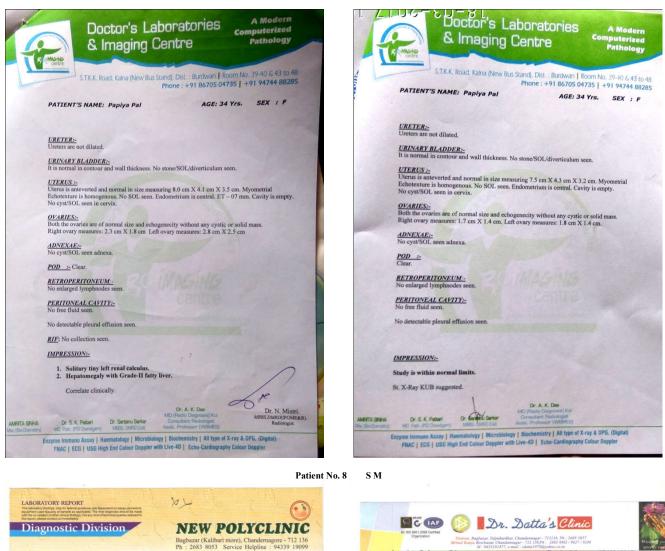
Chakma (2015) also reported a case each to have successfully removed a stone measuring over 16 mm by administering Nux Vom-30 and Phosphorus 30, respectively. Therefore, hopefully the big stone, the size of which is getting reduced in our study, will also be successfully expelled in near future, since the patient is hopeful and undergoing treatment as his ailing symptoms have already been abated.

Stones located in the kidney are very difficult to get removed with oral medicines and generally need surgery. In the single case encountered by us, the stones located in lower part of calyx could be successfully removed by the homeopathic drug administered (Table-1). This can be considered quite as an achievement as these multiple stones were no more visible in the USG image (Fig. 2) and the corresponding report (Fig. 1. Table-1).



Patient No. 6, P P

#### Non-Surgical Expulsion of Renal Stones (Calculi) With Homeopathic Remedies: A Dependable Alternative Option



Name Mr. SAMIR MAJHI Refd. by Dr. P. K SINHA MBBS Sex M Age 46Yrs. Date 25/08/16 .

USG OF KUB & PROSTATE

RIGHT KIDNEY; Right Kidney is normal in size, shape, outline, position and show normal corticomedullary differentiation, maintaining a normal cortical thickness. No evidence of any hydronephrosis, renal calculi or mass lesion is seen. Right kidney = 113,4mm.

LEFT KIDNEY: Left kidney is normal in size, shape, outline, position and show normal corticomedullary differentiation maintaining a normal cortical thickness. No evidence of any mass lesion is seen. A mild Hydronephrotic change is seen. A tiny calculus is seen . Left kidney = 10.75 mm.

<u>URETERS:</u> Right Ureter is not visualized, hence not dilated. Upper part of left ureter is dilated, a calculus measuring [approx : 5.1 mm] is seen at its lower 1/3 rd .

URINARY BLADDER; Urinary bladder is seen normal in size,. Wall appears mildly thickened -? Cystitis.No intraluminal lesion is seen.

#### POST VOID STUDY

Insignificant in amount

<u>PROSTATE:</u> Prostate is mildly enlarged in size with homogeneous echopattern. Capsule appear intact. Prostate measures = 32.9 X 34.5 X 39.5 mm. =23.49 cc [Approx : 23 gm]

#### IMPRESSION:

1. Cystitis .



Received On : 17/02/2017 MR SAMIR KR MAJHI DDC/1918/B-1918 DR DEBARSI DAS BHMS MD Reported On : Age/Sex/Wt/Ht: 17/02/2017 46Y/MALE Patient's Name : ID Number : Referred By Sample Source : USG OF KUB REGION KIDNEYS Both the kidneys are normal in size shape margin showing normal parenchymal echotexture Cortical thickness appears normal. Normal corticomedullary differentiation is well maintained. No obvious calcular pathology, hydronephrosis or focal SOL seen. Rt kidney measuring 115 mm Lt kidney measuring 120 mm Both the ureters are not visualized , hence not dilated. URINARY BLADDER appears distended showing echo free lumen. Wall appears normal. Post void shows insignificant amount of residual urine ( 17 ml). PROSTATE— is normal in size showing normal parenchymal echo texture. Capsule appears intact. Pr measures 39 x 35 x 30 mm- 21 ml IMPRESSION. Normal study.

Patient No.9 S Z

A new dimension in quality diagnosis

Digital X-Ray | Conventional X-Ray | Portable X-Ray | Echocardiography MD Fills) USG | Doppler Sonography | EEG | EMG & NCV | Advanced Pathology Combine Future Pathol

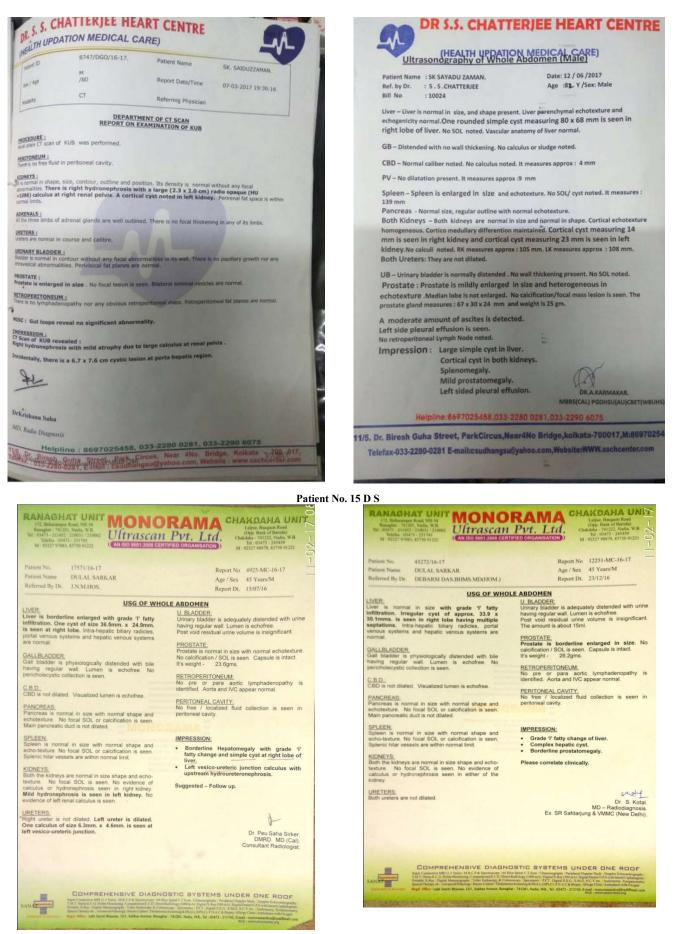


Figure 1 Ultra-sonographic reports of the patients showing removal of the stone(s).

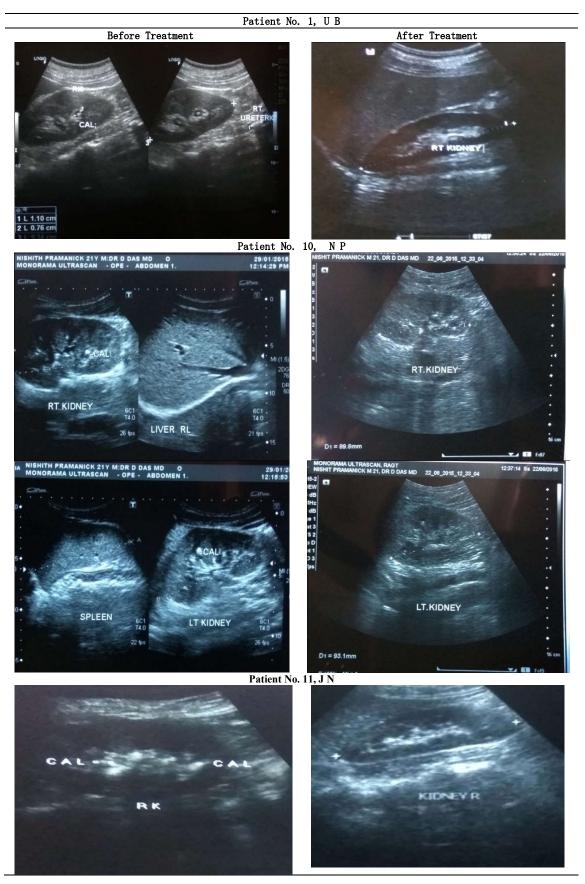


Figure 2 Ultra-sonographic images showing the removal of stone(s)



Figure 3 Photographs of expelled renal stone

In homeopathic practice, many homeopathic practitioners claim to have removed big renal stones from their patients, but most cases undocumented. In homeopathy, go individualization of patients is necessary for selection of the proper remedy for him/her. Homeopathy recognizes man as the multi-dimensional composite entity where mind, body and spirit are viewed as an indivisible entity and union (Kulkarni 2010; Boericke 2002; Kent 2003). Thus, different drugs may be necessary for different patients for removal of the stone depending on his/her totality of symptoms. In this study also, different patients got rid of their stones with different remedies. In the present study, authentic USG report has been provided for each case confirming removal of the stone clearly. In study, we successfully removed all 10 cases of renal calculi ranging in size between 5.1 mm to 7mm, 5 cases where the size ranged between 7.4 and 12.6 mm and one case where the size of the stone was reduced from 16 mm down to 9.6 mm. Further, in this study, all 15 cases of successful removal of kidney stones had no history of SWL or surgical intervention or having taken any modern medicines; thus this mode of non-invasive method of treatment can be more confidently used by the patients as well as by qualified homeopathic practitioners, which can be made available to a wider population living in remote villages as well where modern medical facility is difficult to get.

# CONCLUSION

In fine, homoeopathy can prove to be a boon for patients in whom surgery is a risky affair such as the aged ones, hypertensive and diabetics or those who are in search of an alternative to surgery for economic or psychological reasons.

### Acknowledgements

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### **Competing Interests**

All authors declare that they do not have any competing interest.

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