



Individualized Homeopathic Management Of Renal Calculi: A Case Report

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Introduction:-

The term nephrolithiasis derived from Greek word, 'Nephro' which means 'kidney' and lithes which means 'stone'. Renal calculi is a condition in which one or more stone are present in the pelvis or calyces of the kidney or in ureter⁽¹⁾.

Renal calculi is a global disease increase in prevalence of renal calculi is seen due to westernization of life style habit (E.g. Dietary changes, increase body mass index). Nephrolithiasis is common worldwide; this is the 3rd commonest disorder of the urinary tract, after UTI & prostatic hyperplasia⁽²⁾.

It is more common in male than in female. The incidence is highest in middle age, white men⁽³⁾.

Absract:

Renal calculi (nephrolithiasis) is a common urinary tract disorder characterized by the formation of stones in the kidney or urinary tract, often presenting with flank pain, burning micturition, and hematuria. Homoeopathy provides a holistic and individualized approach to treatment based on the totality of symptoms.

A 19-year-old male patient presented with right-sided flank pain radiating to the groin along with burning urination and reddish urine for one month, associated with nausea and vomiting. Detailed case taking including mental and physical generals was performed, followed by repertorial analysis to select the indicated remedy. After individualized homoeopathic treatment, significant improvement was observed in the patient's symptoms. This case highlights the effectiveness of individualized homoeopathic management in renal calculi and suggests that homoeopathy can be a safe and non-invasive therapeutic option.

Key words:

Renal Calculi, Homeopathy, Lycopodium clavatum, Berberis vulgaris, LSMC Analysis, Mental Symptoms, Repertorial Totality, Constitutional Remedy, Organ Remedy, Case Study, Urolithiasis, Non-invasive Treatment

Type⁽²⁾:

1. Calcium Phosphate.
2. Uric acid.
3. Cystine.
4. Struvite.

Risk Factor⁽²⁾:

1. Dietary- Increased intake of calcium, Oxalate, Uric acid rich food.
2. Dehydration.
3. Renal Infection.
4. Metabolic cause- Hyperparathyroidism, Hypervitaminosis, Sarcoidosis, Cushing's disease.
5. Genetic factor.

Pathology:

Normal urine contains both solvent and solutes; imbalance of their relative concentration result in precipitation of solute leading to pathological crystallization with 3 stages.

- I. Under saturation when crystal remain dissolve.
- II. Saturation in which urine is saturated with crystals.
- III. Super saturation when urine become oversaturated with crystals.

Nucleation is an important initial step, followed by crystals aggregations and stone formations.

Clinical Features:

Depending upon size, position and type of stone many of them remain asymptomatic.

There are 2 common presentation with an acute stone event: Renal colic and painless gross hematuria⁽⁴⁾.

Renal colic – Pain is dull pricking at renal angle.

Ureteric colic – Sudden unilateral flank pain⁽²⁾.

The intensity of pain can increase rapidly, accompanied by nausea and vomiting, pain may radiate, depending on location of the stones.

Stone lodges:

- Upper part of ureter – pain radiate anteriorly.
- Lower part of ureter – pain radiate Ipsilateral testicle in man/ ipsilateral labium in woman.

Pain worsens on movement like walking upstairs, during jolting⁽³⁾.

Dirty smoky urine⁽³⁾.

Urgency, frequency, strangury occurs with stone at uterovesical junctions.

Investigations:

- Blood investigations – CBC, serum creatinine, electrolyte.
- X-ray abdomen.
- USG abdomen.
- Urine analysis.

HOMOEOPATHIC PERSPECTIVE

- According to homoeopathic philosophy, disease is a dynamic disturbance of the vital force and is recognized only through the totality of perceptible signs and symptoms (Organon, Aphorisms 6–9). Renal calculi, according to the principles of the Organon of Medicine by Samuel Hahnemann, is not merely a local kidney disease but a manifestation of dynamic disturbance of the vital force (§9–12).
- Homoeopathic prescription is based on the **totality of symptoms** (§6, §7) rather than diagnosis alone. Each case must be **individualized** (§82–104) considering mental and physical generals. Recurrent renal stones indicate **chronic miasmatic influence** (§72–81), requiring anti-miasmatic treatment. Removal of maintaining causes like improper diet and low water intake (§5) is essential. The aim of treatment is complete restoration of health (§3), not just mechanical removal of the stone.
- Hahnemann emphasizes that treatment should be based on individualization and the law of similars, considering mental, physical, and general symptoms rather than isolated complaints (Aphorisms 3 and 26). Recurrent and long-standing conditions beginning in childhood indicate a deeper constitutional disturbance requiring constitutional treatment rather than symptomatic relief (Aphorisms 72–81). Suppression of symptoms may lead to recurrence or progression of disease (Aphorisms 56 and 59).
- The aim of homoeopathic treatment is the rapid, gentle, and permanent restoration of health through correction of the disturbed vital force (Aphorism 2), which highlights the importance of constitutional prescribing in the management of Renal Calculi.

Case

1. Case- Report:

a) History Of Present Illness:

A 19 year old male presented with the complaints of Right side flank region pain with radiating to groin region and also having burning micturition since 1 month

b) Chief Complaints (LSMC):

Location	Sensation	Modality	Concomitants
Kidney	Radiating, Smarting	< Eating, Movement > Passing Urine	Nausea, Vomiting
Bladder	Burning Urination, Reddish in Urine	< During Micturition	-

c) Patient Information

An 19-year-old male child presented to the outpatient department with complaints of Right side flank region pain with radiating to groin region and also having burning micturition since 1 month, associated with Nausea and Vomiting.

d) Mental General:

- Irritable disposition with a tendency toward anger
- Introverted behavior, prefers solitude
- Forgetfulness, particularly noted in routine daily activities
- Intolerance to contradiction
- Reduced emotional expressiveness during episodes of illness

e) Physical Generals:

- Appetite: Moderate; Warm food desire
- Desires: spicy food, sweet
- Aversion : -
- Thirst: Increased; patient is thirsty
- Bowel habits: Constipated, with infrequent and difficult stools
- Sleep: Disturbed, attributed to night watching
- Thermal reaction: patient is HOT.

f) Past History:

- Recurrent Cold.

g) Family History:

- Grand Mother: Eczema
- Grand Father: Allergic Rhinitis

10 Analysis & Evaluation of Symptoms:

- Mental Generals:
 - Irritable and angry disposition
 - Introverted nature; prefers solitude
 - Forgetfulness
 - Intolerance to contradiction
- Physical Generals:
 - Hot patient
 - Thirsty
 - Desire for spicy food & warm food
 - Reddish colour urine
- Physical Particulars:
 - Pain in flank region < eating after and > by passing urine
 - Burning pain < during micturition

11 Totality of Symptoms:

- Irritable and angry disposition
- Introverted nature; prefers solitude
- Hot Patient
- Desire Warm Food
- Pain in Flank Region < eating after and > by passing urine
- Burning Pain < during micturition

12 Repertorial analysis (Rubrics):

- a) Mind- company- aversion to
- b) Mind- Contradiction, Ailments from

c) Bladder-Pain-, Burning, Smarting, Urination During

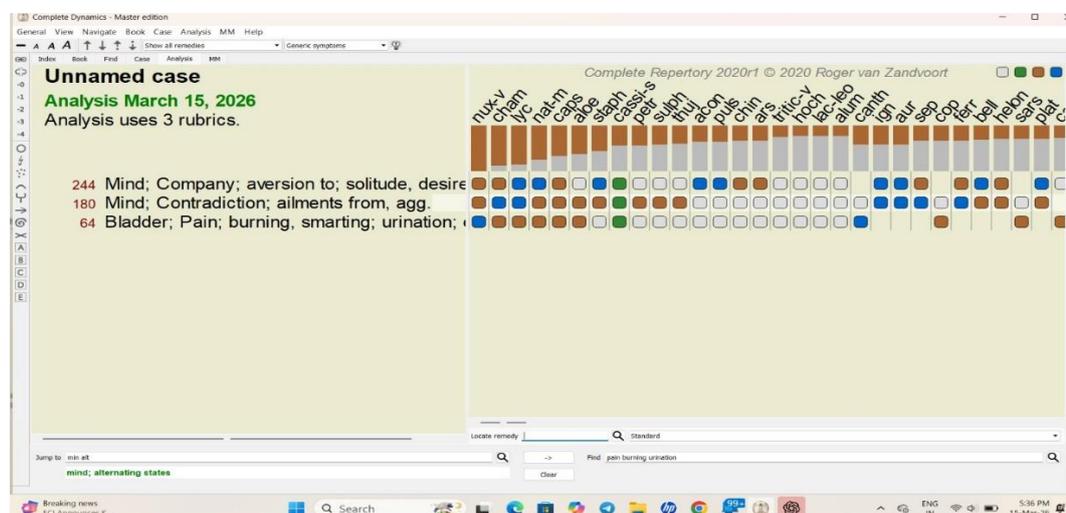
• Differential Medicine:

Feature	Lycopodium clavatum	Nux vomica
Temperament	Irritable but lacks confidence; prefers solitude	Very irritable, aggressive, and easily offended
Company	Aversion to company; prefers to be alone	Does not like contradiction but usually active and business-minded
Thermal state	Hot patient	Generally chilly
Food desires	Desire for warm food, sweets, and spicy food	Desire for spicy food, stimulants, alcohol
Urinary symptoms	Red or sandy sediment in urine , right-sided kidney complaints	Burning and frequent urination but without characteristic red sand
Pain location	Right-sided complaints , pain radiates from kidney to groin	Pain often associated with spasmodic urging for stool or urine
General tendency	Chronic conditions with digestive weakness and urinary calculi	Complaints from sedentary lifestyle, excess food, alcohol, or stress

• Selection of Medicine & Potency:

- Lycopodium -200 (1) DOSE STAT FOLLOWED BY SAC LAC 4X3X15 DAYS ORALLY

Repertorisation



Date	Complaints	Treatment
02/07/2025	Nausea, Renal Pain 2 times, No other medication need.	Rx, SL 1 dose F/B SAC LAC 4x3x15 days orally
15/07/2025	No Nausea, No Vomiting, Better in all Complaints.	Rx, SL 1 dose F/B SAC LAC 4x3x15 days orally
01/08/2025	Burning Pain while Urination Some times, No any Complaints.	Rx, LYCOPODIUM 200 1 DOSE STAT F/B SL 15 Days.
18/08/2025	No Nausea or Vomiting, Better in Pain , Better in all complaints..	Rx, SL 1 dose F/B SAC LAC 4x3x15 days orally

Discussion:

Renal calculi is a common condition caused by crystallization of urinary solutes due to factors such as dehydration, dietary habits, and metabolic disorders. Patients typically present with **renal colic, hematuria, burning urination, and nausea.**

Homoeopathy treats the patient holistically by considering the **totality of symptoms, including mental and physical characteristics**, rather than the pathology alone. In this case, symptoms such as **right-sided flank pain, burning urination, irritability, hot patient, and desire for warm and spicy food** guided the selection of the remedy through repertorial analysis.

The improvement observed after treatment demonstrates the potential role of individualized homoeopathic therapy in the management of renal calculi.

Conclusion

This case highlights the importance of individualization and the homoeopathic principle of the Law of Similia (Similia Similibus Curentur) in the management of renal calculi. Based on the totality of symptoms, Lycopodium clavatum was selected as the most similar remedy. The improvement observed after treatment indicates that homoeopathic medicines, prescribed according to the law of similars, can provide effective and non-invasive management of renal calculi while promoting overall restoration of health.

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