

Health Research Article

Natural Solutions for Kidney Stones: Exploring Homeopathic Treatments

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Abstract

Kidney stone disease, characterized by crystal concretions typically forming within the kidneys, is becoming increasingly concerning in urological health. When stones become lodged in the urinary tract, they can result in severe pain and urinary infections. Stones have also been detected in the uterus of pregnant women. Observational research has identified several factors contributing to the formation of renal calculi, including dehydration and the consumption of a high-protein diet, as well as increased intake of sodium and sugar. *Berberis vulgaris*, a member of the Berberidaceae family, is an evergreen shrub with oval, small leaves clustered together. Its flowers are yellow, and its fruit is a red berry. This natural approach effectively cures kidney stones permanently.

Keywords: Kidney Stones, Renal calculi, Homeopathy, *Berberis vulgaris*

Introduction

Kidney stone disease, characterized by crystal concretions typically forming within the kidneys, is a growing concern in urological health, impacting approximately 12% of the global population. This condition has been linked to heightened risks of end-stage renal failure (Alelign & Petros 2018). In kidney stones, calcium is found in 80% of cases, predominantly as calcium oxalate (60%) and calcium phosphate (20%) (Bultitude and Rees, 2012). This condition is associated with increased risks of end-stage renal failure. Passing kidney stones can induce significant pain, although they typically do not result in permanent damage. However, if stones become lodged in the urinary tract, they can lead to severe pain

and urinary infections. In such instances, surgery may be necessary. When stones become lodged, they can cause the kidney to swell, followed by the ureter, resulting in intense pain. Symptoms include: Intense, stabbing pain in the side and back, below the ribs; Pain that waxes and wanes in intensity; discomfort extending to the lower abdomen; pain or a burning sensation during urination; urine appearing pink, red, or brown; cloudy or foul-smelling urine; Increased frequency of urination; Nausea and vomiting; Presence of fever and chills if an infection is present; advanced stages may manifest as excruciating pain making sitting impossible; nausea and vomiting accompanying the pain; Blood in the urine; difficulty passing urine.

Stones are also discovered in the uterus of pregnant women. According to Ross et al. (2008), the most frequent composition of stones identified during pregnancy is calcium phosphate, specifically hydroxyapatite. At present, there is no effective medication available to treat and/or prevent the recurrence of kidney stones. Therefore, gaining a deeper understanding of the pathophysiology behind kidney stone formation is a crucial research avenue aimed at managing urolithiasis with novel drugs (Alelign and Petros, 2018).

An observational research identified several factors contributing to the formation of renal calculi. These include dehydration, consumption of a high-protein diet, increased intake of sodium and sugar, and the adoption of a high-sodium diet, which elevates calcium levels in the kidneys, promoting stone formation. Additionally, gastric bypass surgery, inflammatory bowel disease, or chronic diarrhea can alter the digestion process, affecting calcium and water absorption and subsequently raising the concentration of stone-forming substances in urine.

The objective of this paper is to elucidate the therapeutic remedies provided by certain herbs that offer a permanent solution for severe renal stone conditions.

HOMEOPATHIC CURE

In severe cases of pain attributed to renal calculi, when surgery is deemed necessary by the urologist to remove the renal calculi, an alternative option is recommended to avoid the associated expenses. I, as the recommending individual, suggest a homeopathic remedy that has provided relief to patients who sought a cure. Based on their experiences, I advocate for the drug and its usage to achieve permanent relief.

Berberis vulgaris belongs to the family Berberidaceae is an evergreen shrub with oval, small leaves which are born in clusters. Flowers are yellow, fruit is red berry. The plant with all parts are having medicinal properties, widely used in Ayurveda in curing infections of eye, ear and mouth, to lose weight, to heal wounds quickly, to cure piles and haemorrhoids, to treat dysentery, indigestion and uterine disorders.



Fig. 1 *Berberis vulgaris*

In Homoeopathy, *Berberis vulgaris* is available in all concentrations whereas here for the cure 30 potency is highly recommended for the permanent cure.

Dosage: 1 dose (= 8 granules) administering the treatment twice daily for three days should suffice. If the stone is larger in size, extending the treatment for an additional three days is recommended.

This drug is regulating the kidney dysfunction and shooting pain radiating into the back or towards the bladder. This is best suited for left sided pain and helps to balance and prevents the formation of calcified deposits.

This drug helps to break the stones into minute particles and will be eliminated through urine. Usually at the time blast the patient experiences the pain which will be reduced in just 3 days. If the stone is larger in size the dosage can be continued in subsequent week.

DISCUSSION

Preventing a condition is preferable to treating it is practical to facing the kidney stones. Dehydration has been identified as the primary factor. Dehydration is often cited as a common cause of renal disorders among Indian workers who migrate to Arab countries. Two particularly tragic cases stand out as eyewitnesses: upon their return to India, both individuals experienced complete kidney failure, resulting in the loss of their lives. In Central America, chronic kidney disease is on the rise, with recurrent heat-related dehydration emerging as a significant risk factor. Three primary mechanisms have been pinpointed as contributors: the impact of vasopressin on kidney function, activation of the aldose reductase-fructokinase pathway, and the consequences of chronic hyperuricemia. These pathways have shed light on the notion that even mild dehydration may exacerbate the progression of various forms of chronic kidney diseases. Consequently, a burgeoning field of research is evolving, concentrating on the interplay between water, osmolarity, and their effects on kidney health and function (Roncal-Jimenez et al. 2015).

The clinical and pathological findings aligned with acute tubular necrosis (ATN). Surprisingly, despite a complete recovery, chronic kidney disease (CKD) manifested one year later. Subsequent renal biopsy revealed features consistent with ischemic renal disease, although vascular disease was not evident. Notably, the patient had engaged in years of long-distance running without sufficient hydration, significantly reducing renal blood flow. Consequently, it's plausible that this patient developed chronic dehydration-associated kidney disease, sharing similar etiological factors with MeN (Yang et al. 2020).

B. vulgaris harbors a plethora of phytochemical constituents, encompassing ascorbic acid, vitamin K, multiple triterpenoids, over 10 phenolic compounds, and more than 30 alkaloids. Consequently, *B. vulgaris* exhibits potential therapeutic properties, including anticancer, anti-inflammatory, antioxidant, antidiabetic, antibacterial, analgesic, anti-nociceptive, and hepato protective effects (Rahimi et al. 2017). It was the most widely used drug in the Homeopathic system of medicine for kidney pain and for the removal of kidney stones (Arayne et al. 2007).

CONCLUSION

Everyone should be spared from the agony of renal calculi. It's essential to understand the causes of this condition and take necessary precautions to prevent it. Given the exorbitant cost of surgery, which is unaffordable for many, a more accessible solution in the form of medication to dissolve the stones is recommended.

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