



## Individualized Homoeopathic Medicine Along With *Hedeoma Pulegioides* Mother Tincture As Curative Treatment For Nephrolithiasis - A Case Report

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### Abstract

Urinary stones are the most common cause of acute renal colic and urine retention. The homeopathic medicine *Hedeoma Pulegioides* has pronounced symptoms typical of nephrolithiasis and marked female symptoms, yet its clinical usefulness has not well documented. This article reports case of 25 years old female with bilateral multiple renal calculi i.e. 5.7 mm as largest in right kidney and 6.1 mm in urinary bladder presenting with complaints of pain along left ureter with nausea and bearing down backache. Assessment of causal attribution of treatment effect was performed using the Modified Naranjo Criteria. Full recovery of urological and gynecological symptoms and post-treatment ultrasonography showed no calculi remaining. The Modified Naranjo Criteria total score for patient was +8/13.

**Key-words** - Homoeopathy, *Hedeoma pulegioides*, urolithiasis, PID, organopathic homoeopathic approach

### INTRODUCTION

Urolithiasis is extensively reported common incidence in the general population of India especially 'stone belt' of north-west part of country. The etiology of this condition is multifaceted and highly linked to dietary lifestyle behaviors or practices. The effective treatment of calculi that arise throughout the urinary system requires a thorough assessment of the underlying causes in order to prevent recurrences. Other common symptoms of renal calculi are renal pain, ureteric colic, hematuria, recurrent urinary tract infection, nausea, vomiting and abdominal pain, hydronephrosis and retention of urine in cases of obstruction.<sup>[1][2]</sup> Overall 50% of Indian population had renal calculi at one point in their lives.<sup>[3,4]</sup>

In Homoeopathy, many case reports and research data available for effective role of individualized medicine in renal calculi diseases. While it has been noted that homoeopathic practitioners use two different approaches in their typical clinical settings, i.e. along with individualised homoeopathic medicine, organopathic mother tinctures are also given for prompt symptom relief and complete cure.<sup>[5,6,7,8,9]</sup>

### CASE REPORT

#### PATIENT INFORMATION-

A 25-year-old housewife presented to the emergency department with a USG result revealing numerous bilateral renal and ureteric calculi as well as PID. For the previous ten days, the patient complained persistent, dull discomfort in the left ureter that radiates to the genitals, as well as nausea. She also complained of a constant urge to urinate with backache and felt like her uterus is pressing down, which worsens while walking and relieves either after urinating or by rest. The patient additionally has sticky unpleasant leucorrhoea and fainting episodes.

#### HISTORY OF PRESENTING COMPLAINTS-

Since the patient had been experiencing acute colic and nausea for ten days, a novalon injection was recommended, followed by temporary alleviation. The patient underwent USG and diagnosed for B/L urolithiasis followed by nausea and discomfort in the left flank appeared.

**PAST HISTORY-** Nothing Specific

#### PERSONAL HISTORY-

- Sexual history-Married, patient's husband has extra martial affair and he practices unsafe sex with multiple partners.
- Habits and Addiction- NS

**PHYSICAL GENERALS-**

- Appetite - good
- Thirst- 4-5 lit day.
- Craving- Spicy food
- Stool- constipation- Ineffectual desire for stool. Sticky, hard and unsatisfactory stool.
- Urine- 10-12 time, Constant urge to urinate with pain along flanks > after urination.
- Sleep- Refreshing and sound.
- Thermal Reaction – Hot
- Obstetric H/O- Nullipara
- Gynecological history – menarche since 13 years, LMP- 14.05.2021  
4-6 days / 28-32 days regular cycle  
Associated with –  
Backache in lower back <least movement, exertion >rest, urination after  
Leucorrhoea – thick, white, sticky with offensive odour and Dyspareunia

**MENTAL GENERALS**

- Easily worried about trifles
- Anger at husband yet resigned to it
- Don't express her anger

**EXAMINATION-**

P/A- tenderness present in Lt. hypochondria, Lt. flank; bladder distended with tenderness.  
P/V – uterine and cervical tenderness and cervical discharge + curdy, offensive

**INVESTIGATION**

**USG- finding-** bilateral renal calculi.(date on 21/05/2021)  
5.1 and 4.5 mm calculus in middle calyx of left kidney.  
Largest 5.7 mm calculus in mid calyx in right kidney out of three calculi in Rt. Kidney.  
6.1 mm calculi in urinary bladder  
Thickened endometrium with bulky uterus and presence of free fluid in POD.

**DIAGNOSIS-** Diagnosis was based on clinical examination and USG reports multiple urolithiasis with Pelvic inflammatory disease confirmed.

**MIASMATIC ANALYSIS –**

Miasmatic analysis for the presenting symptoms was done with the help of the chronic disease by Samuel Hahnemann showed the predominance of Sycosis Miasm.<sup>[10]</sup>

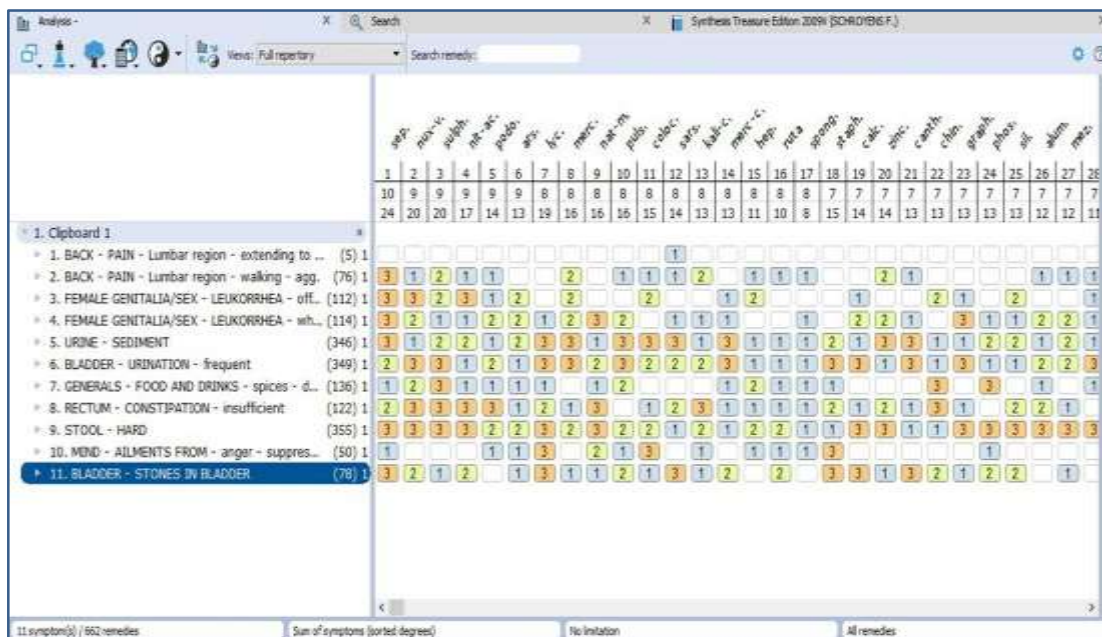
**ANALYSIS AND TOTALITY OF SYMPTOMS-**

**Table 1:** Analysis of Symptoms (Method & Justification) – Kent’s concept<sup>[11]</sup>

Category / Analysis	Symptom	Evaluation
Mental general characteristic	Suppressed anger	First grade
Mental general characteristic	Worried easily	First grade
Physical general characteristic	Craving- Spicy food	First grade
Physical general characteristic	Thermal - Hot	First grade
Physical general characteristic	Unsatisfactory Sticky and hard stool with ineffectual desire for stool	Second grade
Particular characteristics	Backache in lower lumbar region as if bearing down <by walking >rest	Second grade
Particular characteristics	White sticky curdy offensive leucorrhoea	Second grade
Particular characteristics	Pain in left flank radiating to genitals’ with Nausea & Fainting < on rising, by walking &> urination after	First grade
Particular common	Renal and bladder calculi Constant urging to urinate	Third grade
Particular common	Dyspareunia	Third grade

**Table 2: TOTALITY OF SYMPTOMS** <sup>[11][12]</sup>

S.No.	Totally of symptom
1	Suppressed anger
2	Worried easily
3	Craving- Spicy food
4	Thermal – Hot
5	Pain in left flank radiating to genitals’ with Nausea & Fainting < on rising, by walking &> urination after
6	Unsatisfactory Sticky and hard stool with ineffectual desire for stool
7	Backache in lower lumbar region as if bearing down <by walking >rest
8	White sticky curdy offensive leucorrhoea
9	Pain in left flank radiating to genitals’ with Nausea & Fainting < on rising, by walking &> urination after
10	Renal and bladder calculi
11	Constant urging to urinate



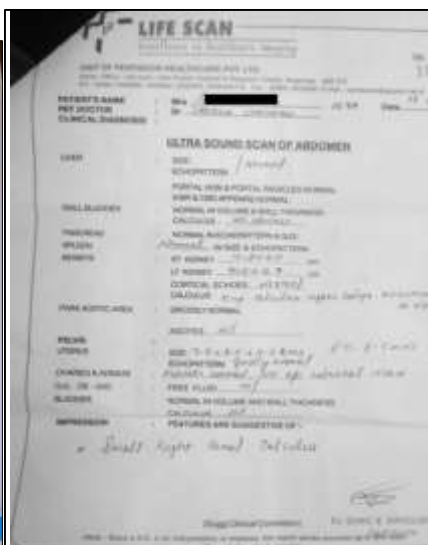
**Fig.1:**Repertorisation sheet from Synthesisrepertory using RADAR Firefox software<sup>[12]</sup>

**Justification of the remedy & First prescription:**

After taking a detailed case taking, repertorisation *Sepia 200* /1 dose stat was prescribed followed by Hedeoma mother tincture 10drops in half cup water stirred well to be taken thrice daily every 6 hourly for 3 days in first visit<sup>[13]</sup>. *Sepia* covers maximum symptoms with marked intensity but the colic and dysuria along with intermittent retention of urine was very pronounced hence considering organ specific action of Hedeoma, it was prescribed to relieve dysuria and pain.<sup>[13][14]</sup>. On 22/05/2021 VAS score for renal colic was 9 and VAS score for 10.



**Fig.2:** USG before treatment



**Fig.3:** USG after treatment

**Table 3: FOLLOW-UP-**

Date	Symptoms	Medicines	Justification
26/05/2021	Pain in right side abdomen. Pain radiating right side in leg. Pain with nausea and vomiting reduced, Stool hard and ineffectual desire for stool. VAS for renal colic 6 & dysuria 8. Constant urge to urinate relived 20%.	Sepia 200/ 1dose Stat Hedeoma Q 10drops in half cup of water twice daily for 7 days	As pain reduced but having mild improvement. One dose was repeated.
04/06/2021	Patient relief in abdomen pain, no nausea and vomiting with urging decreased. VAS for renal colic 4 & dysuria 2.	Hedeoma Q 10drops in half cup of water twice daily for 7 days	General condition was stable. Symptoms relieved, hence Hedeoma followed by wait and watch.
12/06/2021	Pain in abdomen reduced, nausea and vomiting is absent. VAS score =3	Placebo 30/TDS for 10 days.	Improvement still going on hence wait & watch.
23/06/2021	Patient reported pain in lower abdomen since last 2 days. Difficulty in urination. VAS score =8.	Sepia 1M dose stat. Hedeoma Q /TDS for 1 day.	New episode of acute colic, medicine was given is next higher potency as totality was same.
24/06/2021	Relief in abdomen pain. Urination without difficulty. Patient reported gritty passage during urination. VAS = 5	Hedeoma Q /TDS for 3 days. Advised for follow up.	Patient was better. USG advised. With wait and watch
27/06/2021	USG finding- No calculi. VAS score= 2, better in all symptoms.	Placebo30/TDS for 14 days	Patient better. Stones expelled.

### DISCUSSION&CONCLUSION

In this case *Sepia* was chosen as it was covering symptom totality with highest similarity but along with it *Hedeoma* was given as organopathic mother tincture because patient had severe dysuria, intermittent retention of urination with acute renal colic. This treatment protocol not only had expelled stones but relived dysuria too. Previous studies suggests that organopathic medicines along with constitutional medicine have effective role in management of urolithiasis.<sup>[7,8,9]</sup>

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