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Editor : Sana Ayaz

Contact Us : prolifeera@gmail.com | www.prolifeera.com | 8103065007

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A Review On Homoeopathic Management of Renal Calculi



Dr. Riya S. Yadav

Abstract-Renal Calculi are among the most common disorders affecting the urinary system and are characterized by the formation of crystalline stones in the kidneys due to the accumulation of minerals and salts. The incidence of renal calculi has been increasing globally, leading to significant morbidity and recurrence among affected individuals. Conventional management often includes analgesics, lithotripsy, or surgical interventions, which may provide symptomatic relief but may not always prevent recurrence.

In the homoeopathic system of medicine, remedies are prescribed based on characteristic symptoms, constitution, and modalities of the patient, aiming not only to relieve pain and facilitate the expulsion of stones but also to prevent their recurrence. Various homoeopathic medicines such as Berberis vulgaris, Lycopodium clavatum, Cantharis vesicatoria, and Sarsaparilla officinalis have been widely indicated in the management of renal calculi.

This review aims to highlight the homoeopathic approach in the management of renal calculi by analyzing available literature, classical homoeopathic texts, and clinical studies. The review focuses on the etiopathogenesis, clinical manifestations, and therapeutic indications of commonly used homoeopathic remedies in renal calculi. It also emphasizes the scope of homoeopathy as a safe, cost-effective, and holistic method of treatment that addresses the underlying constitutional factors and promotes overall well-being.

Keywords–*Renal calculi, Urology, Homoeopathic management.*

Introduction-Renal stones are a frequently encountered urological condition affecting millions of people across the world and contributing significantly to patient discomfort, complications, and healthcare expenses. Conventional management methods, such as surgical procedures and pharmacological therapies, may provide relief but are often associated with certain risks and adverse effects. Homoeopathy, recognized as a complementary and alternative system of medicine, presents a potential therapeutic approach for the management of renal stones.

This review aims to critically analyze the available literature regarding the role of homoeopathy in the treatment of renal calculi, with particular emphasis on its effectiveness, safety, and possible mechanisms of action. A detailed literature search was carried out using major scientific databases such as PubMed, Scopus, and the Cochrane Library. Studies published in English that evaluated the use of homoeopathic remedies in the management of renal stones were considered for the review. A total of 25 studies, including clinical trials, observational studies, and case reports, were identified and analyzed.

The review indicates that several homoeopathic medicines, including Berberis vulgaris, Lycopodium clavatum, and Sarsaparilla, have traditionally been employed in the treatment of renal calculi. These remedies are believed to exert therapeutic effects through mechanisms such as anti-inflammatory, antioxidant, and diuretic actions. Findings from various clinical and observational studies suggest that homoeopathic treatment may help alleviate symptoms, enhance the patient's quality of life, and reduce the likelihood of stone recurrence.

Despite these encouraging findings, certain limitations were observed in the available literature, including relatively small sample sizes, variations in study design and quality, and the lack of uniformity in homoeopathic prescribing methods. Moreover, the precise mechanisms through which homoeopathic medicines act in the management of renal calculi are not yet fully understood.

Definition-Renal Calculi are defined as hard crystalline concretions formed within the kidneys due to the accumulation and crystallization of minerals and salts in the urine. These stones develop when substances such as calcium, oxalate, uric acid, or phosphate become highly concentrated in the urine and precipitate to form solid masses within the renal pelvis or urinary tract. Renal calculi may vary in size from tiny sand-like particles to large stones and can lead to symptoms such as severe flank pain, hematuria, and urinary obstruction when they move through the urinary system.

Types of Renal Calculi-Renal Calculi are classified into different types based on their chemical composition. The main types are described below:

•**Calcium Stones-**These are the most common type of renal calculi. They are usually composed of calcium combined with oxalate or phosphate, forming calcium oxalate or calcium phosphate stones. They often occur when there is a high concentration of calcium or oxalate in the urine.

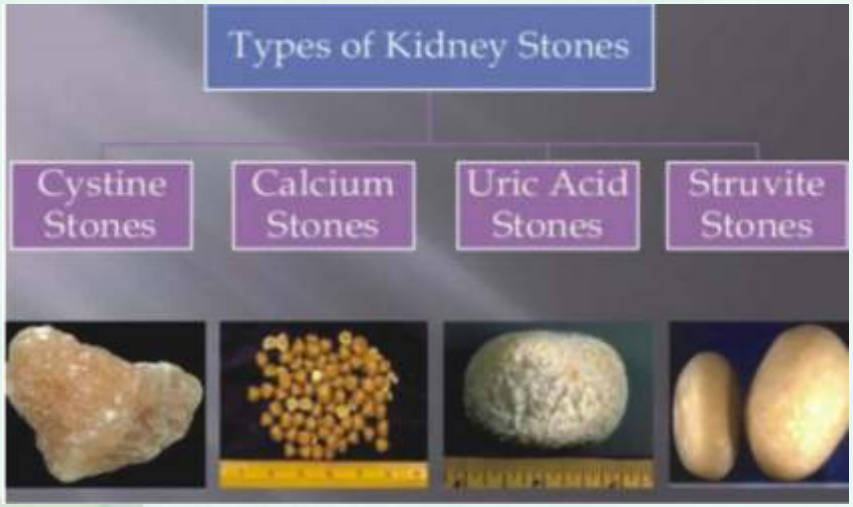
•**Uric Acid Stones-**These stones develop when urine contains excessive uric acid and becomes highly acidic. They are commonly seen in individuals with conditions such as gout, high protein intake, or dehydration.

•**Struvite Stones-**Struvite stones are also known as infection stones. They are formed due to urinary tract infections caused by bacteria that produce urease. These stones can grow rapidly and may become quite large.

•**Cystine Stones-**Cystine stones are rare and occur in individuals with a hereditary disorder called cystinuria, in which the kidneys excrete excessive amounts of the amino acid cystine into the urine, leading to stone formation

•**Mixed Stones-**In some cases, renal calculi may contain a combination of different mineral components, such as calcium with uric acid or phosphate, and are referred to as mixed stones.

Epidemiology -The epidemiology of Renal Calculi shows that it is a common urological disorder affecting a significant proportion of the global population. The prevalence of renal calculi is estimated to range from 5–15% worldwide, with a rising incidence over the past few decades due to changes in lifestyle, dietary habits, and environmental factors. It is more frequently observed in developed and industrialized countries, although its occurrence is steadily increasing in developing nations as well.



Renal calculi are more common in males than females, with a male-to-female ratio of approximately 2:1. The condition most commonly affects individuals between the ages of 20 and 50 years, which is considered the most active period of life. However, it can also occur in children and older adults. The recurrence rate is relatively high, and studies indicate that nearly 50% of patients may experience another episode within 5–10 years if preventive measures are not taken.

In India, the prevalence of renal calculi varies across different regions, with higher rates reported in the northern and western parts of the country, often referred to as the "stone belt." Epidemiological studies suggest that approximately 12% of the Indian population may develop urinary stones during their lifetime, and a considerable proportion of them may experience recurrence.

Etiology-The development of Renal Calculi occurs due to the crystallization and aggregation of minerals and salts in the urine. Several factors contribute to the formation of renal stones, which can be broadly categorized as follows:

•**Dehydration and Low Fluid Intake:** Insufficient intake of water leads to concentrated urine, which increases the chances of mineral crystallization and stone formation.

•**Dietary Factors:** A diet high in calcium, oxalate, sodium, and animal proteins may increase the risk of stone formation. Excessive consumption of foods such as spinach, nuts, chocolate, and tea (rich in oxalates) can contribute to the development of stones.

•**Metabolic Disorders:** Certain metabolic abnormalities can lead to increased levels of stone-forming substances in urine, such as hypercalciuria (excess calcium), hyperoxaluria (excess oxalate), and hyperuricosuria (excess uric acid).

•**Urinary Tract Infections:** Some bacterial infections in the urinary tract can lead to the formation of stones, particularly struvite stones, by altering the chemical composition of urine.

•**Genetic and Hereditary Factors**: Inherited conditions such as cystinuria can cause excessive excretion of cystine in the urine, leading to cystine stone formation.

•**Certain Medical Conditions:** Diseases such as gout, hyperparathyroidism, obesity, and chronic kidney disorders may increase the risk of developing renal calculi.

•**Medications:** Certain drugs, including diuretics, calcium-based antacids, and some antiviral medications, may increase the likelihood of kidney stone formation.

•**Lifestyle Factors:** Sedentary lifestyle, obesity, and poor dietary habits can also contribute to the development of renal stones.

Pathophysiology-The pathophysiology of Renal Calculi involves a complex process of supersaturation, crystallization, growth, aggregation, and retention of crystals within the kidneys or urinary tract. This process occurs when the balance between stone-forming substances and inhibitors of crystallization in the urine is disturbed.

The initial step in stone formation is supersaturation of urine with minerals such as calcium, oxalate, uric acid, or phosphate. When

the concentration of these substances exceeds their solubility in urine, they begin to precipitate and form microscopic crystals. This stage is known as nucleation, where tiny crystal nuclei are formed either spontaneously or on pre-existing particles within the urine.

Following nucleation, the crystals undergo growth and aggregation. Small crystals attract additional mineral ions from the urine, increasing in size. These crystals may then combine with other crystals to form larger aggregates. Normally, the urinary system contains natural inhibitors such as citrate, magnesium, and certain proteins that prevent crystal growth; however, when these inhibitors are reduced, crystal formation becomes more likely.

The next stage is crystal retention within the renal tubules or renal pelvis. Crystals may adhere to the epithelial lining of the renal tubules or collect in areas where urine flow is slow. Repeated deposition of minerals around these crystals gradually leads to the formation of larger stones.

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Diagnosis-The diagnosis of Renal Calculi is based on a combination of clinical evaluation, laboratory investigations, and imaging studies. These methods help to confirm the presence, size, location, and composition of the stones and to assess any associated complications.

•Clinical History and Physical Examination - A detailed history is taken regarding symptoms such as severe flank pain, radiating pain to the groin, hematuria, nausea, vomiting, and urinary disturbances. Physical examination may reveal tenderness in the loin region and signs of renal colic.

•Urine Examination - Urinalysis is an important diagnostic test. It may show the presence of red blood cells, white blood cells, crystals, or bacteria. Microscopic examination can sometimes identify the type of crystals present, which may suggest the type of stone.

•Blood Tests - Blood investigations are carried out to evaluate kidney function and detect metabolic abnormalities. These tests may include serum calcium, uric acid, creatinine, and electrolyte levels, which help identify underlying causes of stone formation.

•Ultrasound Examination (USG)- Ultrasound of the abdomen and pelvis is a commonly used non-invasive method to detect renal stones and assess obstruction or hydronephrosis.

•X-ray of Kidney, Ureter, and Bladder (KUB) - A plain X-ray KUB can help detect radiopaque stones, especially those containing calcium.

•CT Scan-A non-contrast CT scan of the abdomen is considered one of the most accurate diagnostic methods for detecting renal calculi. It can identify even very small stones and determine their exact location.

•Intravenous Urography (IVU)-In some cases, intravenous urography may be used to evaluate the urinary tract and identify obstruction or structural abnormalities.

Homoeopathic Approach-Homoeopathic management of renal stones is founded on the principle of individualization, where treatment is tailored to the specific symptoms and characteristics of each patient. This approach acknowledges that every individual presents a unique pattern of physical symptoms, mental state, and personal experiences, which must be considered while selecting the appropriate remedy.

To achieve proper individualization, homoeopathic practitioners employ several methods, including:

Case taking: A comprehensive and systematic interaction with the patient to obtain detailed information regarding presenting complaints, past medical history, lifestyle, and associated symptoms.

Repertorization: The process of consulting a repertory, which is a reference book that correlates symptoms with corresponding remedies, in order to determine the most appropriate medicine.

Remedy selection: The final selection of the homoeopathic medicine that most closely corresponds to the totality of the patient's symptoms and individual characteristics.

In the homoeopathic management of Renal Calculi, the primary objective is to provide prompt relief from the intense pain commonly associated with renal stones. Homoeopathy also focuses on preventing the formation of new stones by addressing the underlying factors responsible for their development. Another important aim is to facilitate the gradual dissolution or reduction in the size and number of existing stones through the action of suitable remedies selected according to the totality of symptoms.

Apart from these primary objectives, homoeopathy also works toward improving associated urinary complaints such as increased frequency of urination, urgency, and burning sensation during micturition. It further aims to reduce inflammation and infection within the urinary tract, thereby promoting better urinary function. By strengthening the body's natural healing mechanisms, homoeopathy contributes to the improvement of the patient's general health and well-being, which helps in minimizing complications related to renal stones.

From a long-term perspective, homoeopathy emphasizes the prevention of recurrence, which is a common problem in patients suffering from renal calculi. By correcting the underlying predispositions and maintaining overall health, it seeks to reduce the likelihood of future stone formation. In addition, homoeopathic treatment aims to enhance the patient's quality of life by reducing discomfort and enabling normal daily activities.

The homoeopathic approach to kidney stone management involves identifying and correcting the root causes that contribute to stone formation, such as metabolic disturbances, dietary factors, lifestyle habits, and emotional stress. Remedies are prescribed individually to relieve symptoms, promote healing, and prevent recurrence. Along with medicinal treatment, homoeopathy also encourages appropriate lifestyle and dietary modifications to support general health. By integrating symptom relief, correction of underlying causes, and preventive measures, homoeopathy offers a comprehensive and holistic approach to the management of renal calculi.

Homoeopathic Therapeutics for Renal Calculi –

•Berberis vulgaris: One of the most important remedies for renal calculi. It is indicated when there is sharp, stitching or radiating pain from the kidney region to the ureter, bladder, or thighs. The patient may experience burning pain during urination and frequent urge to pass urine. Urine may contain mucus, sediment, or blood.

•Lycopodium clavatum: Useful when stones are more commonly present in the right kidney. There may be pain in the back before urination, relieved after passing urine, with red sand-like sediment in the urine. Patients may also complain of flatulence, digestive disturbances, and aggravation between 4–8 PM.

•Sarsaparilla officinalis: Indicated when there is severe pain at the end of urination and the patient may cry out due to pain. Urine may contain sand-like particles, and there may be burning and difficulty while passing urine.

•Cantharis Vesicatoria: Useful when there is intense burning pain before, during, and after urination, with frequent and urgent desire to pass urine. The urine may be passed in small quantities and may contain blood.

•Ocimum canum: Often indicated in renal colic with nausea and vomiting. The urine may contain brick-dust or red sediment, and there may be severe pain in the kidney region.

•Pareira brava: Indicated when the patient experiences severe straining during urination and must bend forward or kneel to pass urine. Pain may extend from the kidneys to the bladder and thighs.

•Hydrangea arborescens: Known as the "stone breaker" remedy in homoeopathy. It is indicated when urine contains white deposits, gravel, or sand, with frequent urination and burning sensation.

Conclusion -Renal stones are a frequently occurring and painful disorder that affects a large number of individuals worldwide. Although conventional methods such as surgical procedures and pharmacological therapy may provide symptomatic relief, they are often associated with certain risks and potential adverse effects. Homoeopathy, recognized as a complementary and alternative system of medicine, offers a potential therapeutic approach in the management of renal stones. Evidence from various studies indicates that homoeopathic treatment may help alleviate symptoms and improve the overall quality of life of affected individuals. Remedies such as Berberis vulgaris, Lycopodium clavatum, and Sarsaparilla are commonly indicated in cases of renal calculi and are believed to assist in dissolving stones, reducing inflammation, and supporting the natural healing process. Although the precise mechanisms through which homoeopathic medicines act in renal stone management are not yet fully understood, their role in providing symptomatic relief and holistic care is noteworthy. Homoeopathy focuses on an individualized approach to treatment, considering the physical, emotional, and mental aspects of the patient. Therefore, it can be considered a safe and beneficial therapeutic option for renal calculi and may also be used alongside conventional treatments to provide more comprehensive care.

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Dr. Riya S. Yadav, BHMS, PG Scholar
Department of Practice of Medicine
Motiwala (National) Homoeopathic Medical College and Hospital, Nashik
Under The Guidance of
Dr. Ajay Valke, MD (Hom.)
HOD and Professor,
Department of Practice of Medicine,
Motiwala (National) Homoeopathic Medical College and Hospital, Nashik

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A Review On The Role of Homoeopathy In The Management of Hyperuricemia



Dr. Aditi B. Bhise

Abstract-Hyperuricemia is a metabolic condition characterized by elevated levels of uric acid in the blood, which may lead to various complications such as gout, renal disorders, and joint inflammation. The increasing prevalence of hyperuricemia worldwide has become a significant health concern due to changing lifestyle patterns, dietary habits, and associated metabolic disorders. Conventional treatment primarily focuses on lowering uric acid levels through pharmacological agents; however, long-term use of such medications may be associated with adverse effects and recurrence of symptoms.

Homoeopathy, based on the principle of Similia Similibus Curentur (let like be cured by like), offers a holistic and individualized approach to the management of metabolic disorders including hyperuricemia. Homoeopathic medicines aim not only to reduce uric acid levels but also to improve the patient's overall constitution, thereby addressing the underlying predisposition of the disease. Remedies such as Colchicum autumnale, Benzoic acid, Ledum palustre, Lycopodium clavatum, and Urtica urens are frequently indicated in cases presenting with symptoms related to hyperuricemia and gout.

This review aims to analyze and compile the available literature regarding the role of homoeopathy in the management of hyperuricemia. Various classical homoeopathic texts, repertories, and research articles have been studied to understand the therapeutic indications of commonly used remedies and their clinical relevance. The study highlights the scope of homoeopathic treatment in reducing symptoms, improving quality of life, and preventing complications associated with hyperuricemia.

Keywords:*Hyperuricemia, Serum Uric Acid, Metabolic disorder, Homoeopathy.*

Introduction: Hyperuricemia is a metabolic condition characterized by an elevated level of uric acid in the blood, usually exceeding 7 mg/dL in men and 6 mg/dL in women. Uric acid is the final product of purine metabolism in the human body, and it is normally eliminated through the kidneys and, to a lesser extent, through the gastrointestinal tract. When the production of uric acid increases or its excretion decreases, uric acid accumulates in the bloodstream, leading to hyperuricemia. This condition may remain asymptomatic for long periods but can eventually lead to various clinical manifestations, most notably gout, renal calculi, and chronic kidney disease.

The prevalence of hyperuricemia has been increasing globally due to changes in lifestyle, dietary habits, and the rising incidence of metabolic disorders such as obesity, hypertension, diabetes mellitus, and dyslipidemia. High intake of purine-rich foods, alcohol consumption, sedentary lifestyle, and certain medications are recognized contributing factors. Persistent hyperuricemia may lead to deposition of monosodium urate crystals in joints and tissues, resulting in inflammatory conditions like gouty arthritis and other systemic complications.

Homoeopathy, based on the principles of "Similia Similibus Curentur" and individualization, offers a holistic approach in the management of metabolic disorders including hyperuricemia. Homoeopathic treatment aims not only at reducing the serum uric acid levels but also at correcting the underlying constitutional imbalance, thereby improving the patient's overall health and preventing recurrence of symptoms. Several homoeopathic remedies such as Colchicum, Ledum palustre, Benzoic acid, Lycopodium, and Urtica urens have been traditionally used in conditions associated with elevated uric acid levels and gouty manifestations.

Therefore, exploring the role of homoeopathy in the management of hyperuricemia is important to understand its potential in providing a safe, effective, and holistic therapeutic approach. This review aims to analyze the available literature regarding the role of homoeopathic medicines in managing hyperuricemia and its associated clinical conditions, thereby highlighting the scope of homoeopathy in this increasingly prevalent metabolic disorder.

Definition: Hyperuricemia is defined as an abnormally elevated level of uric acid in the blood resulting from increased production or decreased excretion of uric acid. Clinically, hyperuricemia is generally considered when the serum uric acid concentration exceeds 7 mg/dL in adult males and 6 mg/dL in adult females, which is above the normal physiological solubility limit of uric acid in plasma.

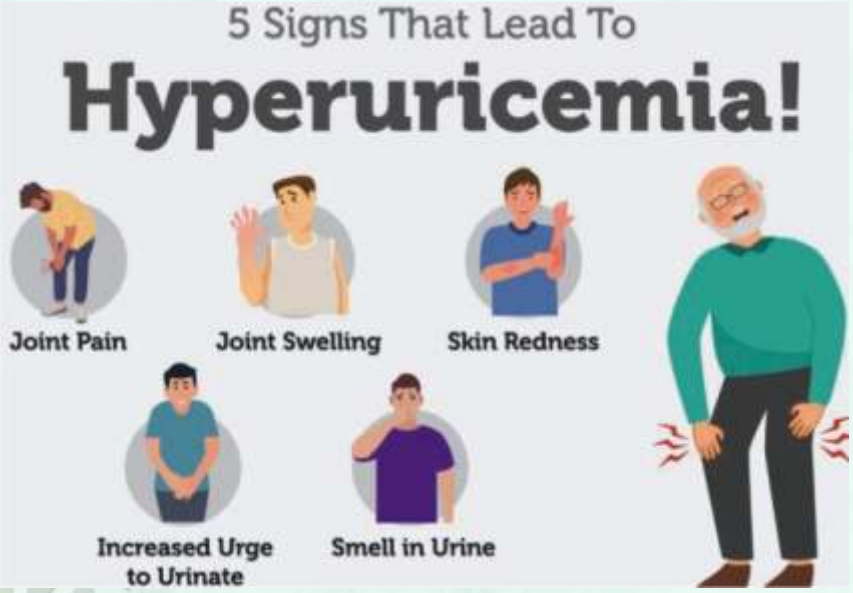
Epidemiology: Globally, the prevalence of hyperuricemia varies between 10% and 25% in the general population, depending on the population studied, dietary patterns, and genetic predisposition. Developed countries have reported higher prevalence rates due to increased consumption of purine-rich foods, alcohol intake, obesity, and sedentary lifestyles. Studies have also shown that hyperuricemia is more common in men than in women, particularly in middle-aged and elderly populations. In women, the prevalence increases after menopause because of reduced estrogen levels, which normally help in the excretion of uric acid.

In India, the prevalence of hyperuricemia has been increasing in recent years due to rapid urbanization, changes in diet, and increasing rates of obesity and metabolic disorders. Various epidemiological studies suggest that the prevalence in the Indian population ranges from 9% to 25%, with higher rates reported in urban populations compared to rural areas. The condition is frequently associated with comorbidities such as hypertension, diabetes mellitus, obesity, and chronic kidney disease.

Causes: Hyperuricemia occurs when there is an imbalance between the production and excretion of uric acid in the body. It may result either from increased production of uric acid, decreased renal excretion, or a combination of both. The causes of hyperuricemia can be broadly classified into the following categories:

•Increased Production of Uric Acid - Hyperuricemia may occur due to excessive formation of uric acid in the body. This can result from increased breakdown of purines or excessive intake of purine-rich foods. Diets rich in red meat, organ meat, seafood, and alcoholic beverages can increase uric acid production. Certain metabolic conditions and diseases that involve rapid cell turnover, such as leukemia, lymphoma, and psoriasis, can also lead to increased purine metabolism and elevated uric acid levels.

•Decreased Excretion of Uric Acid - The kidneys play a major role in eliminating uric acid from the body. When renal excretion is impaired, uric acid accumulates in the bloodstream, leading to hyperuricemia. Chronic kidney disease, dehydration, and certain medications such as diuretics, low-dose aspirin, and cyclosporine may reduce uric acid excretion.



•Dietary Factors - Excessive consumption of purine-rich foods such as red meat, shellfish, and organ meats, as well as beverages high in fructose (soft drinks and fruit juices), can increase uric acid levels. Alcohol intake, particularly beer and spirits, is also strongly associated with hyperuricemia because it increases uric acid production and decreases its excretion.

•Genetic Factors- Some individuals have a hereditary tendency to develop hyperuricemia due to inherited abnormalities in purine metabolism or renal uric acid transport. Genetic predisposition plays an important role in the development of hyperuricemia and gout.

•Associated Medical Conditions - Hyperuricemia is commonly associated with several metabolic and systemic disorders such as obesity, hypertension, diabetes mellitus, metabolic syndrome, hypothyroidism, and chronic kidney disease. These conditions may interfere with normal uric acid metabolism and excretion.

•Drug-Induced Hyperuricemia - Certain medications can increase uric acid levels by either increasing production or reducing excretion. These include thiazide and loop diuretics, low-dose aspirin, pyrazinamide, ethambutol, cyclosporine, and some chemotherapeutic drugs.

Pathophysiology: Hyperuricemia results from an imbalance between the production and excretion of uric acid, the final product of purine metabolism in humans. Purines are derived from dietary sources, cellular turnover, and de novo synthesis in the body. These purines are metabolized in the liver through a series of enzymatic reactions, ultimately forming uric acid. The enzyme xanthine oxidase plays a key role in converting hypoxanthine to xanthine and xanthine to uric acid.

Under normal physiological conditions, uric acid is dissolved in the blood and eliminated mainly through the kidneys (approximately two-thirds) and partly through the gastrointestinal tract. The kidneys filter uric acid at the glomerulus, after which a portion is reabsorbed and secreted in the renal tubules. When this balance between production and elimination is disturbed, uric acid accumulates in the bloodstream, leading to hyperuricemia.

Hyperuricemia may occur due to overproduction of uric acid, reduced renal excretion, or a combination of both. Overproduction may occur due to increased purine intake, increased breakdown of nucleic acids during rapid cell turnover (as seen in malignancies or psoriasis), or enzymatic defects in purine metabolism. However, in most individuals, hyperuricemia occurs primarily due to decreased renal excretion of uric acid.

Clinical Features: Hyperuricemia often remains asymptomatic for many years and is frequently detected incidentally during routine blood investigations. However, when the level of uric acid rises significantly or persists for a long period, it may lead to various clinical manifestations due to the deposition of monosodium urate crystals in joints, kidneys, and other tissues.

One of the most common clinical manifestations of hyperuricemia is gout, an inflammatory condition characterized by sudden onset of severe joint pain, swelling, redness, and tenderness. The first metatarsophalangeal joint (great toe) is most commonly affected, although other joints such as the ankle, knee, wrist, and fingers may also be involved. The pain usually appears suddenly, often at night, and may be accompanied by warmth and restricted movement of the affected joint.

Another important manifestation is the formation of tophi, which are deposits of monosodium urate crystals in soft tissues. Tophi may develop in chronic cases and are commonly seen around the joints, ears, elbows, fingers, and Achilles tendon. These nodular swellings can cause joint deformity and limitation of movement if left untreated.

Hyperuricemia may also affect the renal system. Uric acid crystals may accumulate in the kidneys leading to uric acid nephrolithiasis (kidney stones), which presents with symptoms such as severe flank pain, hematuria, nausea, and vomiting. Persistent deposition of urate crystals in the kidneys may also result in urate nephropathy, which can gradually impair renal function.

Diagnosis: The diagnosis of hyperuricemia is primarily based on laboratory investigations, clinical evaluation, and identification of associated conditions. It is often detected during routine blood tests or during the evaluation of symptoms related to gout, kidney stones, or metabolic disorders.

The most important diagnostic test is the measurement of serum uric acid levels. Hyperuricemia is generally diagnosed when the serum uric acid level exceeds 7 mg/dL in adult males and 6 mg/dL in adult females. This test helps in identifying elevated uric acid levels even in asymptomatic individuals.

In addition to serum uric acid estimation, urine analysis may be performed to measure the amount of uric acid excreted in the urine. A 24-hour urine uric acid test helps determine whether hyperuricemia is caused by increased production or decreased excretion of uric acid.

Synovial fluid examination may be carried out in patients presenting with joint pain or suspected gout. The presence of monosodium urate crystals in synovial fluid under polarized light microscopy confirms the diagnosis of gout associated with hyperuricemia.

Imaging studies such as X-ray, ultrasound, or CT scan may be used to detect joint damage, urate crystal deposits, or kidney stones caused by long-standing hyperuricemia. Ultrasound may reveal features such as the "double contour sign," indicating urate crystal deposition on cartilage surfaces.

Additional laboratory tests may also be performed to evaluate associated conditions and complications. These include renal function tests (serum creatinine and blood urea nitrogen), blood glucose levels, lipid profile, and complete blood count. These investigations help assess underlying metabolic disorders and kidney involvement.

Homoeopathic Approach: Homoeopathy offers a holistic and individualized approach in the management of hyperuricemia. According to homoeopathic principles, diseases arise due to disturbances in the vital force, and treatment is directed toward restoring balance in the body rather than merely suppressing symptoms. In hyperuricemia, homoeopathic management focuses on correcting the underlying constitutional imbalance, improving metabolism, and enhancing the body's natural ability to eliminate excess uric acid.

The homoeopathic approach emphasizes individualization of the patient rather than treating the disease alone. Each patient is evaluated based on their totality of symptoms, including physical complaints, mental and emotional characteristics, modalities, and personal constitution. Based on this comprehensive case-taking, a suitable constitutional remedy is selected that corresponds to the patient's symptom picture.

Homoeopathy also considers the miasmatic background of the patient, which may play an important role in chronic metabolic disorders such as hyperuricemia. Remedies are selected according to the dominant miasmatic influence, helping to address the deeper constitutional predisposition and reduce the tendency for recurrence.

Homoeopathic Therapeutics:

•**Urtica urens -** This remedy is often indicated in rheumatic complaints affecting the upper limbs, particularly when the deltoid muscles are involved. Patients may experience pain in the right deltoid muscle accompanied by cramp-like sensations that tend to aggravate in the evening. There may also be stiffness and soreness on the inner side of the left knee, along with rheumatic pains affecting both ankles. In some cases, the patient develops rheumatic stiffness and pain in the right wrist, which may later extend to the left arm, wrist, and fingers. Skin symptoms such as raised, red, and intensely itching blisters may appear on the hands and fingers.

•**Colchicum autumnale -** This medicine is particularly suited to individuals with a rheumatic or gouty constitution. The rheumatic pains tend to shift from one joint to another and are usually aggravated by movement but relieved by cold applications, even though the patient may feel chilly. The complaints are often worsened in cold and damp weather. Weakness of the lower limbs may become marked, sometimes causing the knees to knock together while walking. The great toe may become inflamed and extremely sensitive, with sharp, stitching pains that are aggravated by the slightest touch.

•**Ocimum canum -** This remedy is useful in cases marked by intense colicky pain accompanied by severe vomiting. The patient may twist and writhe in pain, crying out in distress. It is frequently indicated in right-sided renal calculi, where the pain is severe and associated with persistent vomiting. The urine may appear reddish with brick-red sediment following an attack. Renal colic may also be accompanied by numbness in the right thigh. Additionally, there may be pain and swelling in the right ankle joint, which is often more pronounced in the morning.

•**Benzoic Acid -** This remedy is particularly suited to individuals with a gouty and rheumatic constitution, especially when the condition develops in patients with a history of gonorrhoeal or syphilitic infection. The characteristic symptoms include tearing and stitching pains in the large joints, particularly the big toe, accompanied by redness and swelling. These complaints are usually worse at night. A marked feature of this remedy is that the pain frequently shifts from one location to another. The urine and stool possess a strong, offensive, and penetrating odor. The urine is usually dark in color, though at times it may alternate with lighter urine that is passed in large quantities.

•**Ledum Palustre -** This remedy is well indicated in persons with a rheumatic or gouty diathesis, especially those whose constitutions have been weakened by excessive alcohol consumption. The rheumatic symptoms typically begin in the lower limbs and gradually ascend upward. It is particularly useful in patients whose condition has become weak or asthenic after excessive use of colchicum. There may be persistent swelling of the feet, and the soles are painful while walking, as if filled with blood. Patients often experience heat in the hands and feet in the evening, accompanied by prolonged warm perspiration of the palms and soles. Numbness and a "gone to sleep" sensation in the limbs are also commonly observed.

•**Pulsatilla-**This remedy is commonly indicated when joints such as the ankles and the small joints of the hands and feet are affected. There may be swelling of the knee and ankle joints, along with swelling of the fingers and toes, accompanied by drawing and tensive pains. Patients may complain of simple aching pains in the limbs and joints, which may compel them to stretch their body for relief. These symptoms are often associated with a general sensation of heat in the body and thirst in the morning while in bed.

•**Kali Carbonicum -** The guiding symptoms of this remedy include backache, marked weakness, and profuse perspiration. It is useful in cases of arthritis and deforming arthritis, particularly when the small joints are involved. Patients often experience rheumatic pains that worsen at night. The joint pains are usually sharp and aching, affecting both joints and tendons. Spasmodic contractions of the fingers and toes may also be present. The knees become painful, especially when ascending or descending stairs.

•**Lycopodium-**This remedy is frequently indicated in chronic gouty conditions. Patients experience drawing and tearing pains in the limbs, especially during rest or at night. Tearing pains may affect the shoulder and elbow joints, and the finger joints may become distorted with chalky deposits. There may also be pain in the heels while walking, as if stepping on a small pebble. Numbness in the hands and feet and cracking of joints during movement or stretching are also noted. Lycopodium also has marked action on the urinary system, with pain in the left kidney and ureter. The urine may appear turbid and milky with offensive sediment, accompanied by dull pressing pain in the bladder and abdominal region. It promotes the formation and deposition of lithic acid, leading to discomfort in the kidneys and bladder.

•**Berberis vulgaris-** This remedy is commonly indicated in elderly individuals with a gouty constitution who appear pale, weak, and sensitive to cold. Patients often experience sharp, fleeting pains in the finger joints where uric acid deposits tend to occur, accompanied by numbness and stiffness. There may be marked soreness and pressure in the renal and lumbar regions. Gouty nodules may develop in the auricles of the ears, producing intense pain described as tearing or stinging in nature, which becomes worse on deep pressure. The pain may radiate down the back and extend into the pelvic region along the course of the uterus. Symptoms frequently shift from one joint to another, and the back often feels stiff and numb.

•**Bryonia alba -** This remedy is useful in cases where the joints, particularly the knees, become stiff, swollen, red, and hot with sharp stitching or tearing pains that are aggravated by the slightest movement. There may also be painful stiffness in the nape of the neck along with stitching pain and rigidity in the lumbar region. Symptoms often arise after sudden changes in weather. Joint and limb pains are generally relieved by warmth. Swelling and heat may be present in the feet, ankles, or knees, especially following injury, and the affected parts become painful and worse with motion.

Conclusion: Hyperuricemia is a common metabolic disorder characterized by elevated levels of uric acid in the blood and is often associated with conditions such as gout, renal calculi, and metabolic syndrome. The increasing prevalence of hyperuricemia due to sedentary lifestyle, dietary habits, and associated systemic diseases highlights the need for effective and safe management strategies. Early diagnosis and appropriate treatment are essential to prevent long-term complications affecting the joints, kidneys, and cardiovascular system.

Homoeopathy provides a holistic and individualized approach in the management of hyperuricemia. By considering the totality of symptoms, constitutional characteristics, and miasmatic background of the patient, homoeopathic treatment aims to restore the balance of the vital force and improve the body's natural ability to regulate uric acid metabolism. Various homoeopathic remedies such as Colchicum, Ledum palustre, Benzoic acid, Urtica urens, and Lycopodium have been found beneficial in managing symptoms associated with elevated uric acid levels and gouty conditions.

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Dr. Aditi B. Bhise, BHMS, PG Scholar,
Department of Practice of Medicine,
Motiwala (National) Homoeopathic Medical College and Hospital, Nashik.
Under The Guidance of
Dr. Ajay Valke, MD (Hom.),
HOD and Professor,
Department of Practice of Medicine,
Motiwala (National) Homoeopathic Medical College and Hospital, Nashik

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Primary Dysmenorrhea and Its Homoeopathic Therapeutics



Abstract-Primary dysmenorrhea, or painful menstruation in the absence of pelvic pathology, is a common, often debilitating, gynaecological condition. Primary Dysmenorrhea is defined as cramping pain in the lower abdomen occurring just before or during menstruation. Prevalence rates are as high as 90 percent. Initially presentation of primary dysmenorrhea typically occurs in adolescence. It is a common cause of absenteeism and reduced quality of life in women. Women with primary dysmenorrhea have increased production of endometrial prostaglandin, resulting in increased uterine tone and stronger, more frequent uterine contractions. The Problem is often underdiagnosed and undertreated. A diagnostic evaluation is necessary in patients with typical symptoms and no risk factor for secondary causes. In modern medicine non- steroidal anti-inflammatory drugs, the most common drugs used for its treatment, may cause some side effects. Most women self-medicate with over-the-counter drugs. Homoeopathic medicines are effective in treating primary dysmenorrhea. Homoeopathic medicines are given on the basis of symptom similarity. Homoeopathic medicines are not only able to relieve pain but also cure the tendency to have menstrual cramps. This article emphasis on incidence, aetiology, pathogenesis, clinical features and management of primary dysmenorrhea with discussion on homeopathic medicines indicated in this clinical condition.

Introduction-Dysmenorrhea literally means painful menstruation. A more realistic & practical definition includes cases of painful menstruation of sufficient magnitude so as to incapacitate day to day activities.

Types of dysmenorrhea-

•Primary •Secondary

•**Primary dysmenorrhea**: Refers to one that is not associated with any identifiable pelvic pathology. It is now clear that the pathogenesis of pain is attributed to a bio-chemical derangement.

•**Secondary dysmenorrhea**: Refers to the one associated with the presence of organic pelvic pathology, i.e. fibroids, adenomyosis, pelvic inflammatory disease (PID) and endometriosis.

•**Primary dysmenorrhea-**The epidemiology of primary dysmenorrhea is difficult to establish since it is a symptom that is perceived differently by different women & also diversity in diagnostic criteria that is often used. It affects more than 50% post-pubescent women in the age group of 18-25 years with ovulatory cycles. The incidence of primary dysmenorrhea of sufficient magnitude with incapacitation about 15-20%. It usually appears within 2 years of menarche. The mother or her sister may be dysmenorrheic. It is more common amongst girls from affluent society. It is the most common gynaecologic complaint among adolescent & adult females.

•**Aetiology-**Although aetiology of dysmenorrhea is not fully understood but the cause of pain at, or around, the time of menses is believed to be due to the production of prostaglandins in the endometrium in an ovulatory cycle. There are some reports that indicate the levels of Prostaglandin F2α measured in menstrual fluid from tampons and found to be twice higher in the dysmenorrheic as against the non dysmenorrheic women. As a remedial measure significant beneficial effect of prostaglandin inhibitors is reported in patients with dysmenorrhea. Despite the evidence supporting a link between prostaglandin levels and dysmenorrhea, it is important to recognize that the explanation for menstrual pain is not as simplistic as the cyclic production of one hormone. Women with dysmenorrhea may have complex alterations in hormonal patterns that exist throughout the cycle.

In modern day practice we understand that though dysmenorrhea is proven to be a physiological disorder, psychological factor do play an important role. It is now believed that psychological factors modify pain or its intensity rather than causing it. Thus a severe recurring pain can easily cause depression in any women especially when it alters efficiency. Thus, girls with lower threshold for pain can be completely incapacitated in comparison to women with a higher threshold for pain.

Clinical features-The pain begins a few hours before or just with the onset of menstruation. The severity of pain usually last for few hours, may extend to 24 hours but seldom persist beyond 48 hours. The pain is spasmodic & confined to lower abdomen; may radiate to the back & medial aspect of thighs. Systemic discomforts like nausea, vomiting, fatigue, diarrhoea, headache & tachycardia may be associated. It may be accompanied by vasomotor changes causing pallor, cold sweats & occasional fainting. Rarely syncope & collapse in severe cases may be associated

Examination and Investigation-Abdominal or pelvic examination does not reveal any abnormal findings. For detection of any pelvic abnormalities, ultrasound is very useful & it is not invasive.

Management-General measured include improvement in nutritional state and dietary changes, regular exercise, explanation regarding the condition & reassurance, psychotherapy.

Homoeopathic treatment-In modern medicine painkillers are given for painful menses. They don't have any lasting treatment for dysmenorrhea. Just because the problem is quite common, females tend to think that it is normal to have painful menses. The fact is that it is not normal. Menstruation is a physiological process. There is no need for it be painful. In case pain occur during periods, it needs to be treated. Homoeopathy is very effective in curing menstrual cramps. The best part of is that the homoeopathic medicines are not only able to relieve pain, but also cure the tendency to have menstrual cramps. This means that after some time of treatment, the problem is completely cured. One is able to get rid of the problem permanently. The need to take painkillers no longer remains. There are numbers of drugs in our materia medica which we can use therapeutically. Some of these important medicines with their characteristics symptoms are as follows:-

•**Cimicifuga (Actaea racemosa):**Patient complaints of pain in lower abdomen which usually start on the first day of menstruation. Pain persists until the flow ceases. The characteristics indication for this remedy in dysmenorrhea is pain flying across the pelvic region from one side to the other. All the mental as well as physical symptoms aggravated by menstrual flow is the important characteristic of Cimicifuga.

•**Caulophyllum:** Spasmodic and severe pains, which fly in ll directions. Dysmenorrhea, with pains flying to other parts of the body. With spasmodic pain of dysmenorrhea the patient also complaints of spasm of stomach with dyspepsia.

•**Xanthoxylum:**Agonizing bearing-down, as if everything would be pushed out; backache as if broken; pain starting in iliac crest and shooting down into knees, with no relief in any position; oppression of chest, with desire to take a deep breath.

•**Viburnum opulus:** This remedy produces sudden pain in the region of uterus before menstruation and much backache during menses. Spasmodic dysuria in hysterical subjects also calls for viburnum.

•**Belladonna:** The dysmenorrhea is intensely painful, the vagina is hot and dry and the pains are cutting through the pelvis in a horizontal direction, not around the body, as in Platinum and Sepia.

•**Magnesia phosphorica:** Menstrual colic, pains radiating from spine, during or preceding flow; vaginismus; ovarian neuralgia < on right side, > by external application of heat.

•**Colocynthis:** Several days before menses sharp, darting, paroxysmal pains in uterine region, bending her double, > by pressing on painful parts and by warmth, with extreme nausea and vomiting and cold feet; pain in left ovarian region as if the parts were squeezed in a vise–all ceasing on appearance of flow; on last day of menses pains return, < by eating or drinking.

•**Pulsatilla:** During menses: fainting; nausea and vomiting; sour slimy taste; great difficulty of breathing in a warm room; pressure in abdomen and small of back as from a stone, lower limbs go to sleep when sitting. Uterine cramps, compelling her to bend double.

•**Melilotus:** Menses painful and difficult, with nervous headache; sharp, shooting, sticking pains in external genitals only for a moment, but often recurring, with nausea and pelvic pain at the close of menses.

•**Veratrum viride:** Terrible dysmenorrhoea for several days before appearance of menses; pains extending all over the body; head and face bloodshot, pulsation in head, neck and carotids.

Conclusion-The above therapeutics medicines are used frequently in primary dysmenorrhea with good results. Other individualised homoeopathic medicines (similimum) canalso be offer significant relief to the patients of primary dysmenorrhea.

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Dr. Soham Bhatt, PG Scholar Part-2
Department of Case Taking and Repertory
Rajkot Homoeopathic Medical College
Parul University
Guided By-**Dr. Madhuri Udmale**
M.D (Hom), Associate Professor
Department of Case Taking and Repertory

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Treatment of Osteoarthritis With A Homeopathic Constitutional Remedy: A Case Report

Abstract-Osteoarthritis (OA) is a joint disease that happens when the joints wear down over time, causing pain, stiffness, and limited movement. It's common as people get older. Injuries to the joint can increase the chance of developing OA. Carrying extra weight puts more pressure on the joints, which also raises the risk. A family history of OA can make someone more likely to get it. Repeating the same movements or activities can contribute too. Many people with OA rely on surgery and painkillers, but these can be expensive and sometimes lead to complications. That's why alternative treatments like homeopathy are worth considering. Homeopathy avoids surgery, reduces the risk of complications, and is more cost-effective. It focuses on stimulating the body's vital force to help heal, rather than just treating symptoms. This study aims to see how effective personalized homeopathic remedies are for treating primary osteoarthritis. These remedies can help ease pain and discomfort, reduce inflammation, and are chosen based on each patient's unique health history and physical traits.

Introduction-Osteoarthritis is a long-term condition that slowly wears down the cartilage in joints. It's the most common joint disease worldwide. In Western countries, it's the fourth most common health problem for women and the eighth for men. In England and Wales, between 1.3 and 1.75 million people have symptoms of osteoarthritis. In 2000, more than 80,000 hip or knee replacements were done in the UK, costing £405 million. Osteoarthritis is the second leading cause of disability in older adults in the West, after heart disease, affecting activities like walking and climbing stairs. Overall, 10%–15% of adults over 60 have some form of osteoarthritis, and as the population ages, this condition is becoming more common.

Case report-A diagnosed case of primary osteoarthritis, 55 years old female patient, daily wager by occupation came to OPD of Vinayaka mission homeopathic medical college and hospital on 26 November 2024.

Chief complaints-The patient presented with the complaints of pain in both knee joint which is stitching type of pain aggravated while walking. And also she had burning sensation in foot. She had a known history of diabetes type 2 since 2 years. Complaints worse at night.

History of presenting complaints-Patient is apparently normal 2 years back then she gradually developed pain in both knee which is stitching type in nature agg while walking. And also she had a known history of dm. she had present complaint of burning sensation in foot which is more worsen at night.

Past history-Chicken pox at age of 10 years which is relieved by native medicine. Tonsillitis surgery done at age of 35 years.

Treatment history-She took allopathic medicine for same complaint, But not relieved.

Family history-Spouse died due to an accident. Had 4 children.

Personal history

•Non consaginous marriage.
•Low economic status.
• Mixed diet No any addictions.
•Vaccinated.

Life space investigation-Milestones are normal in childhood. Studied upto 7th standard. Married at age of 21 years. She is a daily wager and had 4 children. Her husband died due to an accident.

Physical generals-

•Appearance - dark
•Appetite - reduced
•Thirst - normal
•Stool - 2 times / day normal
•Urine - normal (d5 n1)
•Sweat - increased
•Sleep – disturbed due to complaint
•Thermal reaction – hot patient

Mental generals

•Anxiety about health
•Weeping easily
•Understanding and intellect good
•Memory good.

Clinical findings

•Tenderness present in both knee joints.
•Crepitus positive in both knee joints.
•No any swelling, discolouration, warmthness.

Case analysis

•Weeping easily
• Anxiety about health
•Appetite reduced
•Sleep disturbed
•Sweat increased
•Burning sensation in foot
•Stitching pain in both knee
•< walking
•< night.

Repetorial result

•Based on kent repertory,
•Mind – weeping
•Mind – anxiety- about health
•Stomach- appetite – diminished
•Sleep – disturbed
•Perspiration – profuse
•Extremities – pain- burning – foot
•Extremities- pain – stitching- knee
•Generalities- walking – agg
•Generalities – night- agg.

Selection of remedy-

•Sulphur 200 2 doses/ weekly once

Selection of potency-The slow disease progresses and availability of mental, physical and particular characteristic symptoms with structural reversible pathological changes indicate that the state of susceptibility was moderate to high. Thus 200 potency were selected and repeated infrequently.

First prescription

•Sulphur 200C/ 2 Doses/ Weekly Once / Early Morning/ Before Food.
•Calcarea Phosphiricum 6X/ 45 TAB/ 1-1-1/ AFTER FOOD.

Follow up-•After 2 weeks Patient feels better from physical generals &slightly pain reduced.
•Sulphur 200c/ 1 dose/ gave again.
•After 1 week
•She got relieved from physical generals and main complaints.
•Later continued with biochemic tablet (calcarean phosphoricum).



Discussion-Homeopathy is a system of medicine that embraces a holistic approach for treating patients. Detailed case taking is essential to elucidate the constitutional makeup of the patient and a single remedy is selected on the basis of totality of symptoms. This case report shows that the homeopathic constitutional approach is helpful in the treatment of OA without requiring medicated external applications. In this case, SULPHUR 200c and biochemic remedy were administered overtime, which not only ameliorated the complaints but also improved her mental state. She was quite helpful about her recovery.

Conclusion-The present case report provides concrete evidence of the successful treatment of OA with constitutional homeopathic medicine. this case has highlighted the importance of holistic approach in the treatment wherein the individuality of a patient is considered for remedy selection, not just disease symptoms. This case report can help clinicians enhance their knowledge about managing patients with OA.

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Dr. Soham Bhatt, PG Scholar Part-2
Department of Case Taking and Repertory
Rajkot Homoeopathic Medical College
Parul University
Guided By-**Dr. Madhuri Udmale**
M.D (Hom), Associate Professor
Department of Case Taking and Repertory

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A Case Report on Acute Diarrhea Managed With Bell's Therapeutics of Diarrhoea

Patient name:
•XYZ, •Age: 21/ male
Presenting Complaints in Detail:
Diarrhoea and vomiting since 2 days after getting Street food acidic food
Complaints with duration:•Diarrhoea-watery, often profuse, fecal lumps present.
•Colour- Yellowish and offensive diarrhoea.
•Vomiting-Violent, greenish & sour, till now 4 to 5 times
•With nausea continue
Associated Complaints:
•Frequent eructation.
•Cutting pains before stool.
•Pain in rectum during stool.
Past History-•Occasional episodes of acidity.
•2 episodes of food poisoning 6 months ago

Family History: •Mother – DM.
•Father – Hypertension.
•No major hereditary disorders present
Personal History:
•Marital status: Unmarried
•Addiction: none
•Habits and hobbies: N.S.
•Medicine being taken regularly (if any): No
Vaccination: •Disagree/Allergic to: NAD
Physical Examination: General Examination
Systemic Examination:
Physical General:
•Appetite: Poor since illness
•Thirst: ↑ed. (1 to 1.5 Ltrs) Previous (2.5 Ltrs)
•Desires: Spicy +
•Aversion: NAD
•Intolerance: not specific
•Stool: regular at once in a day
•Urine: Reduced frequently
Perspiration:
•Area: whole body
•Odor: not specific

Response	Symptoms/Complaints	Prescription
6/1/25	there is still loose stool evacuation lumpy and watery stool cutting pain is also present there is no pain in rectum vomiting of taken food 2 times till now BP - 110/70 mmHg SPO2 - 99 % PR - 76 /min Temp - 96.7 F	Rx , ANTIMONIUM CRUDUM 200 C × BD × 2 DAYS SL 5 pills × BD × 2 days [TYPE-7]
9/1/25	there is still loose evacuation, partially bounded there is not lump present in stool there is still pain in abdominal region no episode of vomiting in last 3 days. Appetite improved BP - 120/80 mmHg SPO2 - 99 % PR - 77 /min Temp - 97 F	Rx , ANTIMONIUM CRUDUM 200 C × BD × 2 DAYS SL 5 pills × BD × 2 days [TYPE-6]
12/1/25	there is no watery stool since 2 days Patient is having satisfactory evacuation of stool. once or twice in a day Stool easily evacuates no abdominal pain present BP - 120/80 mmHg PR - 78 /min SPO2 - 99 % Temp - 96 F	NO NEED FOR MEDICATION [TYPE-5]

Remedy Name	Ant-c	Aloe	Asaf	Ars	Puls
Totality	12	11	11	9	9
Symptoms Covered	7	7	5	6	6
Kingdom					
[Special] [Diarrhoea]Pathological names:Diarrhoea: (113)	2	1	1	2	2
[Special] [Diarrhoea]Character of the stools:Watery: (67)	1	1	2		2
[Special] [Diarrhoea]Character of the stools:Copious: (47)	3	1	2	1	
[Special] [Diarrhoea]Character of the stools:Smell:Offensive: (36)	1	3	3	2	1
[Special] [Diarrhoea]Concomitants (Before Stool):Abdomen:Cuttin...	3	1		1	1
[Special] [Diarrhoea]Concomitants (During stool):Rectum:Burning...		1		2	
[Special] [Diarrhoea]Character of the stools:Colour,:Yellow: (79)	1	3	3	1	1
[Special] [Diarrhoea]Concomitants (Nausea and vomiting):Vomiti...	1				2

•Staining: No
•Quantity: Mild
•Sleep: Restless due to illness
•Dream: not any specific
•Thermal: Ambithermal
Case Processing:
•Provisional Diagnosis-Food poisoning
•Confirm Diagnosis-Food poisoning
Analysis of Case:
Classification of Symptoms:
•Stool-Watery [character of stool]
•Stool-Profuse [character of stool]
•Stool-Yellow colour [character of stool]
•Stool-odor offensive [character of stool]
•Vomiting Sour [Accompaniments]
•Rectum pain during stool [Accompaniments]
•Cutting pain before stool [Accompaniments]

Pulse	74/min	Height	6'1"	Hair	NAD
Respiratory Rate	18/min	Weight	68 kg	Oedema	NAD
Blood Pressure	110/80 mmhg	Tongue	---	Skin	Mild dehydration
Temperature	97 'F	Bulit	Well built	Other	

Diagnostic Criteria-Bristol Stool Chart

Types	Character of Stool	2/1/25	6/1/25	9/1/25	12/1/25
Type 1	Separate hard lumps, like nuts (hard to pass)				
Type 2	Sausage-shaped but lumpy				
Type 3	Like a sausage but with cracks on its surface				
Type 4	Like a sausage or snake, smooth and soft				
Type 5	Soft blobs with clear-cut edges (passed easily)				P
Type 6	Fluffy pieces with ragged edges, a mushy stool			P	
Type 7	Watery, no solid pieces entirely liquid	P	P		

Evaluation of Symptoms:
•Diarrhoea (+3)
•Stool watery in character (+3)
•Stool Quantities profuse (+2)
•Stool odor offensive (+2)
•Cutting Pain Before stool (+2)
•Rectum Pain in during stool (+2)
•Vomiting sour (+2)
Repertorial Totality:
•Pathological Name Diarrhoea (113)
•Character Of Stool: Watery (67)
•Character Of Stool Copious (47)
•Character Of Stool Yellow (79)
•Character Of Stool Offensive (36)
•Concomitant (nausea & Vomiting) Vomiting Sour (16)
•Concomitant (during Stool) Rectum Burning (114)
•Concomitant (before Stool) Abdomen Cutting (42)
Prescription: •Rx, Antimonium Crudum 200 C
4 Pills × BD × 2 days
•SL 5 pills × BD × 2 days
•Auxiliary Measures:
•Take plenty of water
•Don't eat outside food, No spicy oily food
•Have only soft diet, increase intake of curd.

Dr. Khyati Rajani1, Dr. Prakash Joshi2
1(PG scholar MD Part 2- Department of Case Taking & Homoeopathic Repertory)
2(Professor of Department of Case Taking & Homoeopathic Repertory)-Guide
Rajkot Homoeopathic Medical Collage, Parul University, Gujarat, India

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Role of Zincum Metallicum In The Management of Neuropathy

Abstract-Neuropathy is a disorder of the peripheral nervous system characterized by sensory, motor, or autonomic dysfunction resulting from nerve damage. Patients commonly present with symptoms such as pain, numbness, tingling, burning sensations, weakness, and impaired coordination. Conventional management often provides symptomatic relief but may be associated with long-term adverse effects. Homoeopathy offers an individualized and holistic therapeutic approach. Zincummetallicum is known for its marked action on the nervous system and is frequently indicated in conditions of nervous exhaustion, neuralgia, tremors, and paresthesia. This article highlights the therapeutic role of Zincummetallicum in neuropathy based on homoeopathic principles and classical literature. (1,2,3)

Introduction-Neuropathy refers to a group of disorders resulting from damage to peripheral nerves, leading to dysfunction in sensory, motor, or autonomic pathways. The condition may be acute or chronic and may involve a single nerve or multiple nerves simultaneously. Neuropathy significantly affects the quality of life by causing persistent discomfort, sleep disturbances, functional disability, and emotional distress. (1,4)

Common causes include diabetes mellitus, nutritional deficiencies, chronic alcoholism, infections, toxic exposure, autoimmune disorders, and idiopathic factors. Among these, diabetic neuropathy accounts for a large proportion of cases. Because of its chronic and progressive nature, conventional treatment often provides only partial relief. (1,5)

Homoeopathy offers a holistic approach that focuses on the totality of symptoms and the individual constitution of the patient. Remedies stimulate the body's self-healing capacity and aim to restore internal balance. (2,6)

•**Neuropathy-Homoeopathic Perspective** In homoeopathy, neuropathy is not viewed merely as a localized nerve disorder but as a manifestation of disturbance in the vital force. The symptoms expressed by the patient guide the physician in selecting the similimum. (2,6)

Symptoms such as burning pain, tingling, numbness, restlessness, weakness, and hypersensitivity of nerves are frequently encountered in neuropathic patients. These symptoms often correspond with the drug pictures of various homoeopathic remedies, enabling effective therapeutic intervention through individualized prescribing. (2,7)

•**Drug Profile of Zincum Metallicum** Zincummetallicum is an important mineral remedy extensively described in homoeopathic materiamedica. It has a profound action on the nervous system, particularly the brain, spinal cord, and peripheral nerves. (3,7)

It is commonly indicated in conditions arising from nervous exhaustion, prolonged mental strain, suppressed eruptions, or chronic illness. Patients requiring this remedy often exhibit restlessness, trembling, involuntary movements, neuralgic pains, numbness, and formication. (3,8)

Aggravation from mental exertion and relief from motion or discharges are characteristic modalities of the remedy. (3,8)

•**Role of ZincumMetallicum in Neuropathy** Zincummetallicum plays a significant role in the homoeopathic management of neuropathy due to its affinity for nervous tissues. It is particularly useful in cases associated with nervous exhaustion, chronic illness, or suppressed symptoms. (3,7)

Typical neuropathic symptoms indicating this remedy include burning pains, tingling sensations, crawling sensations, numbness of extremities, and involuntary muscular twitching. A keynote indication is restlessness of the feet, especially at night. (3,8)

The remedy may also be considered in diabetic neuropathy where patients complain of weakness, paresthesia, and neuralgic pains. It helps in reducing pain intensity, improving nerve function, and enhancing overall vitality. (5,7)

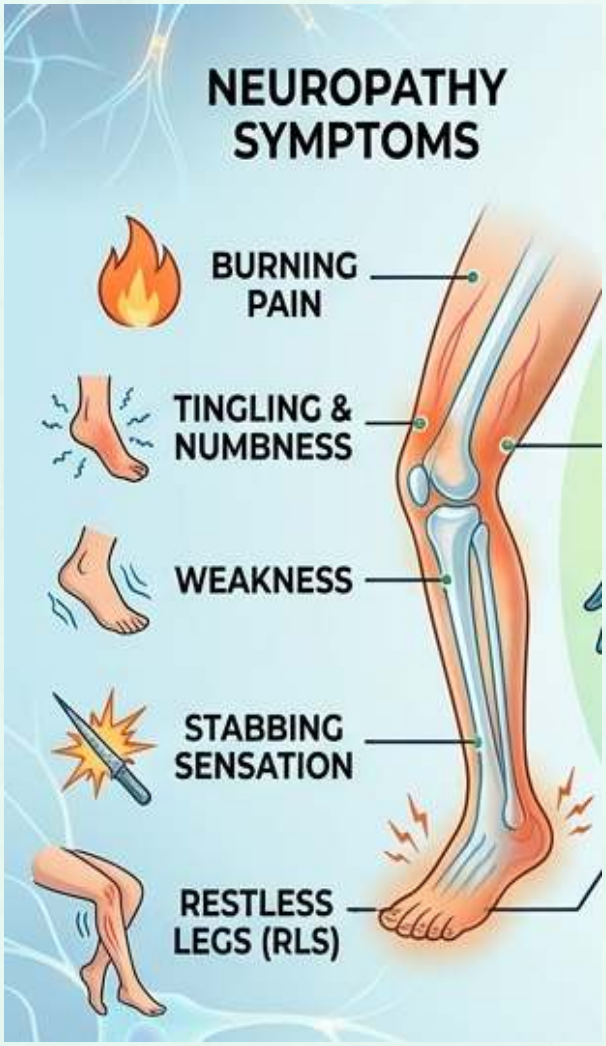
Clinical Indications

- Persistent nerve pain with exhaustion
- Numbness and tingling of extremities
- Restless legs with constant movement of feet
- Tremors and muscular weakness
- Hypersensitivity of nerves
- Symptoms aggravated by mental exertion (3,8)

Discussion-The similarity between neuropathic symptoms and the drug picture of Zincummetallicum establishes its importance in homoeopathic therapeutics. Classical literature describes its deep and long-lasting action on the nervous system. (3,7)

Homoeopathic prescribing based on the law of similars allows the physician to select remedies that correspond closely with the patient's symptom profile. By addressing both physical & mental aspects, Zincummetallicum contributes to holistic recovery rather than mere symptomatic relief. (2,6)

Conclusion-Neuropathy is a challenging condition that significantly affects the patient's quality of life. Homoeopathy offers a promising approach through individualized treatment. Zincummetallicum, owing to its pronounced action on the nervous system, plays an important role in the management of neuropathy. Proper case selection and constitutional prescribing can lead to significant clinical improvement and overall well-being of the patient. (2,3,7)



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Author-**Dr. Radhika Kulat,**
MD (Hom) Scholar
Homoeopathic Pharmacy Department
DKMM HMC Aurangabad
Co-Author:**Dr. Rupali Dange,**
MD (Hom), Professor,
Homoeopathic Pharmacy Department
DKMM HMC Aurangabad

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Evidence Based Management of GERD Using Synthesis Repertory : A Case Report

Abstract-Gastroesophageal Reflux Disease (GERD) is a chronic gastrointestinal disorder resulting from the retrograde flow of gastric contents into the oesophagus, producing symptoms such as heartburn, regurgitation, nausea, bloating, chest discomfort, and occasionally respiratory manifestations. The condition is commonly associated with lifestyle factors including unhealthy dietary habits, stress, irregular meal patterns, physical inactivity, and obesity. Conventional treatment approaches, such as proton pump inhibitors and antacids, primarily offer symptomatic relief and may pose limitations with long-term use. Homeopathy provides a holistic and non-invasive therapeutic approach. This article presents a case illustrating the effective use of the Synthesis Repertory in the individualized homeopathic management of GERD.

Key Words-GERD, Synthesis Repertory, FSSG score

Chief Complain-•A 36 years old female came with complaints of burning in chest with nausea after dinner, especially after eating fatty or oily food., regurgitation of food after eating, sometimes watery eructation after eating and distention of abdomen after eating heavy food. All these complaints are present on and off for 2 years, take allopathic medicines which give temporary relief.

Physical General-

•Appetite: adequate. 2-3 chapatis/meal
•Thirst: 6-7 glasses /day
•Urine: sometime burning esp. in summer
•Stool: no complaints
•Desire: nothing specific
•Aversion: buttery oily things
•Sleep: sometime disturbed due to heartburn
•Thermal : chilly
•Menstrual Cycle : Regular, 3-4days/26-28 days, moderate flow

Life Space-•She was bright in study but when she was in last semester of college, was convinced by her parents to marry a person much elder than her age and divorced. She is submissive in nature since childhood. She is not happy in marriage and still regret about incomplete education. She feels like her parents ignore her complaints about her marriage life and left her on her own.
•She feels like she is not loved by her parents after her marriage because of her constant complaints.
•She keeps herself occupied in household works to divert thoughts and now has become obsessed about it.
•She is very sensitive to quarrels and doesn't like it all.m •She doesn't oppose other people's wish, tries to keep them happy.
•Feels anxious in crowd.

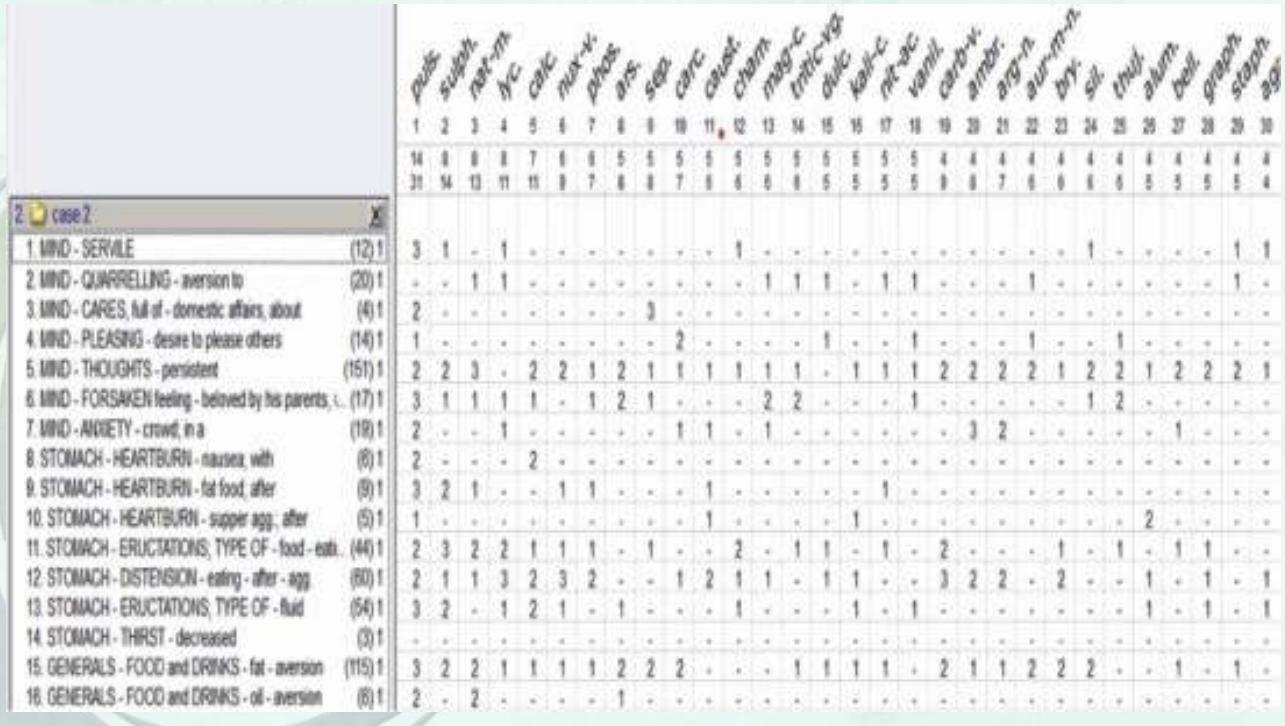
Mental General-•Delusion she is not loved by her parents and left alone on her own
•Aversion to quarrels
•Obsessed about domestic work
•Continuos thoughts in mind
•Doesn't oppose other's wish just not to hurt them, •Feels anxious in crowd

Totality of Symptoms-•Delusion she is not loved by her parents and left on her own
•Obsessed about domestic work
•Continuous thoughts in mind
•Aversion to quarrel, •Feels anxious in crowd
•Doesn't oppose other's wish just not to hurt them, •Thirst decreased
•Aversion to buttery oily things
•Burning in chest with nausea after dinner esp. after fatty and oily food
•Regurgitation of food after eating
•Watery eructation after eating
Abdominal distention after eating heavy food

Diagnosis: GERD-•Diagnosis was done using GERD Questionarrie score, •GERDQ score: 13

Prescription-•Pulsatilla 200 1 dose
•SL 4 TDS for 15 days

Follow Up-31/1/2025:



•Little bit better in intensity of heartburn
•Frequency of regurgitation reduced – now 3-4 days a week, •Better in nauseated feeling
•Rx – SL 4 TDS for 15 days

17/2/2025:•50-60 % relief in heartburn and regurgitation, now 1-2 days in a week
•Better in nausea, •Better in watery eructation
•Better in abdominal distension
•Rx – SL 4 TDS for 15 days

6/3/2025:•No further significant improvement from last time, •Rx-Pulsatilla 1M 1 dose / SL 4 TDS for 15 days

22/3/2025:•Much better in heartburn and regurgitation, •No nausea after eating
•Sour eructation 1-2 times in 15 days
•Better in abdominal distention after eating
•Rx – SL 4 TDS for 15 days

16/4/2025:•Much better in heartburn and regurgitation, once or twice in 15 days
•No nauseated feeling and sour eructation

FSSG Score:•Assessment was done using Frequency scale for symptoms of GERD (FSSG), •Before: 19, •After: 5

Conclusion-The presented case of GERD demonstrates the evidence-based effectiveness of individualized homoeopathic treatment guided by the Synthesis Repertory. The selected remedy, *Pulsatilla*, provided significant relief. A marked reduction in FSSG scores from 19 to 5 and steady improvement across follow-ups highlight the holistic and sustainable results of classical homoeopathic management. This case underscores the importance of reportorial analysis and individualized approach in chronic lifestyle-related disorders like GERD.

Dr. Palak Parmar, PG Scholar,
Department of Case Taking and Repertory,
Rajkot Homoeopathic Medical College
Dr. Kashyap Premasawala, M.D. (Hom)
Head of the Department of
Case Taking and Repertory,
Rajkot Homoeopathic Medical College