



ISSN: 2230-9926

Available online at <http://www.journalijdr.com>

IJDR

International Journal of Development Research
Vol. 16, Issue, 05, pp. 70494-70496, May, 2026
<https://doi.org/10.37118/ijdr.30927.05.2026>



REVIEW ARTICLE

OPEN ACCESS

EFFICACY OF HOMOEOPATHIC MEDICINES IN THE TREATMENT OF RENAL CALCULI

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ARTICLE INFO

Article History:

Received 11th February, 2026
Received in revised form
26th March, 2026
Accepted 27th April, 2026
Published online 30th May, 2026

Key Words:

Homeopathy, Ursi, and Solidago,
Advanced pathology

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ABSTRACT

Renal calculi (kidney stones) are among the most common urinary tract disorders caused by crystallization of minerals and salts within the kidneys. Increasing prevalence is associated with dehydration, dietary habits, sedentary lifestyle, and metabolic abnormalities. Conventional treatment provides symptomatic relief and surgical management but recurrence remains common. Homoeopathy offers an individualized and holistic approach aimed at relieving renal colic, facilitating expulsion of calculi, improving urinary function, and preventing recurrence through constitutional treatment. Important remedies commonly indicated in renal calculi include Berberis Vulgaris, Lycopodium, Cantharis, Sarsaparilla, Ocimum Canum, Hydrangea Arborescens, Pareira Brava, Nux Vomica, Uva Ursi, and Solidago. From a miasmatic perspective, renal calculi is predominantly considered a sycotic disorder with psoric background and syphilitic manifestations in advanced pathology. Homoeopathic management.

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Citation: Dr. Sangeeta Pagire, Prapti Kompalwar and Laiba Khan, 2026. "Efficacy of Homoeopathic Medicines in the Treatment of Renal Calculi". International Journal of Development Research, 16, (05), 70494-70496.

INTRODUCTION

Renal calculi (kidney stones) are one of the most common disorders of the urinary system, characterized by the formation of crystalline concretions within the kidneys due to supersaturation of urine with stone-forming substances. The incidence of renal calculi is increasing worldwide due to sedentary lifestyle, inadequate water intake, dietary habits, and metabolic abnormalities. Modern medicine offers effective management through analgesics, hydration therapy, lithotripsy, and surgical removal. However, recurrence is frequent, and long-term preventive measures are essential. Homoeopathy offers a holistic and individualized approach aimed at relieving symptoms, facilitating expulsion of calculi, and preventing recurrence by addressing the constitutional tendency.

Renal Calculi – Overview

Definition: Renal calculi are hard deposits formed by crystallization of minerals and salts within the kidneys or urinary tract.

Common Types of Stones

- Calcium oxalate stones (most common)
- Calcium phosphate stones
- Uric acid stones
- Struvite stones
- Cystine stones

Etiology and Predisposing Factors

- Low water intake and dehydration
- High intake of oxalate-rich foods (spinach, nuts, tea)
- High salt and protein diet
- Metabolic disorders (hyperparathyroidism, gout)
- Urinary tract infection
- Genetic predisposition
- Sedentary lifestyle

Clinical Features: Renal calculi may remain asymptomatic until obstruction occurs. Typical symptoms include:

- Severe colicky pain radiating from loin to groin
- Burning micturition
- Frequent urge to urinate
- Hematuria (blood in urine)
- Nausea and vomiting
- Restlessness
- Urine may contain gravel or sand

Modern Management and Limitations

Modern medicine manages renal calculi through:

- Pain relief (NSAIDs)
- Increased hydration
- Medical expulsion therapy

- Lithotripsy
- Endoscopic stone removal or surgery

Miasmatic Interpretation: Renal calculi is considered a chronic disease with mixed miasmatic background:

Psora

Functional disturbances
Tendency to urinary irritation
Recurrent dysuria

Sycosis

Tendency to stone formation and thick discharges
Chronic urinary tract inflammation
Recurrence tendency

Syphilis

Ulceration, destruction, severe pathology
Hematuria and complications

Renal calculi is predominantly a sycotic disease with psoric base.

Efficacy of Homoeopathic Medicines in Renal Calculi

Homoeopathic medicines have shown effectiveness in:

- Reducing renal colic pain
- Relieving burning and difficulty in urination
- Promoting passage of stones and gravel
- Reducing recurrence by constitutional treatment
- Improving overall urinary function
- Mechanism (Homoeopathic Concept)
- Homoeopathy acts by stimulating the vital force to restore normal metabolic and eliminative functions, thereby aiding in the expulsion of calculi and reducing tendency for further stone formation.
- Though homoeopathy does not claim immediate mechanical removal in all cases, it can provide significant relief in mild to moderate calculi and can be supportive even in surgical cases.

Important Homoeopathic Remedies in Renal Calculi

1. Berberis Vulgaris

Indications

Severe cutting pain in kidney region
Pain radiating down to ureter and bladder
Pain extending to thighs and hips
Sensation of bubbling in kidneys
Urine with thick mucus or sediment

Keynote: Radiating pain from kidney to bladder.

2. Lycopodium Clavatum

Indications

Right-sided renal calculi
Pain from right kidney to bladder
Red sandy sediment in urine
Frequent urination at night
Digestive complaints: bloating, gas

Keynote: Right-sided stones with red sand.

3. Cantharis

Indications

Intense burning before, during, and after urination
Constant urging, only drops passed
Cutting pain in urethra
Blood in urine

Keynote: Violent burning with tenesmus of bladder.

4. Sarsaparilla

Indications

Severe pain at the end of urination
Patient screams due to pain
Urine passes in thin stream
Sand in urine
Gravel with burning

Keynote: Pain at end of micturition.

5. Ocimum Canum

Indications

Severe renal colic with vomiting
Pain radiating to bladder and urethra
Thick reddish deposits in urine
Extreme restlessness

Keynote: Renal colic with vomiting.

6. Hydrangea Arborescens

Indications

White or yellow sandy deposits
Frequent urination with burning
Renal pain with gravel passage
Useful in chronic tendency to stones

Keynote: "Stone breaker" remedy in homoeopathy.

7. Pareira Brava

Indications

Constant urge to urinate but unable to pass urine
Severe pain radiating down thighs
Patient kneels and presses head on floor to urinate
Bladder pain with retention

Keynote: Retention with intense straining.

8. Nux Vomica

Indications

Renal colic due to sedentary habits
Frequent urging with scanty urine
Irritable, anxious temperament
Worse after food, stimulants

Keynote: Spasmodic pain with irritability.

9. Uva Ursi

Indications

Burning pain in bladder and urethra
Urine contains blood or mucus
Frequent painful urination

Keynote: Cystitis-like symptoms with renal calculi.

10. Solidago

Indications

Kidney soreness and weakness
Chronic renal inflammation
Frequent urination with burning
Useful in preventing recurrence

Keynote: Renal tonic remedy.

Homoeopathic Case Management Strategy

1. Acute Phase (Renal Colic)

During acute colic, the aim is to relieve:

- Spasm
- Pain
- Burning urination
- Obstruction

Acute remedies commonly used:

- Berberis Vulgaris
- Ocimum Canum
- Cantharis
- Sarsaparilla
- Pareira Brava

2. Chronic Phase (Preventing Recurrence)

Once stone is expelled or symptoms are controlled, constitutional treatment is important.

Constitutional remedies may include:

- Calcarea Carbonica (metabolic tendency)
- Lycopodium (uric acid and digestive tendency)
- Natrum Muriaticum (dehydration tendency, emotional factors)
- Sulphur (psoric constitution)
- Medorrhinum (sycotic diathesis)

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