

TOPIC: - LEFT SIDED RENAL COLIC IN A KNOWN CASE OF BILATERAL NEPHROLITHIASIS

• WHAT IS RENAL COLIC?

RENAL COLIC IS PAIN THAT MAY OCCUR WHEN A STONE GETS STUCK IN PART OF YOUR URINARY TRACT. OTHER URINARY TRACT DISORDERS, SUCH AS INFECTION, SPASM, OR STRICTURE MAY ALSO CAUSE PAIN. STONES FORM WHEN MINERALS OR OTHER SUBSTANCES BUILD UP, STICK TOGETHER AND CREATE CRYSTALS. THESE STONES CAN BE LOCATED IN ANY PART OF YOUR URINARY SYSTEM – YOUR KIDNEYS, BLADDER OR URETERS. DEPENDING ON THE SIZE AND LOCATION OF THE STONE, RENAL COLIC CAN RANGE FROM MILD TO SEVERE.

• WHAT IS NEPHROLITHIASIS?

NEPHROLITHIASIS IS ALSO KNOWN AS KIDNEY STONE. IT IS A SOLID MASS MADE UP OF TINY CRYSTALS. ONE OR MORE STONES CAN BE IN THE KIDNEY OR URETER AT THE SAME TIME.

<p>NAME OF THE PATIENT: VAM DATE: 12-05-2022 (11:30am)</p> <p>AGE: 31 Years SEX: FEMALE CASTE: Hindu</p> <p>MARITAL STATUS: Married EDUCATION: 12th Pass</p> <p>OCCUPATION: Housewife VEG/NON-VEG/EGGS: Veg</p> <p>ADDRESS: Rajkot</p>
<p>DIAGNOSIS: Left sided Renal Colic in a known case of Bilateral Nephrolithiasis</p>
<p>RESULTS: Relieved</p>

CHIEF COMPLAINT: - K/C/O of bilateral renal calculus since 2-3 years

A 31 years female patient came to opd on 12-05-2022 at 11:30am with complain of left sided lumbar region pain on and off since around 2-3 days radiating to left sided ureter along with burning micturition since 1-2 days and urine passes drop by drop. Complains get aggravated by siting/ lying down⁺², Motion⁺², while passing urine⁺². Complains get better by cold water application. No nausea, no vomiting, no fever.

NO.	LOCATION	SENSATION AND PATHOLOGY	MODALITIES	ACCOMPANIENTS
1.	Excretory system ↓ Kidney(left)(left lumbar region) ↓	- Pain ⁺³ - Burning micturition ⁺ - Urine passes drop by drop ⁺	< siting/ lying down ⁺² < motion ⁺²	-

	Ureter(left) ↓ Bladder ↓ Urethra		< while passing urine ⁺² > cold water application ⁺²	
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PERSONAL HISTORY: -

PAST HISTORY: - NIL

FAMILY HISTORY: - NIL

PHYSICAL CHARACTERISTIC: -

- a. **APPEARANCE:** - Whitish Complexion
- b. **APPETITE:** - N
- c. **THIRST:** - N
- d. **STOOL:** - N
- e. **SLEEP:** - N

PHYSICAL EXAMINATION: -

- a. **TEMPERATURE:** - 97.2⁰F
- b. **PULSE:** - 82/min
- c. **BLOOD PRESSURE:** - 130/80 mm of Hg
- d. **NAILS:** - N
- e. **CONJUNCTIVA:** - PALE
- f. **SCLERA:** - N
- g. **TONGUE:** - Pink, Moist
- h. **THROAT:** - Clear

SYSTEMIC EXAMINATION: -

- a. **RS:** - Inspection: - NAD, Auscultation: - AE=BLE, Breathing sound: - vesicular
- b. **CVS:** - S₁S₂ - N
- c. **GIT:** - P/A: - Mild tenderness over left sided lumbar region⁺

DIFFERENTIAL DIAGNOSIS: -

- **Pyelonephritis:** - The two primary symptoms of the pyelonephritis are pain in the one flank, the area just beneath the lower ribs in the back, and the fever. The pain travels around the side towards lower abdomen. There is also presence of nausea and vomiting. There is urgency of urination more often and there is much pain felt at the time of urination.
- **Left ovarian cyst:** - Most ovarian cyst is small and don't cause any problems but pressure on the left abdominal side, bloating swelling and pain in the lower abdomen on the side of the cyst will be experienced. There is sharp pain which may come and go.

PROVISIONAL DIAGNOSIS: -

- **Renal Stone:** - Left sided lumbar region pain radiating to left sided ureter along with burning micturition and urine passes drop by drop. Complains get aggravated by sitting/ lying down, Motion, while passing urine. Complaints get better by cold water application.

ANALYSIS OF SYMPTOMS: -

1. < sitting/ lying down⁺²: - Symptom/ modality/ aggravation/ physical/ particular/ characteristics/ chief complain/ acute/ functional/ segmental totality/ recent/ psora
2. < motion⁺²: - Symptom/ modality/ aggravation/ physical/ particular / characteristics/ chief complain/ acute/ functional/ segmental totality/ recent/ sycotic
3. < while passing urine⁺²: - Symptom/ modality/ aggravation/ physical/ common/ chief complain/ acute/ functional/ segmental totality/ recent/ psora
4. > cold water application⁺²: - Symptom/ modality/ amelioration/ physical/ particular/ characteristic/ chief complain/ acute/functional/ segmental totality/ recent/ psora
5. Pain⁺³: - Symptom/ sensation/ particular/ characteristics/ non-diagnostic/ chief complain/ acute/ functional/ segmental totality/ recent/ psora
6. Burning micturition⁺: - Symptom/ sensation/ particular/ common/ diagnostic/ chief complain/ acute/ functional/ segmental totality/ recent/ psora
7. Urine passes drop by drop⁺: - Symptom/ sensation/ particular/ common/ diagnostic/ chief complain/ acute/ functional/ segmental totality/ recent/ psora

TOTALITY OF SYMPTOMS: -

Left sided lumbar region pain < sitting/ lying down⁺²

Left sided lumbar region pain < motion⁺²

Left sided lumbar region pain > cold water application⁺²

Left sided lumbar region Pain⁺³

REPERTORIZATION: -

BERBERIS VULGARIS- 3/5

DULCAMARA- 3/3

COLCHICUM AUTUMNALE- 1/2

LYCOPODIUM CLAVATUM- 1/2

BERBERIS VULGARIS	LYCOPODIUM CLAVATUM
<ul style="list-style-type: none">➤ Left sided lumbar region pain radiating to left sided ureter along with burning micturition and urine passes drop by drop.➤ Complains get aggravated by sitting/ lying down, motion, while passing urine.➤ Complaints get better by cold water application.	<ul style="list-style-type: none">➤ Pain extends along the ureter and ends in the bladder.➤ Backache which is better by urination.➤ Complains gets aggravated from 4-8 pm.

FINAL REMEDY: - BERBERIS VULGARIS

MIASM: - Sycotic: - Structural Reversible

PLANNING AND PROGRAMMING: -

DEFINE WITH REASON	POTENCY-CHOICE	REPETITION
SUSCEPTIBILITY: - Moderate	200	Frequent
AGE: - 31 Years SEX: - Female OCC: - Housewife POD: - Gradual SOD: - Structural Reversible CHARACTERISTIC: - Present IMMUNITY: - - REACTIVITY: - ++		
SENSITIVITY: - Moderate	200	Frequent
MIND: - - DREAMS: - - SLEEP: - - NERVES: - ++		
CORRESPONDENCE: - Physical ⁺⁺	200	Frequent
FUNCTIONAL CHANGES: - Present	200	Frequent
STRUCTURAL CHANGES: - Structural Reversible	200	Frequent
FUNDAMENTAL MIASM: -sycotic	200	Frequent
DOMINANT MIASM: - Sycotic	200	Frequent

FINAL TREATMENT WITH POSOLOGY AND REPETITION: -

BERBERIS VULGARIS X 200 X 3pills x TDS

DIETARY ADVICE: -

Drink plenty of water. Citrus fruits and their juice can help reduce or block the formation of stones due to naturally occurring citrate. Avoid high sodium levels in the body as they promote calcium built up in the body. Avoid eating red meat, pork, chicken, poultry, fish and eggs as they tend to increase high uric acid in the body.

ANCILLARY MEASURES: - Bed rest

FOLLOW UP CRITERIA: -

Left sided lumbar region pain

Burning Micturition

Urine passes drop by drop

FOLLOW UP: -

DATE	FOLLOW UP DETAIL	ACTION
12/05/2022 (9:00PM)	Pain at left sided lumbar region ⁺ >30% Burning micturition >50% Urine passes day by day ⁺ >30% O/E: - Temperature: -98.4 ⁰ F Pulse: - 78/MIN Blood pressure: - 120/80mm of Hg P/A: - Mild tenderness over left sided lumbar region ⁺ General: - Stable Conjunctiva: - Pink Tongue: - Pink Systemic: - Respiratory system: - Auscultation-AE=BLE Breathing sound: - Vesicular Cardiovascular system: - S ₁ S ₂ -N	BERBERIS VULGARIS X 200 X 3 pills X TDS
13/05/2022 (9:00AM)	Pain at left sided lumbar region ⁺ >30% Burning micturition >65% Urine passes day by day ⁺ >50% O/E: - Temperature: -98.0 ⁰ F Pulse: - 74/MIN Blood pressure: - 126/76mm of Hg P/A: - Mild tenderness over left sided lumbar region ⁺ General: - Stable Conjunctiva: - Pink Tongue: - Pink Systemic: - Respiratory system: - Auscultation-AE=BLE Breathing sound: - Vesicular Cardiovascular system: - S ₁ S ₂ -N	BERBERIS VULGARIS X 200 X 3 pills X TDS
13/05/2022 (2:00PM)	Pain at left sided lumbar region ⁺ >75% Burning micturition >80% Urine passes day by day ⁺ >65% O/E: - Temperature: -98.2 ⁰ F Pulse: -76/MIN Blood pressure: - 122/78mm of Hg P/A: - Mild tenderness over left sided lumbar region ⁺ General: - Stable Conjunctiva: - Pink Tongue: - Pink Systemic: - Respiratory system: - Auscultation-AE=BLE Breathing sound: - Vesicular	BERBERIS VULGARIS X 200 X 3 pills X TDS

	Cardiovascular system: - S ₁ S ₂ -N	
13/05/2022 (9:00PM)	<p>Pain at left sided lumbar region⁺ >90%</p> <p>No burning micturition</p> <p>Urine passes day by day⁺ >85%</p> <p>O/E: - Temperature: -98.4⁰F Pulse: - 78/MIN</p> <p>Blood pressure: - 124/78mm of Hg</p> <p>P/A: - soft, No Tenderness</p> <p>General: - Stable Conjunctiva: - Pink</p> <p>Tongue: - Pink</p> <p>Systemic: -</p> <p>Respiratory system: -</p> <p>Auscultation-AE=BLE</p> <p>Breathing sound: - Vesicular</p> <p>Cardiovascular system: - S₁S₂-N</p>	BERBERIS VULGARIS X 200 X 3 pills X TDS
14/05/2022 (9:00AM)	<p>No pain at left sided lumbar region</p> <p>No burning micturition</p> <p>Urine flow urine</p> <p>O/E: - Temperature: -97.6⁰F Pulse: - 78/MIN</p> <p>Blood pressure: - 124/72mm of Hg</p> <p>P/A: - soft, No Tenderness</p> <p>General: - Stable Conjunctiva: - Pink</p> <p>Tongue: - Pink</p> <p>Systemic: -</p> <p>Respiratory system: -</p> <p>Auscultation-AE=BLE</p> <p>Breathing sound: - Vesicular</p> <p>Cardiovascular system: - S₁S₂-N</p>	BERBERIS VULGARIS X 200 X 3 pills X TDS
14/05/2022 (2:00PM)	<p>No pain at left sided lumbar region</p> <p>No burning micturition</p> <p>Urine flow urine</p> <p>O/E: - Temperature: -97.4⁰F Pulse: -72/MIN</p> <p>Blood pressure: - 126/76mm of Hg</p> <p>P/A: - soft, No Tenderness</p> <p>General: - Stable Conjunctiva: - Pink</p> <p>Tongue: - Pink</p> <p>Systemic: -</p> <p>Respiratory system: -</p> <p>Auscultation-AE=BLE</p> <p>Breathing sound: - Vesicular</p> <p>Cardiovascular system: - S₁S₂-N</p>	BERBERIS VULGARIS X 200 X 3 pills X TDS
14/05/2022 (9:00PM)	<p>No pain at left sided lumbar region</p> <p>No burning micturition</p>	SAC LAC X 200 X 3 pills X TDS

	Urine flow urine O/E: - Temperature: -96.2 ⁰ F Pulse: -76/MIN Blood pressure: - 122/74mm of Hg P/A: - soft, No Tenderness General: - Stable Conjunctiva: - Pink Tongue: - Pink Systemic: - Respiratory system: - Auscultation-AE=BLE Breathing sound: - Vesicular Cardiovascular system: - S ₁ S ₂ -N	
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RESULT: - Relieved

CONCLUSION: - Here in this case BERBERIS VULGARIS was indicated because of left sided lumbar region pain, burning micturition and urine passes drop by drop which was aggravated by sitting/ lying down, Motion, while passing urine and which got better by cold water application.

The potency 200 was selected based on moderate susceptibility and repetition of dose was given frequently as it was the acute exacerbation of chronic condition.

This remedy helped in relieving the renal colic as well as left sided lumbar region pain, stitching type of pain within 3 days and the remedy was given as 3pills TDS.

Thus, BERBERIS VULGARIS was selected as remedy and thus it helped in learning hoe left sided renal colic gets better by specific medicine in case of acute exacerbation of condition in the patient based on symptoms which were available.

A CASE PRESENTED BY: -

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