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## Nano homeopathy: A new approach for kidney stones - treatment without surgery (A case report)

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### Abstract

Kidney stones (also called renal calculi, nephrolithiasis or urolithiasis) are hard deposits made of minerals and salts that form inside your kidneys. The stones may be the size of a grain of sand or the size of a pebble. The conventional medical system offers several methods for treating urolithiasis, including various synthetic and natural medications and surgery. In this paper we have discussed a case study i.e. how nano homeopathy has successfully treated kidney stone without surgery. In this case we followed up using clinical and ultrasonographic evidence and reported as per the HOM-CASE guidelines. The Modified Naranjo Criteria for Homoeopathy (MONARCH) was used to evaluate the cause-attribution of prescription medicines. The patients made a full recovery, and post treatment reports revealed that there were no residual calculi. Individualized homoeopathic medicines cantharis showed beneficial effects in these cases.

**Keywords:** Kidney stones, nephrolithiasis or urolithiasis, renal calculi, homeopathy, hard deposits, homeopathic medicine, monarch etc.

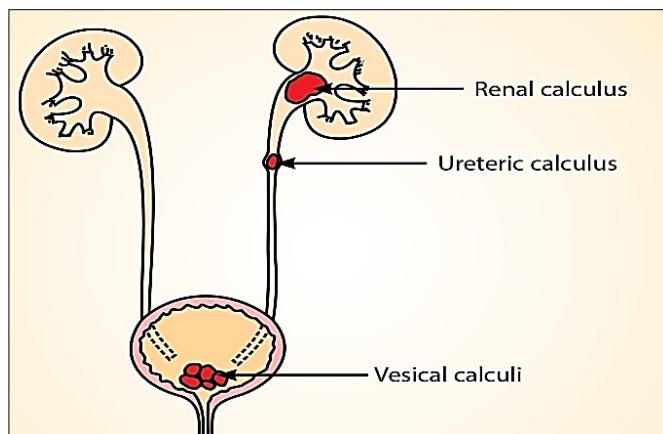
### Introduction

Kidney stones are mineral deposits found in the renal calyces and pelvis, either free or attached to the renal papillae. The risk of kidney stones is about 11% in men and 9% in women. Though kidney stones can affect people of all ages, they're likely to occur at age 30 or older, and your risk increases as you get older.

Kidney stones are a serious issue in India and other developing nations. Kidney stones afflicted about 10% to 12% of the population in the developed world. A kidney stone develops in most people later in age. Males and females alike are prone to kidney stones. Obesity is a leading cause of kidney stones. The most frequent stone recorded in India is calcium oxalate kidney stones. They may occur when the normal balance of water, salt, minerals and other substances found in the urine are altered.

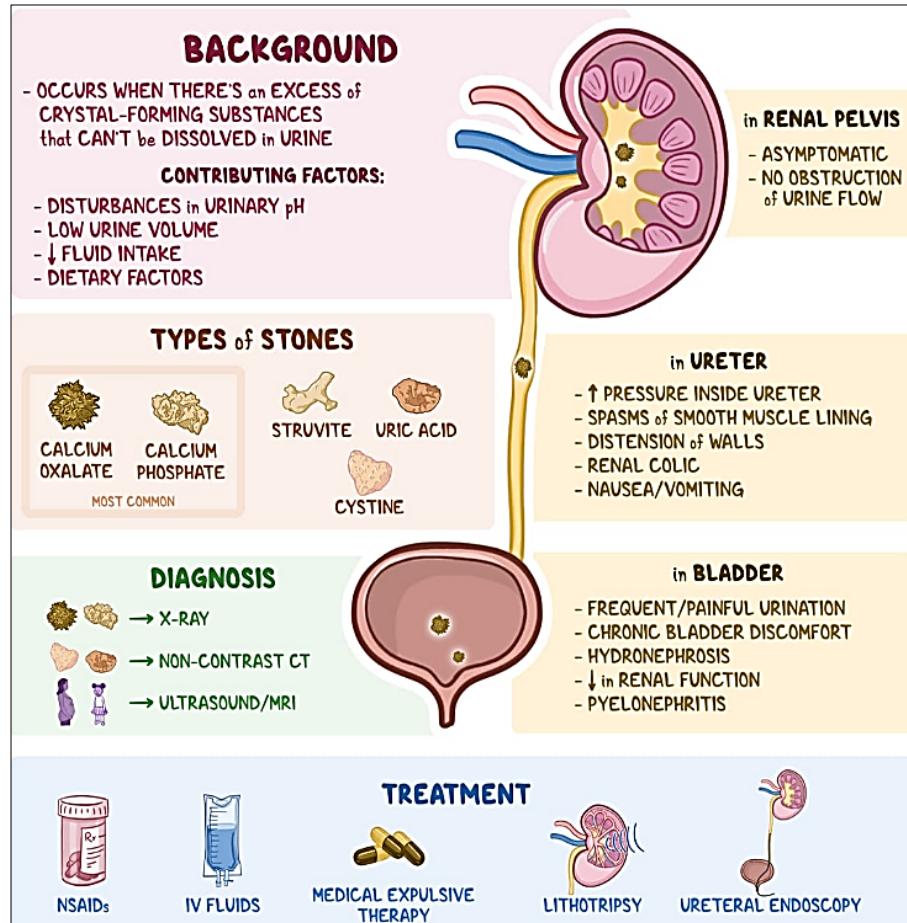
### Types of Kidney Stone

- **Primary Stones:** Are those which appear in apparently healthy urinary tract without any antecedent inflammation.
- **Secondary Stones:** Are usually formed as the result of inflammation.



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## Representative image of formation of kidney stone



## Kidney stone its causes and treatment

### Causes of kidney Stone

- Family history of Renal Calculi
- Dehydration
- Specific diets like oxalate rich food, high animal protein & processed food.
- Obesity
- Alcoholism

### Sign & Symptoms of Kidney Stone

- A burning sensation during urination
- Pain that comes in waves and fluctuates in intensity
- Blood in urine
- Nausea and Vomiting
- Urine that smells bad or looks cloudy
- Fever and Chills

### Diagnosis of Kidney Stone

- Ultrasound scan - KUB (kidney-ureter-bladder)
- X-ray - KUB (kidney-ureter-bladder)
- CT Scan KUB
- Intravenous or retrograde pyelogram
- Kidney function tests (KFT)
- Lab analysis of composition of renal calculi
- Urine test

### Do's and Don'ts for Personnels suffering from Kidney Stone

- Keep body hydrated by drinking 2 to 3 liters of water daily.
- Take lemonade, coconut water, fruit juices & butter milk.

- visit doctor as soon as sign and symptoms appear.
- Maintain menstrual hygiene in females to prevent UTI.
- Do not take too sugary and salty food.
- Do not take large amount of animal protein
- Do not take oxalate rich food like chocolates, tea, coffee, spinach, rhubarb, nuts, beetroot.
- No canned food and processed food.
- No alcohol.
- Do not hold urine for long period.

### Nano Homeopathy

Homeopathic medicines contain nanoparticles of the original source material. Homeopathic remedies are made using a process called potentization, involving repeated cycles of dilution and vigorous shaking. Nanoparticles have unique physical and chemical properties, such as a large surface-area-to-volume ratio, increased catalytic reactivity, and the ability to interact with proteins and DNA.

Homeopathy has consistently shown powerful results in epidemics, in chronic diseases-and in hands of decades of real clinical practice. Its effectiveness is undeniable. Its potential is vast and its popularity continues to rise worldwide. Just like any modern medical science. Homeopathic pharma companies must invest in research-raising dedicated funds, supporting scientific studies, and reinvesting into innovation. Strengthen global scientific recognition. Bring Homeopathy into mainstream medicine. Advance its nano-healing potential. Save millions of lives with safe, gentle care. With focused scientific research, Homeopathy will evolve into one of the world's most advanced natural nano-medicine system

**Case Study****Case Details****Age: 42 years****Sex: Male**

This is a case of renal stone infected bilateral kidney stone in a middle-aged man aged 42 years from a remote area of Mohali Punjab. Most important thing here in this case was urine was totally obstructed and patient was passing the urine only drop wise and with the urine patient experienced blood drop also. Even after passing the urine patient was having the problem of constant urging to urinate.

**USG of Whole Abdomen (Before Treatment)**

**Liver:** It is normal in size, outline & echotexture. No focal lesion seen. Intrahepatic biliary radicals are not dilated. The portal vein is normal in course and calibre. The hepatic veins appear normal.

**Gall Bladder:** It is well distended. Wall thickness is within normal limits. No intraluminal calculus is seen. No pericholecystic fluid is seen. C.B.D. is not dilated.

**Pancreas:** Head and body of pancreas is normal in size, outline & echotexture. No focal lesion seen. Pancreatic duct is not dilated. Tail of pancreas is obscured.

**Spleen:** It is normal in size, outline & echotexture. No focal lesion seen. Splenic vein is normal in diameter.

**Right Kidney:** It is normal in size (~10.0cms), outline & echotexture. Cortico medullary differentiation is maintained. The Parenchymal thickness is within normal limits. No focal lesion or calculus seen. Minimal hydronephrosis is seen.

**Left Kidney:** It is normal in size (~9.9cms), outline & echotexture. Cortico medullary differentiation is maintained. The Parenchymal thickness is within normal limits. No focal lesion or calculus seen in kidney. Minimal hydronephrosis is seen alongwith dilated ureter. A calculus measuring ~6.9mm is seen in lower end of mid ureter.

**U. Bladder:** It is well distended. Wall thickness is normal. No focal lesion or calculus seen.

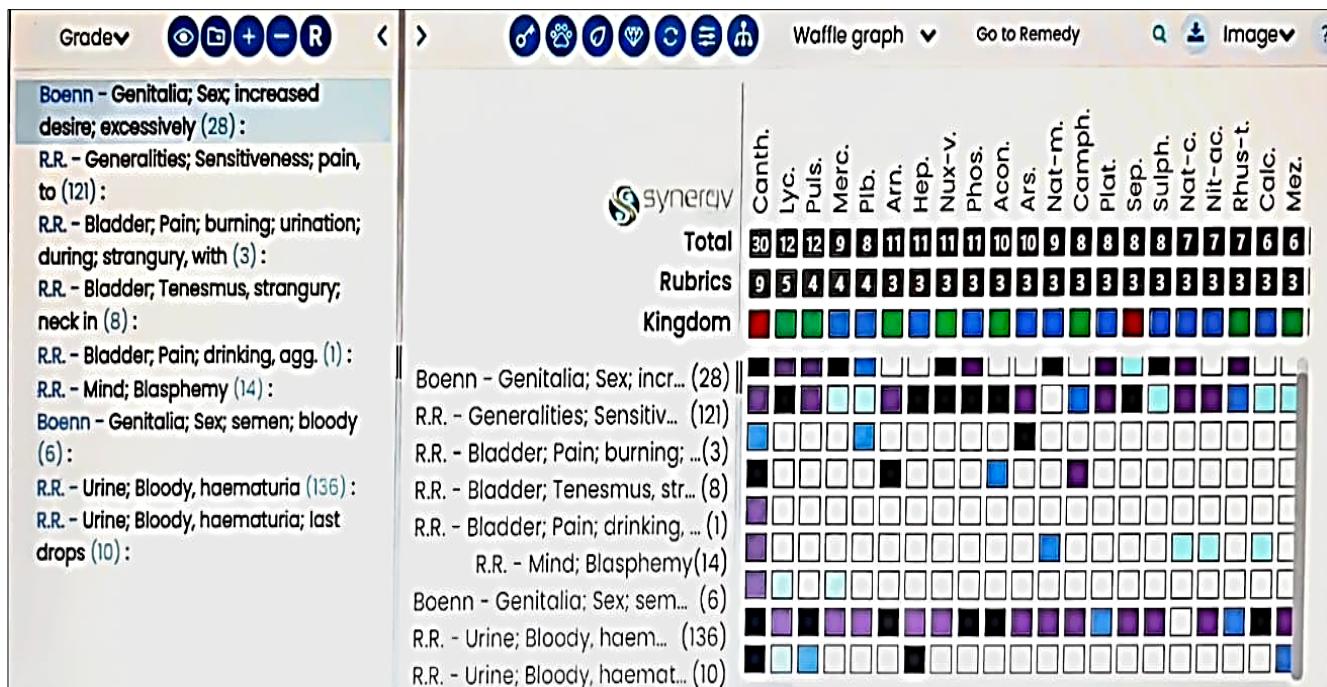
**Prostate:** It is normal in size, outline & echotexture. No focal lesion seen.

No Free fluid is seen in abdomen and pelvis. Left ureteric calculus causing minimal hydronephrosis

**Impression:** Minimal right hydronephrosis

**Course of Treatment**

This case seems to be very important as in this case we have prescribed the medicine specially on the pathological symptoms of the patient as well as his general mental state. Like when we enquired about his mental status patient told us a very classical symptom of increased sexual desire even after repeated sex and so the patient was totally exhausted when he came to us. After probing him in detail we could access that patient is having a trait of blasphemy too. Whenever the patient was drinking water pain was aggravated in the pelvic area. So considering the physical general as well as the mental generals and state of the patient Dr. Singhal prescribed cantharis in 6 potency just 5 drops in water which was repeated one hourly for first 7 days. And after 7 days bleeding stopped completely.

**Chart of Medicines prescribed and relief achieved**

And further doctor Singhal prescribed the same medicine for the next 7 days but it was repeated just 3 times a day.

**Medical Guidelines Recommend for the Patients**

- **Hydration:** Consuming at least 2-3 liters of water daily

to maintain light-colored urine.

- **Dietary Changes:** Limiting salt, animal protein, and oxalate-rich foods (like spinach, nuts, and chocolate) depending on stone type.
- **Natural Aids:** Lemon juice (contains citrate) and pomegranate juice may support kidney health and help prevent stone formation

In most of the kidney stone cases in Homeopathy we use the medicines therapeutically but here I want to emphasize that there are importance of mental state of the patient that should be kept in mind as very well said by Dr. James Tyler Kent in his lectures on *Materia medica*.

In this case we followed up using clinical and ultrasonographic evidence and reported as per the HOM-CASE guidelines. The Modified Naranjo Criteria for Homoeopathy (MONARCH) was used to evaluate the cause-attribution of prescription medicines. The patients

made a full recovery, and post treatment reports revealed that there were no residual calculi. Individualized homoeopathic medicines cantharis showed beneficial effects in these cases. The patient's overall MONARCH score was +9/13. Individualized homoeopathic treatments were successful in removing kidney stones quickly and without any adverse side effects.

Now the patient is totally cured of his kidney stones.

## USG of Abdomen

**Sri Guru Har Rai Sahib Diagnostic Centre**

**FACILITIES AVAILABLE:** COMPUTERISED LABORATORY, ULTRA SOUND, ECG, DIGITAL X-RAY, CT-SCAN, MRI 3T

**CHANDIGARH : 0172-4042691** **KHARAR : 0160-5000915** **ZIRAKPUR : 01762-462691** **MOHALI : 90416-62691**

**IN THE SERVICE OF HUMANITY**

**Name:** Mr. Naveen (ID:249784) **Date:** 09 December 2023 **Investigation:** USG Whole Abdomen **Age:** 42Y/M

**Liver:** It is normal in size, outline & echotexture. No focal lesion seen. Intrahepatic biliary radicals are not dilated. The portal vein is normal in course and caliber. The hepatic veins appear normal.

**Gall Bladder:** It is partially distended. Wall thickness is within normal limits. No intraluminal calculus is seen. No pericholecystic fluid is seen. C.B.D. is not dilated.

**Pancreas:** Head and body of pancreas is normal in size, outline & echotexture. No focal lesion seen. Pancreatic duct is not dilated. Tail of pancreas is obscured.

**Spleen:** It is normal in size, outline & echotexture. No focal lesion seen. Splenic vein is normal in diameter.

**Right Kidney:** It is normal in size (~9.7cms), outline & echotexture. Cortico medullary differentiation is maintained. The Parenchymal thickness is within normal limits. No focal lesion or calculus seen. Minimal PCS fullness is seen.

**Left Kidney:** It is normal in size (~9.1cms), outline & echotexture. Cortico medullary differentiation is maintained. The Parenchymal thickness is within normal limits. No focal lesion or calculus seen. The pelvicalyceal system is not dilated.

**Bladder:** It is minimally distended.

**Prostate:** It is normal in volume.

**No Free fluid is seen in abdomen.**

**Impression:**

- Minimal right PCS fullness

**Please correlate clinically**  
Reported By: Mrs. Neetu

**Dr. Harinder Singh Thind**  
Regd. No: 45861(PMC)  
Consultant Sonologist

**AFTER TREATMENT**  
AT. DR. SINGHAL HOMEO  
CHANDIGARH  
INDIA.  
Contact: 7087463000

**Name:** Mr. Naveen (ID:249984) **Date:** 21 November 2023 **Investigation:** USG Whole Abdomen **Age:** 42Y/M

**Liver:** It is normal in size, outline & echotexture. No focal lesion seen. Intrahepatic biliary radicals are not dilated. The portal vein is normal in course and caliber. The hepatic veins appear normal.

**Gall Bladder:** It is well distended. Wall thickness is within normal limits. No intraluminal calculus is seen. No pericholecystic fluid is seen. C.B.D. is not dilated.

**Pancreas:** Head and body of pancreas is normal in size, outline & echotexture. No focal lesion seen. Pancreatic duct is not dilated. Tail of pancreas is obscured.

**Spleen:** It is normal in size, outline & echotexture. No focal lesion seen. Splenic vein is normal in diameter.

**Right Kidney:** It is normal in size (~10.0cms), outline & echotexture. Cortico medullary differentiation is maintained. The Parenchymal thickness is within normal limits. No focal lesion or calculus seen. Minimal hydronephrosis is seen.

**Left Kidney:** It is normal in size (~9.9cms), outline & echotexture. Cortico medullary differentiation is maintained. The Parenchymal thickness is within normal limits. No focal lesion or calculus seen. Minimal hydronephrosis is seen along with dilated ureter. A calculus measuring ~6.9mm is seen in lower end of mid ureter.

**Bladder:** It is well distended. Wall thickness is normal. No focal lesion or calculus seen.

**Prostate:** It is normal in size, outline & echotexture. No focal lesion seen.

**No Free fluid is seen in abdomen and pelvis.**

**Impression:**

- Left ureteric calculus causing minimal hydronephrosis
- Minimal right hydronephrosis

**Please correlate clinically**  
Reported By: Mrs. Neetu

**Dr. Harinder Singh Thind**  
Regd. No: 45861(PMC)  
Consultant Sonologist

**BEFORE**  
T.T.  
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HOMEO  
CHANDIGARH.  
CONTACT- 7087463000

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## Images of the reports of USG Abdomen before and after treatment

### USG of Whole Abdomen (After Treatment)

**Liver:** It is normal in size, outline & echotexture. No focal lesion seen. Intrahepatic biliary radicals are not dilated. The portal vein is normal in course and caliber. The hepatic veins appear normal

**Gall Bladder:** It is partially distended. Wall thickness is within normal limits. No intraluminal calculus is seen. No pericholecystic fluid is seen. C.B.D. is not dilated.

**Pancreas:** Head and body of pancreas is normal in size, outline & echotexture. No focal lesion seen. Pancreatic duct is not dilated. Tail of pancreas is obscured.

**Spleen:** It is normal in size, outline & echotexture. No focal lesion seen. Splenic vein is normal in diameter.

**Right Kidney:** It is normal in size (~9.7cms), outline & echotexture. Cortico medullary differentiation is maintained. The Parenchymal thickness is within normal limits. No Jocular lesion or calculus seen. Minimal PCS fullness is seen.

**Left Kidney:** It is normal in size (~9.1cms), outline & echotexture. Cortico medullary differentiation is maintained. The Parenchymal thickness is within normal limits. No focal lesion or calculus seen. The pelvicalyceal system is not dilated.

**U. Bladder:** It is minimally distended.

**Prostate:** It is normal in volume.  
No Free fluid is seen in abdomen.

**Impression:** Minimal right PCS fullness

### Conclusion

Nano Homeopathy had given good relief in cases of kidney stone. The nano homeopathic medicines were very useful in reducing pain from kidney stone and facilitating expulsion of stones. From this case study we can conclude that, kidney stone can be complete cured using homeopathy.

### Biography

Dr. Vikas Singhal (drvikassinghal38@gmail.com, +91-7897178971) is a classical homeopath with over two decades of experience, treating patients from 70+ countries. He is Director, Homeo Saga Pvt. Ltd. He is also Director at Dr. Singhal Homeo Clinc. He is a supporter and donor member of UNICEF. Also working and making research in the field of chronic and although otherwise called as incurable diseases and creating scientific publications. His expertise in managing chronic viral and autoimmune disorders, including HPV-related and syphilitic infections, reflects the power of homeopathy as a holistic, natural system of healing. He is one of the best Homeopathic Physicians to treat acute & chronic, recurring, autoimmune, and resistant diseases in the Tricity and India. He is offering treatment for rheumatoid arthritis, Ulcerative Colitis, Vitiligo, Ankylosing spondylitis, Psoriasis, Osteomyelitis, and various rare diseases considered incurable in other systems of medicines to Indian Patients and patients from different parts of the world. Dr. Singhal is known for his individualized, evidence-based approach to treatment. His commitment to evidence-based, classical homeopathic practice has earned him respect and recognition which also earned him several honors and awards for his selfless service to human being, he is the recipient of prestigious Bharatshri Award (2025). Dr. Singhal is a Life Member of leading professional bodies like the Indian Institute of Homeopathic Physicians (IIHP), Akhil Bhartiya Chikitsak Association (ABC), Liga Medicorum Homoeopathica Internationalis (LMHI), and the Australian Homeopathic Association (International Allied Member Practitioner). He is also an Honorary Physician at Tiny Tots Preparatory School, Chandigarh. Dr Singhal is a well-known speaker at various national and international seminars and conferences. His Youtube channel is very popular named as Homeo Doctor (<https://youtube.com/@homeodoctor?si=gAG2li49yCKrOr0k>).

### Conflict of Interest

Not available

### Financial Support

Not available

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