

Pilot Study: Effect of Hydrangea Arborescens in cases of Renal Calculi Assessed by Guy's Stone Score

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I. BACKGROUND & NEED OF STUDY

In India, renal calculi affect about 12% of the population (~7 million people), with 50% at risk of reduced kidney function. Hospitalization occurs in roughly 1 in 1,000 cases. The main stone belt regions are Northern India and parts of Maharashtra, Gujarat, and Madhya Pradesh. The condition is more common in White males, less in Hispanic and Asian individuals, and least in Black individuals. Men are affected 2 to 4 times more often than women.

II. INTRODUCTION

A crystal concretion that originates in the kidneys may develop anywhere in the urinary tract, including the ureter, bladder, or urethra. Passing them can be painful but usually does not cause permanent damage. Kidney stone disease is marked by severe pain, nausea, vomiting, haematuria, and fever. Treatment generally involves medicine or surgery; however, in patients with comorbidities, surgery may not be feasible. Homoeopathy provides an alternative approach for such patients.

III. HOMOEOPATHIC APPROACH

Studies, including those by the CCRH, highlight the efficacy of homoeopathic remedies in renal calculi. Remedies such as Cantharis, Lycopodium, Sulphur, Pulsatilla, Hydrangea arborescens, and Nux vomica have been found useful. Hydrangea arborescens is specifically recognized for its action on the renal system, traditionally used by Cherokee Indians as a 'stone-breaking' remedy due to its ability to dissolve

deposits and ease their passage.

IV. AIM

To understand the effectiveness of Hydrangea arborescens in cases of renal calculi.

V. OBJECTIVES

- 1) To study signs and symptoms of Hydrangea arborescens related to renal calculi.
- 2) To assess the clinical utility of Guy's Stone Score.

VI. MATERIAL & METHODS

1)-Study Design: Prospective pilot study, Interventional / Clinical study 2)-Sample Size: 14 participants selected voluntarily

3)-Age group: 18–45 years 4)-Inclusion Criteria:

- Male and female are included.
- 18-45 years of age group are included.
- Pre diagnosed & diagnosed cases of Renal Calculi.
- Patient who are voluntarily taking Homoeopathic Medicine & patient who voluntarily participate in Research

5)-Exclusion Criteria:

- Age below 18 and above 45 years.
- Patient having any other systemic disease example– Diabetes Mellitus, Hypertension, Hyperparathyroidism etc.
- Patient having any other renal pathology other than renal calculi like Acute kidney injury, Acute Renal failure, chronic Renal failure, Glomerulonephritis etc.

- Patient having terminal disease like Cancer, HIV etc.
- Individual utilizing Allopathic medicine/ any other pharmacological Treatment other than homeopathy are excluded.
- Pregnant women and lactating women are excluded.

6)-Withdrawal criteria

- During treatment if patient undergoes any serious conditions like acute renal failure, uremia, severe pyelonephritis obstruction or strangulation of urine etc then withdrawal the patient from treatment.

8)-Interventional Guideline:

- Hydrangea arborescence medicine given to suitable patient.

9)-Selection of Potency

- According to pathology and guideline related to selection of potency given under Organon of medicine and per requirement of patient.

10)-Dose & repetition

- According to the principle outlined in Organon of

medicine & as per requirement of patient.

11)-Follow up & monitoring:

- Follow up of each case will be taken at 15 days or as per requirement of patient.

- USG of abdomen – pelvis at 3 months interval.

12)-ASSESSMENT CRITERIA:

The Guy's Stone Score is a widely used scoring system to evaluate the severity of renal calculi (kidney stones). It considers three factors:

1. Stone size (maximum diameter): 0 points: < 5 mm

- 1 point: 5-10 mm
- 2 points: 11-20 mm
- 3 points: > 20 mm

▪ Stone location:

- 0 points: Renal pelvis or upper ureter
- 1 point: Middle ureter
- 2 points: Lower ureter or vesicoureteral junction

2. Number of stones:

- 0 points: Single stone
- 1 point: 2-3 stones
- 2 points: > 3 stones

INTERPRETATION OF GUY'S STONE SCORE

SCORE	SEVERITY
0-2 points	Mild disease
3-4 points	Moderate disease
5-6 points	Severe disease

VII. ANALYSIS AND RESULT

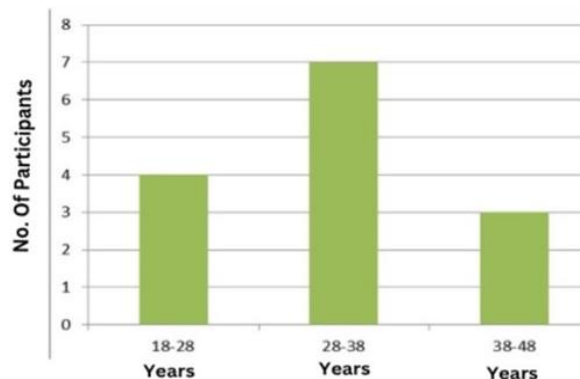


Figure 1-Age wise distribution of cases.

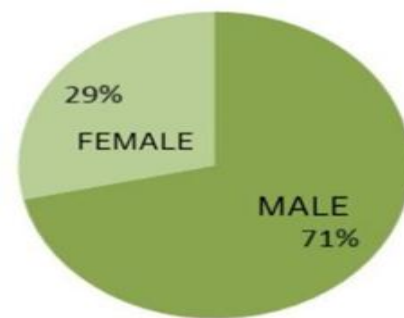


Figure 2 - Distribution of cases acc gender

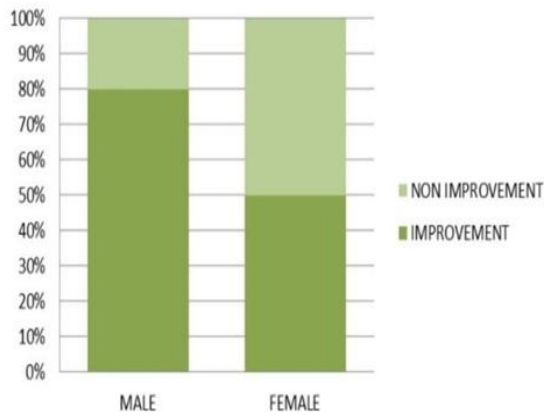


Figure 1-Result

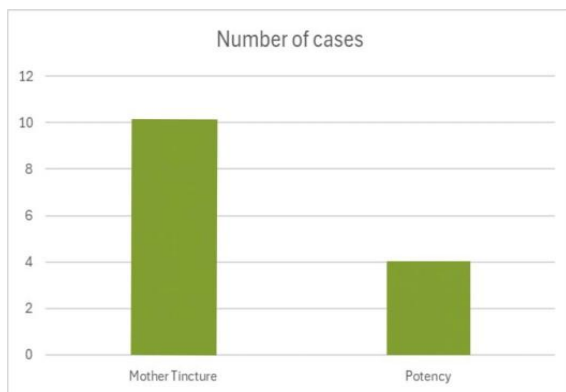


Figure 2- Different form of medicine used in cases

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VIII. RESULTS

The results of this pilot study showed that the Guy's Stone Score, when applied to assess the impact of *Hydrangea arborescens* in cases of renal calculi, demonstrated a significant improvement in both genders. Approximately 14 participants (a considerable majority) showed clinical improvement with marked reduction in symptoms. A very small percentage (4 participants) exhibited minimal improvement.

IX. CONCLUSION

The pilot study confirms that *Hydrangea arborescens*, assessed by Guy's Stone Score, demonstrated therapeutic benefits in renal calculi cases. The treatment showed significant improvement in symptom relief and reduction in stone size, supporting its role as a useful homoeopathic intervention.