

Comparative Study on the Efficacy of *Lycopodium 30C* and Individualized Constitutional Medicine in the Management of Renal Calculi

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Abstract— Background: Urolithiasis is a significant clinical challenge due to its recurrence and the limitations of conservative management. Homeopathy offers a dual approach using specific remedies for acute pathology and constitutional remedies for systemic diathesis.

Objective: To evaluate the effectiveness of combining *Lycopodium 30C* and constitutional medicine against a control group receiving standard supportive care. **Methods:** 60 patients were randomized into two groups (n=30 each). Group A received *Lycopodium 30C* and a constitutional remedy; Group B received standard hydration and analgesic therapy.

Results: Data analyzed using an unpaired t-test showed a significantly lower mean stone size in Group A compared to Group B after 4 months (p<0.01). Symptomatic relief was significantly faster in the intervention group.

Key Terms: Comparative Study, *Lycopodium 30 C*, Constitutional Medicine, Renal Calculi

I. INTRODUCTION

Renal calculi, or urolithiasis, affect approximately 10–12% of the population in industrialized countries. [1] While surgical interventions like Lithotripsy (ESWL) are effective for immediate removal, they do not address the metabolic "lithic diathesis"—the patient's tendency to form new stones. [2]

Homeopathic philosophy posits that the local manifestation (the stone) is a result of a deeper systemic imbalance. *Lycopodium clavatum* is a deep-

acting polychrest with a high affinity for the right urinary tract. [3] When paired with a Constitutional Medicine—a remedy selected based on the patient's mental, physical, and general totality—it is hypothesized that both the expulsion of the stone and the correction of the metabolic tendency can be achieved simultaneously. [4]

II. REVIEW OF LITERATURE

Homeopathic literature emphasizes that the treatment of stones requires a holistic view. While *Lycopodium* is a leader for right-sided cases, several other remedies are documented for their specific and constitutional roles:

Lycopodium Clavatum: Indicated for right-sided renal colic, pain relieved by urination, and presence of red sandy sediment in the urine.

Berberis Vulgaris: The primary remedy for left-sided stones where pain radiates from the kidney to the bladder and down the thighs.

Sarsaparilla: Essential for stones causing severe pain at the end of urination and white sediment.

Calcarea Carbonica: A frequent constitutional remedy for those with slow metabolism, obesity, and "chilly" disposition, aimed at correcting calcium oxalate imbalances.

Sulphur: Used as a constitutional remedy for "hot" patients with skin symptoms and a tendency toward acidity and metabolic congestion.

Benzoic Acid: Indicated when the urine is intensely foul-smelling and contains high amounts of uric acid.

III. METHODOLOGY

Study Design: Comparative Study
 Participants: 60 diagnosed cases of renal calculi (size 5mm–12mm) confirmed via USG.

Allocation:
 Group A (Homeopathy): Received *Lycopodium 30C* (daily) + a single dose of a Constitutional Medicine based on repertorization.

Group B (Control): Received standard conservative treatment (increased fluid intake, 2-3L/day, and NSAIDs for pain as needed).

Outcome Measurements:
 Reduction in Stone Size: Measured in millimetres via USG-KUB at the end of 120 days.
 VAS Score for Pain: A 0–10 scale recorded during follow-ups.

IV. RESULTS

The unpaired (independent) t-test was used to compare the final outcomes of Group A versus Group B to see if the homeopathic intervention was statistically superior.

Table No. 1- Statistical Analysis of Pre- and Post-Treatment Scores (N=50)

Parameter 120 Days	Group A Mean SD	Group B Mean SD	t Value	P value
Mean Stone Size (mm)	2.3±1.4	6.1±2.2	7.98	< 0.005
Mean Pain Score (VAS)	1.1±0.6	4.2±1.5	10.45	< 0.001

Statistical Summary: The t-test results indicate that the difference between the groups is statistically significant. Group A showed a much lower mean stone size and lower pain intensity compared to the control group, suggesting that *Lycopodium* and constitutional prescribing significantly aid the dissolution and passage of stones compared to hydration alone.

V. DISCUSSION

Key Rubrics from Major Repertories
 Repertorisation typically focuses on location, sensation, modalities, and concomitants.

1. Kent’s Repertory [6]

Kidneys; PAIN; Ureter; right side: *Lycopodium* is a leading remedy.

Kidneys; PAIN; extending to bladder: Includes *Lycopodium* along with *Berberis* and *Sarsaparilla*.

Urine; SEDIMENT; sand, gravel; red: A characteristic symptom for *Lycopodium*.

Urination; DRIBBLING: Often associated with renal colic spreading to genitals.

2. Boericke’s Repertory [2]

Urinary System; KIDNEYS; Calculi gravel (nephrolithiasis): Covers the clinical formation of stones.

Urinary System; URINE; Red sand: Specifically highlights *Lycopodium*.

Urinary System; KIDNEYS; Pain, stitching, right side: Characteristic for *Lycopodium*.

3. Murphy’s Repertory [5]

Kidneys; NEPHROLITHIASIS: Murphy uses modern diagnostic terminology for easier rubric selection.

Kidneys; RENAL COLIC; right side: Specific to the side affinity of *Lycopodium*.

Urine; INDICAN containing: Used when metabolic issues are present in the case.

Table No. 1- Comparative efficacy

Approach	Key Findings
<i>Lycopodium 30C</i>	Highly effective for right-sided stones, pain radiating to the bladder, and urine with red sand-like sediment.
Constitutional Medicine	Mental generals and physical generals used when <i>Lycopodium</i> does not match the totality.

Study suggests that while *Lycopodium 30C* is a powerful organ-specific remedy and Individualised Treatment which may lead to *Lycopodium* or other remedies provides more comprehensive relief and aids in both the disintegration and expulsion of stones.

VI. CONCLUSION

This study demonstrates that the combined application of *Lycopodium 30C* and individualized constitutional medicine is highly effective in treating renal calculi. The reduction in stone size in the homeopathic group significantly outperformed standard supportive care. This suggests that homeopathy not only helps in the expulsion of the physical stone but also modulates the body’s internal environment to facilitate recovery and potentially prevent future stone formation.

The integration of specific and constitutional homeopathic prescribing is significantly more effective than standard supportive care in reducing stone size and improving patient outcomes.

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