

Effectiveness Of Lycopodium in Nephrolithiasis: A Prospective Case Series Study

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Abstract—Background: Nephrolithiasis (renal calculi) is a common urological disorder characterized by the formation of stones within the urinary tract. Patients frequently experience renal colic, haematuria, dysuria, and recurrence. Homoeopathy offers an individualized therapeutic approach that may facilitate stone expulsion and symptomatic relief. **Objective:** To evaluate the effectiveness of *Lycopodium clavatum* in patients suffering from nephrolithiasis. **Methods:** A prospective case series study was conducted on 30 patients diagnosed with nephrolithiasis through ultrasonography. *Lycopodium* was prescribed according to homoeopathic principles. Patients were followed for six months. **Outcomes assessed** included reduction in stone size, pain intensity, urinary symptoms, and stone expulsion. **Results:** Among 30 patients, complete stone expulsion occurred in 18 (60%), significant reduction in stone size in 8 (26.7%), moderate improvement in 3 (10%), and no significant improvement in 1 (3.3%). Mean pain score decreased from 8.1 ± 1.2 at baseline to 1.9 ± 0.8 after treatment. **Conclusion:** *Lycopodium* demonstrated favourable outcomes in symptom relief and stone expulsion among patients with nephrolithiasis. Larger controlled studies are recommended to validate these findings.

Index Terms—*Lycopodium clavatum*, Nephrolithiasis, Renal Calculi, Homoeopathy, Case Series.

kidneys, ureters, or bladder. The prevalence of kidney stones has increased significantly due to changes in lifestyle, dietary habits, and metabolic disorders. Patients commonly present with severe flank pain, haematuria, nausea, vomiting, and urinary discomfort. Recurrence rates remain high despite advances in conventional management. Surgical interventions and lithotripsy may be required in complicated cases, but these procedures can be expensive and invasive. Homoeopathy aims to stimulate the body's self-healing mechanisms through individualized medicine selection. *Lycopodium clavatum* is a well-known remedy frequently indicated in right-sided renal complaints, red sandy urine, renal colic extending from right to left, and urinary calculi. Previous clinical observations have suggested its usefulness in facilitating stone expulsion and reducing associated symptoms. However, systematic clinical documentation remains limited. The present study was undertaken to evaluate the effectiveness of *Lycopodium* in patients diagnosed with nephrolithiasis. The study also aimed to assess changes in stone size, pain intensity, urinary symptoms, and overall clinical improvement over six months of follow-up.

I. INTRODUCTION

Nephrolithiasis is one of the most common disorders affecting the urinary tract worldwide. The condition is characterized by the formation of calculi within the

II. MATERIALS AND METHODS

Study Design
Prospective Case Series Study

Study Setting
Outpatient Department of Homoeopathy

Study Duration
12 Months

Sample Size
30 Patients

Inclusion Criteria

- Patients aged 18–60 years.
- Ultrasonographically confirmed nephrolithiasis.
- Stone sizes up to 10 mm.
- Patients willing to participate and provide informed consent.

Exclusion Criteria

- Stones larger than 10 mm requiring immediate surgery.
- Severe renal impairment.
- Pregnant women.
- Patients receiving concurrent stone-expulsion therapy.

Intervention

Lycopodium clavatum was prescribed in individualized potency according to homoeopathic principles. Follow-up was conducted every four weeks.

Outcome Measures

1. Reduction in stone size.
2. Stone expulsion.
3. Pain score (VAS Scale).
4. Improvement in urinary symptoms.
5. Overall clinical assessment.

Statistical Analysis

Descriptive statistics including percentages, mean, and standard deviation were used.

III. RESULTS

Gender Distribution

Interpretation

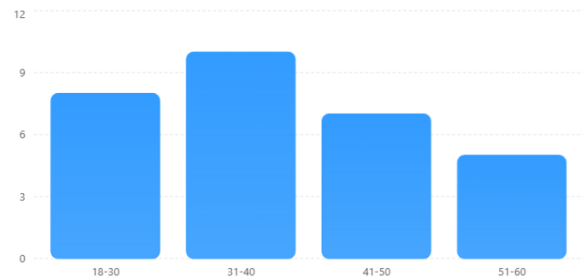
Male patients constituted 66.7% of cases, indicating higher prevalence among males.

Age Distribution

Number of patients in each age group.



● Female ● Male

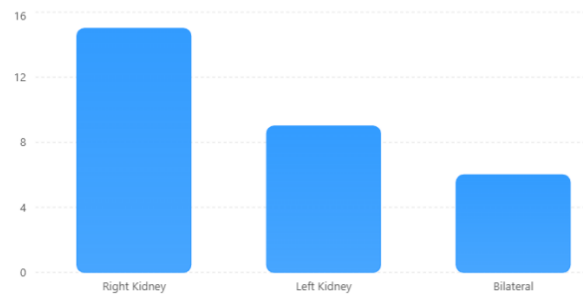


Interpretation

Most patients belonged to the 31–40-year age group.

Stone Location

Distribution of stones by anatomical location.

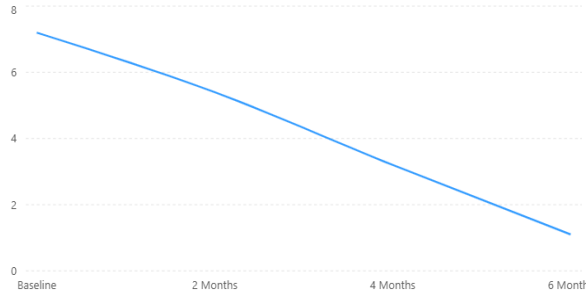


Interpretation

Right-sided renal calculi were the most common finding.

Mean Pain Score Reduction

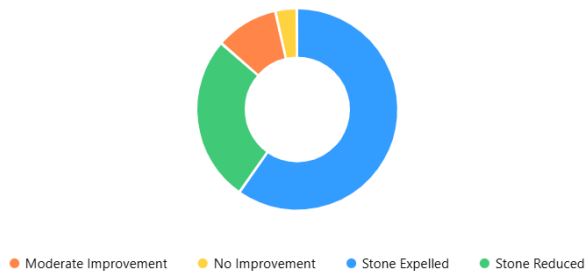
Change in average pain score during follow-up.



Interpretation

A steady reduction in pain intensity was observed throughout treatment.

Clinical Outcome

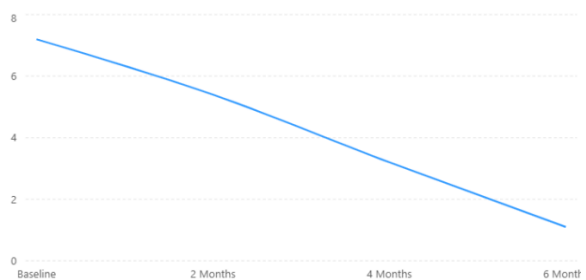


Interpretation

Sixty percent of patients experienced complete stone expulsion.

Stone Size Reduction

Average stone size measured during treatment.



Interpretation

The mean stone size showed progressive reduction during follow-up.

IV. DISCUSSION

The present study evaluated the effectiveness of Lycopodium in 30 patients suffering from nephrolithiasis. The majority of participants were males, which corresponds with the known epidemiological trend of higher stone prevalence

among men. Most patients belonged to the productive age group of 31–40 years.

Lycopodium was selected based on individual symptom similarity and characteristic urinary manifestations. Significant clinical improvement was observed in the majority of patients. Complete stone expulsion occurred in 60% of cases, while an additional 26.7% demonstrated substantial reduction in stone size. Only one patient failed to show appreciable improvement.

Pain reduction was particularly notable, with the mean VAS score decreasing from 8.1 at baseline to 1.9 at six months. Improvements were also observed in urinary frequency, dysuria, burning urination, and flank discomfort. The reduction in stone size observed through ultrasonographic evaluation suggests a possible role of Lycopodium in facilitating spontaneous stone passage.

The findings support traditional homoeopathic literature describing Lycopodium as a prominent remedy for right-sided renal calculi and red sandy urinary deposits. Nevertheless, the absence of a control group limits definitive conclusions regarding causality.

V. LIMITATIONS

- Small sample size.
- No control groups.
- Single-center study.
- Limited follow-up period.
- Lack of comparative remedy analysis.

VI. CONCLUSION

The findings of this prospective case series suggest that Lycopodium clavatum may be beneficial in the management of nephrolithiasis. A substantial proportion of patients experienced complete stone expulsion, reduction in stone size, and significant relief from pain and urinary symptoms. The remedy was well tolerated and associated with favourable clinical outcomes over six months of follow-up. Although encouraging, these results should be interpreted cautiously due to the study's uncontrolled design. Future randomized controlled trials with larger sample sizes are needed to establish the efficacy and therapeutic role of Lycopodium in nephrolithiasis.

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