

A Case Report of Urolithiasis of Patient with Multiple Bilateral Renal Stones

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Abstract- Prevalence of Urinary stones is increasing in the society due to high protein rich, salty diet with less physical exercise. In Ayurveda it is described as a *Mutrashmari* and manages through the detoxifying and pacifying the vitiated *doshas*. A 33 year old patient with 3 to 4 stones in all calyces of either kidney treated with single drug therapy of Unex capsule of Unijules Life Science Ltd. for three month and he got total cure without any pain etc.

Index Terms- Unex capsule, calculi, single therapy, case study, detoxifying, hydronephrosis, intraluminal

I. INTRODUCTION

Urinary stones belong to the group of biominerals. Different inorganic and organic substances with a crystalline or amorphous structure are the major constituent of the stone¹. Most (75% to 80%) kidney stones are calcium stones, composed of calcium oxalate and/or calcium phosphate. These stones are generally associated with high concentration of calcium in the blood or urin². Different symptoms due to the calculi are depended upon their size which ranges from few millimetres to the centimetres. Generally the stones below 5 mm size flush out automatically by the urinary tract. But the stones above 5 mm requires medical management otherwise it can lead to complications like severe pain, dysuria, hematuria etc. Most of the time nephrologists suggest surgery for the stone above 6 mm.

In Ayurveda it is described as a *Mutrashmari*³. Various curative treatment modalities are well described. There are such herbs which makes the treatment easier without any side effect and also minimizing the risk of recurrence. Unex is a capsule manufactured by Unijules Life Sciences Ltd. Nagpur from extracts of Punarnava (*Boerhavia diffusa*) and Gokhru (*Tribulus terrestris*) with sufficient quantity required.

II. CASE REPORT

A 33 year old male who had continuous backache and growing pain since 15 days was advised to undergo USG abdomen. It was observed that the patient had three non obstructive calculi of size 5 mm, 7 mm and 6 mm in upper mid and lower calyx respectively of right kidney. Left kidney also showed at least 3 to 4 non obstructive calculi ranging from 5 mm to 7 mm in all calyces. No hydronephrosis was observed on either side and urinary bladder was well distended and appeared normal. No intraluminal stone or mass lesion was seen. He was advised to undergo immediate surgery for that by the local

physician at his town Jintur dist. Parbhani, Maharashtra. After that he was also advised to go for urine routine and microscopic which showed no evidence of sugar, bacteria, blood cells and microbes.

He came to consult me at Nagpur for that. As the stones were in calyces and less symptomatic he was administered a single therapy of Unex capsule in a dose of two capsules t.d.s. before meal initially for one month followed by two capsules b.d. for next two months.

III. RESULTS

After starting the treatment with the dose of two capsule t.d.s., he is relieved from backache and growing pain in just 15 days and has no specific symptom regarding the calculi. He was advised to continue the same dose for next 15 days. Afterwards he was on the dose of two capsule b.d. before meal for two months. During the therapy he was just advised, not to eat plenty of green vegetables, protein and calcium rich products. He was not advised to drink plenty of water; just normal habits were maintained.

After 3 and half month of treatment USG abdomen was done which showed normal abdomen and pelvis with no evidence of calculus. No evidence of extrinsic mass effect or intrinsic filling defect.

IV. DISCUSSION

Kidney stones do not have a single, well-defined cause, but are the result of a combination of factors. A stone is created when the urine does not have the correct balance of fluid and a combination of minerals and acids. When the urine contains more crystal-forming substances than the fluid can dilute, crystals can form. Normally the urine contains components that prevent these crystals from attaching to each other. However, when these substances fall below their normal proportions, stones can form out of an accumulation of crystals⁴. Generally stones are formed in calyces (parts of the kidney which pass urine into the ureter.) and then slowly migrate towards the ureter and produces the symptoms like pain, nausea etc.

V. MODE OF ACTION

Unex capsule contains extracts of Punarnava⁵ (*Boerhavia diffusa*) and Gokharu⁶ (*Tribulus terrestris*). This helps in detoxifying the kidney by eliminating the toxins from the gastrointestinal tract and kidney^{5,6}. It reduces the elevated uric

acid levels and thus minimise the risk of recurrence of stone. Its anti-inflammatory effect reduces associated inflammation. Due to its diuretic and cleansing action it also reduces the risk of hydronephrosis and hydroureter^{5,6}. Thus it helps in maintaining the fluid and acid-base balance and slowly flushes the stone out of the urinary tract without any pain.

As the patient usually eats high protein diet and more salt, that may be probable cause of the stone. Patient was advised to drink only adequate quantity of water and not the plenty of water during the therapy which is generally advised by nephrologists for flushing the stone out. Main aim of the treatment was to detoxify the urinary system and maintain the fluid and acid-base balance which is well achieved by the single therapy of Unex capsule.

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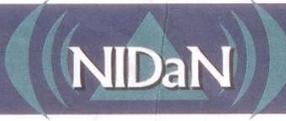
Legends of the photos:

Figure 1: USG before treatment.

प्रति :- डॉ. सारंग देशपांडे

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Name- S R Sanap

33 Years /male

R/ By -self

ABDOMINAL ULTRASONOGRAPHY

Liver shows normal parenchymal echogenicity with smooth contour. No focal defect or mass. IHBR, CBD normal.

Gall Bladder shows normal physiological distention with normal thickness of wall. No Calculus, Sludge or intra luminal mass

Portal system is normal.

Pancreas and spleen is normal. No focal defect. No parenchymal calcification

PD is not dilated. Spleen is normal in size, span measures 9cm.

Both kidneys are normal in size shape and cortical echogenicity. Cortico-medullary differentiation is maintained. **There are three non obstructive calculi of 5 mm, 7 mm and 6 mm sizes seen in upper mid and lower calyx respectively of right kidney. Left kidney also shows atleast three to four non obstructive calculi ranging from 5 to 7 mm in all calyces.** Both PC system is normal. No e/o hydronephrosis on either side.

Urinary bladder is well distended and appear normal. No intra-luminal stone or mass lesion seen.

The prostate is normal in size shape and echopattern. No focal lesion seen.

No e/o free fluid in abdomen and pelvis.

No significant abdominal lymphadenopathy seen

IMPRESSION-

Multiple non obstructive calculi in both kidneys as mentioned in the text.

No e/o hydronephrosis or hydroureter on either side.

With regards

Dr. Kansatwad Vyankatesh , MD (Radiology)

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Figure 2: USG after treatment.

ADITI SONOGRAPHY AND XRAY CLINIC

SHASHTRI NAGAR
HINGOLI - 431513
Phone No: 02456-220226

Name: Mr. S R Sanap
Sex: M
Age: 33 Years
Date: 02-Mar-2011

Study: ABDOMEN AND PELVIS
Ref By: SELF
Examined By: Dr. RAJESH PAWAR
M.B.B.S.,D.M.R.D.

- LIVER :- The liver is normal in size & echotexture. No evidence of focal lesion visualized part of liver parenchyma. IHB & portal radicles normal.
- GB :- The gall bladder is partially distended physiologically. Normal wall thickness. No evidence of calculus. No evidence of pericholecystic collection.
- PANCREASE :- The pancreas is normal in size & echotexture. No evidence of focal lesion. Pancreatic duct not dilated. No evidence of calculus.
- SPLEEN :- The spleen is normal in size & echotexture. No evidence of focal lesion.
- KIDNEY :- Both kidneys are normal in size, shape, position, outline & axis. The parenchymal echotexture & C/M differentiation is well maintained. Both P/C systems are normal. Mid ureter not visualized. No evidence of calculus.
- BLADDER :- The bladder is well distended. Normal wall thickness. No evidence of calculus. No evidence of extrinsic mass effect or intrinsic filling defect.
- PROSTATE :- Prostate is normal.
- FLUID :- No evidence of free fluid in abdomen.
- LN :- No evidence of intrabdominal lymphadenopathy.
- IMPRESSION:- REAL TIME TRANSABDOMENAL USG S/O
NORMAL ABDOMEN & PELVIS
- THANKS FOR REFERAL



Dr. RAJESH PAWAR

SonoDoc 91-20-254.