Case Report

Clinical Efficacy of Homeopathy in the Treatment of Simple Kidney Cysts.

Ashru Kana Chowdhury[1], Md. Mazharul Islam[2], Nur - E – Alam Rasel[3], Linette Maria Alfaro Cordero[4]

From, [1]Lecturer, Medicine Department, Dr. Zakir Hossain City Corporation Homeopathic Medical College and Hospital, Chittagong 4000, Bangladesh, [2]Instructor, Nautical, Marine Fisheries Academy, Chittagong 4000, Bangladesh, [3]Lecturer, Clinical Medicine Department, Government Homoeopathic Medical College and Hospital, Mirpur-14, Dhaka-1206, Bangladesh, [4]Agronomist Engineer, Market Development, PIMA offices, next to CENADA, Barreal, Heredia, Costa Rica 96-3006.

ABSTRACT

A simple kidney cyst is a non-cancerous fluid-filled sac that develops in the kidney's nephrons, often due to age-related changes. While typically asymptomatic, larger cysts can cause pain, urinary complications, or kidney function impairment. Homeopathy has successfully treated symptoms associated with kidney cysts, offering a personalized approach to alleviate discomfort and improve overall kidney health without invasive procedures. This case report details the successful homeopathic treatment of simple kidney cysts in a 40-year-old male patient over ten months. Treatment commenced with *Psorinum* 200, selected based on symptom presentation and miasmatic considerations. *Lycopodium clavatum* later became the predominant remedy, addressing left-sided affinity and urinary disturbances typical of the condition, with Thuja occidentalis 50 M concluding the regimen to consolidate therapeutic gains. Objective evaluation via USG imaging confirmed significant cyst reduction and eventual resolution, aligning with observed clinical improvements throughout treatment. This case underscored the efficacy of personalized homeopathic approaches in managing chronic kidney conditions, emphasizing individualized remedy selection guided by comprehensive patient assessment. This report will contribute to the growing evidence supporting homeopathy's role in integrative healthcare strategies, advocating for further research to enhance its understanding and application in clinical practice.

Key words: Kidney cyst, Homeopathy, Non-cancerous, Urinary complications, Integrative healthcare.

Sample cystic kidney conditions prevail over kidney irregularities defined by fluid-filled cysts within the kidneys. No signs and symptoms are usually connected with these cysts; they are entirely secure. Coming across them accidentally throughout imaging evaluations carried out for various other factors is constant. The regularity of kidney cysts increases considerably with age, affecting about 50% of individuals aged 50 and over [1]. This problem is about 27% throughout all demographic groups, with males having a better occurrence of 34%, contrasted to females with an occurrence of 21%. The frequency increase from 14% in those aged 20-29 to 55% in those aged 70 years or older for men as well as from 7% to 43% for women [2]. The root cause of sample kidney cysts is not recognized. However, they are thought to be established from the tubular epithelium and can differ in measurements, varying from a couple of millimeters to numerous centimeters. Although generally safe, setting apart these cysts from even more extreme health problems such as polycystic kidney condition, kidney cell cancer cells, as well as various other detailed cystic developments is scientifically substantial [3-4]. The recognition and also summary of kidney cystic sores are generally achieved utilizing calculated tomography (CT), stomach ultrasonography (USG), and magnetic resonance imaging (MRI) [5-6].

Therapy choices often depend upon insufficient information or misconceptions and frequently include medical treatments such as delamination, marsupialization, and percutaneous goal, which are utilized for both symptomatic and asymptomatic instances [7-8]. Corresponding natural medicine techniques, such as homeopathy, have gathered interest for their prospective efficiency and all-natural approach to client treatment [9]. Homeopathy, predicated on the concepts of "like treatments like" and the " regulation of minimum dosage," supplies a one-of-a-kind therapy standard tailored to improving the body's recovery procedures [10]. Remedies stemming from all-natural materials are prepared via potentization leading to very watered-down options thought to turn on the body's vital force plus recover physical, psychological, as well as psychological equilibrium [11] while

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Correspondence to: Md Mazharul Islam, College of the Environment and Ecology, Xiamen University, Xiamen-361102, China.

Email: cptmazhar@yahoo.com

the clinical basis of homeopathy continues to be a subject of dispute there is expanding rate of interest in comprehending its systems as well as possible effectiveness.

Current research and academic structures recommend that homeopathic remedies might function via detailed organic paths, although even more study is required to confirm these searches [12]. The reasoning for thinking about homeopathic therapy in cystic kidney conditions hinges on its alternative method to individual treatment as well as its emphasis on resolving the hidden inequalities adding to condition indication [13]. Natural solutions are suggested based upon an individualized analysis of the person's signs constitution and vulnerability to conditions to advertise self-healing as well as bring back total wellness [14]. By attending to the source reasons for kidney cyst development, homeopathy might provide a mild plus efficient option or adjunctive treatment to traditional therapies, possibly lowering the requirement for intrusive treatments plus decreasing the threat of reappearance. This capacity of homeopathy to minimize the demand for intrusive treatments brings alleviation coupled with reduced stress and anxiety regarding therapy for individuals as well as medical care specialists [15].

Regardless of the expanding passion for homeopathy as a refreshing alternative for cystic kidney conditions, extensive professional research study reviewing its efficiency and also safety, and security in this context continues to be restricted [16]. While situation records and empirical research have offered unscientific proof of favorable results with homeopathic therapy, larger-scale tests, and organized testimonials are essential to developing their location in the professional administration of calculi illness [17-18]. This case report highlighted the importance of exact medical diagnosis, reliable use of imaging, and discovering non-surgical therapy alternatives for handling sample kidney cysts. By sharing this CASE, we intend to provide insight into the nature and therapy of sample kidney cysts, emphasizing the relevance of cautious tracking to attain the very best results without requiring surgical treatment.

CASE REPORT

A 40-year-old man approached Rani Homeo Pharmacy in Chittagong city with severe back pain and some pathological reports. We found his symptoms and complaints as follows; his urine was passed through in two channels, cutting pain during urination, back pain extending to things, impotency, pain in the front of the penis, cowardice, seeking to get power or master, and fear of taking responsibility. At the age of 10/12 years, there was burning in urination, again at the age of 16/17 years. Ringworm, typhoid, malaria, bug, sores on the penis, blood, pus, and warts on fingers, the patient was working abroad for five years. Several notable conditions were identified in the patient's family history, including vitiligo, hemorrhoids, diabetes, hypertension, and arthritis. These conditions suggested the presence of underlying homeopathic miasms, which may include psora, sycosis, and syphilis. This comprehensive family disease history underscored the potential genetic predispositions that may influence the patient's overall health and treatment response. Through a comprehensive examination of the patient's whole medical history, including his past and family background, it was determined that an active psychotic miasm followed by syphilis is currently affecting the patient. Following a thorough analysis of the patient's medical history and review of the ultrasonography report (USG), a diagnosis of small sizes of left renal kidney was made [Fig. 1(a)].

The primary significant symptoms and complaints were analyzed using online Kent Repertory (a digital, internet-accessible version of Kent's Repertory, enabling users to quickly search and cross-reference symptoms and remedies for homeopathic treatment) (Supplementary File S1). The repertory matrix had fifty-one (51) homeopathic medications. The highest average strength recorded was 1.80 for the drug *Lycopodium clavatum*, followed by .72 for *Kalium carbonicum*(Kali-c) and .60 for *Gelsemium sempervirens*, among others. Among those medicines from the repertory list, five primary medications were used to make a Sankey diagram to select the most dominating medicines against rubrics (Fig. 2).

After choosing drugs from the Repertory and Materia Medica (a reference book that details the therapeutic properties, symptoms, and applications of homeopathic remedies based on clinical observations and proving), the patient was given medicine and clear instructions. Based on the symptoms, the person's past, family background, and miasm, suggestive medicines from Dr. Kent's repertory and Materia Medica were given as per the following treatment chart (Fig. 3). From the repertory suggestions and Sankey analysis the most predominated medicines was found *lycopodium clavatum*. As per miasmatic theories, *Psorinum* helps to clear obstacles to cure latent infections, suppressed conditions, preparing the body for the further treatment [19], we started with single dose of *Psorinum* (200).

Naranjo's Scale (a systematic tool used to assess the likelihood that an adverse drug reaction is related to a specific medication, based on a set of criteria) [20] was used to count adverse drug reactions (ADR) after fifteen days of taking drugs (Psorinum-200). The Naranjo Scale goes from -4 to 13 in its whole range. The reaction is inevitable as long as the number is greater than 9. If it's between 5 and 8, the reaction is likely. If it's between 1 and 4, a reaction may be possible. And if it's less than Zero (0), the drug's reaction is unlikely. *Psorinum's* ADR was -1 in this case, and the response was not likely (Fig. 4). We also took these observations for the dominated medicine (*Lycopodium clavatum*) and also found

ADR as less than Zero (0). That's why we gave higher doses of *Lycopodium clavatum* to the patient and got significant improvement of the patient (Fig.3). The patient gave positive consent to publish her case in the journal.

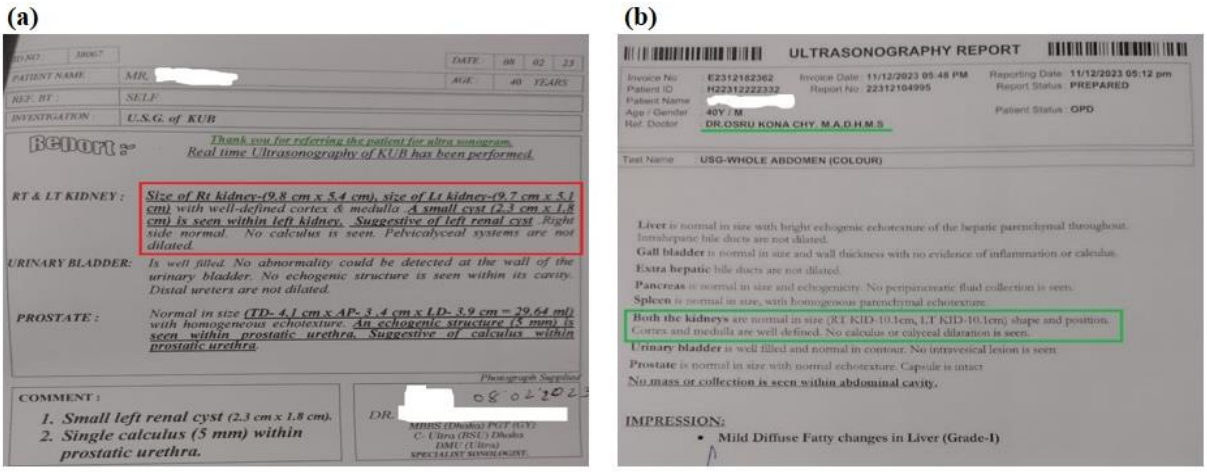

Fig. 1: (a) Laboratory diagnostic analysis before treatment, (b) Diagnostic analysis after treatment.

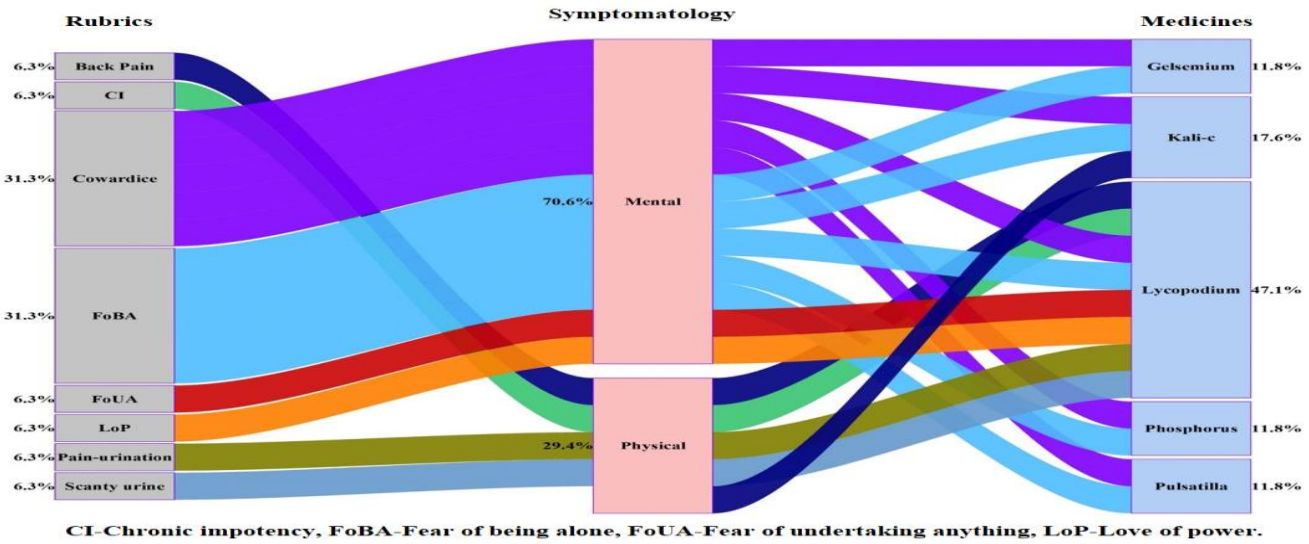

Fig. 2: Sankey diagram based on dominating rubrics and medicines

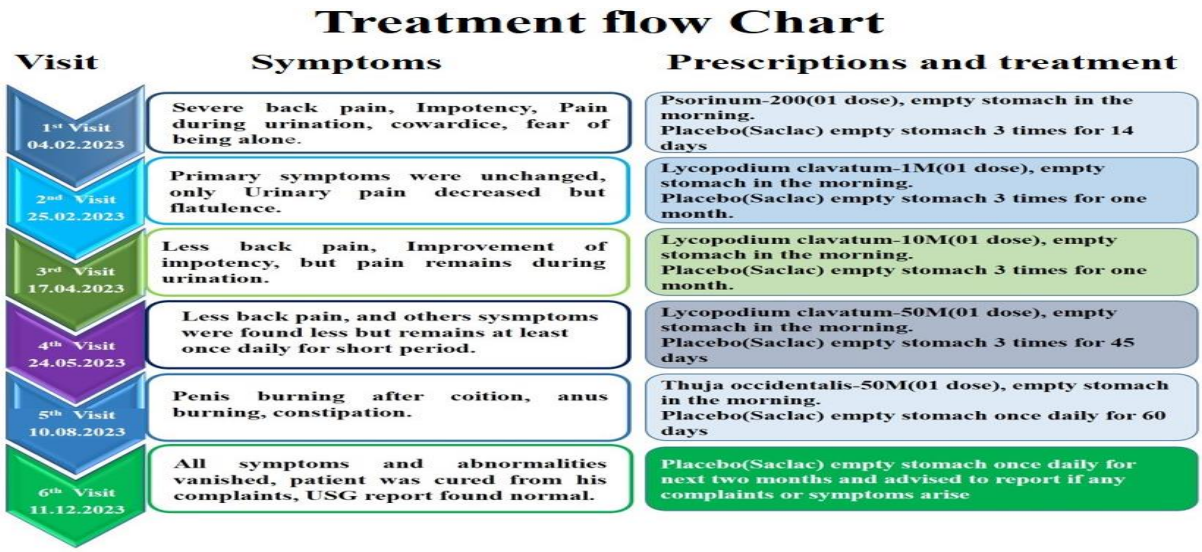

Fig. 3: Treatment flow charts based on periodic visits and prescriptions.

Sl.	Questions	Yes	No	Don't Know	Score
1	Are there previous conclusive reports of this reaction?	1	0	0	0
2	Did the adverse event appear after the drug was given?	2	-1	0	-1
3	Did the adverse reaction improve when the drug was discontinued or a specific antagonist was given?	1	0	0	0
4	Did the adverse reaction reappear upon readministering the drug?	2	-1	0	0
5	Were there other possible causes for the reaction?	-1	2	0	0
6	Did the adverse reaction reappear upon administration of placebo?	-1	1	0	0
7	Was the drug detected in the blood or other fluids in toxic concentrations?	1	0	0	0
8	Was the reaction worsened upon increasing the dose? Or, was the reaction lessened upon decreasing the dose?	1	0	0	0
9	Did the patient have a similar reaction to the drug or a related agent in the past?	1	0	0	0
10	Was the adverse event confirmed by any other objective evidence?	1	0	0	0
	Total Score				-1

Interpretation
Total Range -4 to 13
Definite if >=9
Probable in between 5 to 8
Possible in between 1 to 4
Doubtful if <=0
Naranjo et al., 1981

Fig. 4: Analysis of Naranjo's Scale for the detection of adverse drug reaction (ADR) (Naranjo et al., 1981)

DISCUSSIONS

In the discussed case of the patient, homeopathic therapy caused considerable enhancement over ten months. The therapy procedure initially consisted of *Psorinum* 200, adhered to by *Lycopodium clavatum* as the leading solution, and ended with *Thuja occidentalis* 50M. *Psorinum* 200 was picked for its prospective miasmatic results, perhaps preparing the body for succeeding therapies by resolving hidden concerns [21-22]. *Lycopodium clavatum*, based on the individual's signs, such as habitual fondness and urinary system troubles, played a vital role in the mid-treatment stage. Recognized for its usage in persistent problems with digestive plus urinary system disruptions, this solution highlighted the customized nature of homeopathy, straightening therapy with total amount of signs [22-23]. In the direction of the end of the therapy program, *Thuja occidentalis* 50M was presented, understood for its fondness for development along with urinary system problems. The high effectiveness of Thuja was meant to improve the recovery impacts of earlier therapies and guarantee the resolution of kidney cysts.

While this situation shows promising results in homeopathic treatments, increasing the possible activity devices for these solutions is necessary. Although the precise devices remain vague, concepts recommend that homeopathy might boost the body's all-natural recovery procedures, possibly with the body's immune system inflection or by affecting the body's power areas. However, it is similarly crucial to deal with the constraints of homeopathy, especially in dealing with even more complicated kidney problems. This instance included a reasonably sample renal cyst; plus, while the outcomes are urging, the efficiency of homeopathy in much more severe kidney illness is much less specific. Recognizing these limitations gives a much more refined point of view and highlights the requirement for an all-natural technique that might consist of standard clinical therapies when needed. Contrasting these findings with previous research studies discloses both staminas and restrictions of the present research. Earlier research studies, such as those by Frei, Thurneysen (2001) [24], and Varanasi et al. (2020) [25] has revealed blended outcomes relating to the efficiency of homeopathy in kidneys and various other persistent problems, with some reporting favorable results while others kept minimal results. Studies by Singh et al. (2022) [26] and Oberbaum et al. (2005) [27] discovered the function of homeopathy in taking care of kidney-related concerns, including cysts, with differing levels of success.

This situation added to the proof sustaining the possibility of embellished naturopathic therapy. Nonetheless, the small example dimension and the absence of control teams in this instance record restricted the generalizability of the search. Additional study with more significant example dimensions plus extra extensive research layouts is required to confirm these outcomes and a much better comprehension of the devices through which homeopathic treatments put in their results. Proceeded research studies and organized documents are vital to increasing the proof base and helping with notified scientific decision-making in homeopathic practice [21-22].

CONCLUSIONS

This case study showed the effective homeopathic therapy of sample kidney cysts over ten months with treatment customized to the individual's sure signs and symptoms. Objective evaluation using USG imaging validated cyst resolution, confirming the therapy's efficiency. These outcomes highlighted the possibility of homeopathy in handling persistent problems like kidney cysts with tailored, all-natural strategies. Future studies need to include more significant example dimensions, lasting follow-ups to examine the resilience of therapy impacts, and complete satisfaction metrics to reinforce the proof base. Stressing an alternative technique of in-person treatment is vital for creating detailed and efficient medical care techniques incorporating homeopathy.

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