

Getting stoned was not fun

Kidney stones and other lumps

by Francis Treuherz, MA, RSHom, FSHom



Francis Treuherz with his sons, Isaac and Eliezer

ONE DAY IN MARCH 2002, I was at home with my two sons, aged 3 and 8. Suddenly, I was in extreme agony with pain in my back ... or my side ... or my backside. I couldn't quite work out where the pain was coming from or what it was, and I hurt too much to be able to think.

Screaming my head off

I was literally writhing on the floor screaming my head off.

I also happened to be clutching my cordless phone. A friend called but I was in too much pain to speak. She hung up after listening to my screams for a few seconds and called an ambulance. The printer from the Society of Homeopaths called. I couldn't speak to him either. He hung up and called the Society of Homeopaths office, and they called for an ambulance. A colleague heard about my plight and called to tell me to take *Calcarea carbonica* 30C every 15 minutes. He hung up and called an ambulance because I couldn't speak and was still screaming my head off. My older son pressed the emergency button by the front door which alerts the local fire, police, and ambulance services.

Luckily, the ambulance service was coordinated so only one ambulance came. A neighbor came to take care of the boys, and I ended up at the hospital still screaming and taking *Calcarea carbonica* 30C every 15 minutes.

About two or three hours after this all began, the pain left me as suddenly as it had come. No hospital staff had paid me any attention until I stopped screaming. Then a doctor came by and asked me to pass urine into a glass bottle and we examined the results. With a naked eye we could see the pieces of stone.

I was exhausted and shaken, and I rested for a few days. During that time, I read up on kidney stones and their homeopathic treatment. In *New, Old and Forgotten Remedies* (published in 1900), E.P. Anshutz wrote about his own spectacular, long-term cure of horrible kidney stones. "It is true, the most suitable homeopathic remedies afforded me relief," he wrote. "The incarceration of calculi in the ureter especially was relieved by *Nux*; but they were unable to put a stop to the formation of calculi; this result was only attained by the preparation of *Calculus renalis*." *Calculus renalis* is a homeopathic

preparation of one of Anshutz' own kidney stones.

I decided to take *Calculus renalis* 30C once daily for three months, beginning in March.

A sudden blow-up

At the end of June 2002, I went to the annual Irish Homeopathic Conference in Galway, looking as if someone had just thumped me in the eye. A cyst in my eyelid had become inflamed just 24 hours before I was due to travel. I'd had this cyst for 25 years; every year or so it would gradually fill up with pus, and after a remedy like *Staphysagria*, it would burst and drain, but there was always a small, hard lump remaining.

This time, my eyelid had blown up suddenly. It was swollen, painful, and red. I took *Apis* 30C every 3 or 4 hours for a number of doses but it only palliated, relieving the swelling a little. Something was still there inside the underside of the lid.

I took a few doses of *Staphysagria* 30C and it did nothing. So I visited an ophthalmic surgeon at the local hospital who slit the underside of the eyelid, and out popped some fragments of stone. I avoided her prescription of antibiotics, and it healed rapidly with dilute *Euphrasia* tincture and one dose of *Staphysagria* 200C.

Stone-free

I believe that as a result of taking *Calculus renalis* for three months, the calcified cyst in my eyelid cracked. There was no outlet for it though until the surgeon made a slit, and out it popped.

Some months after this, I noticed that a couple of calcified lumps or arthritic nodules on my knuckles had become smaller. For years, I had not been able to wear my wedding ring because of them. Now I can wear the ring, and my knuckles are no longer painful.

I also have not suffered another attack of kidney stones. This is not a huge length of time to believe I am free of kidney stones, but it is now a year and six months with not a hint of a problem in this area.

I believe that there must be a similarity between calcifications wherever they may occur, and *Calculus renalis* has the potential to address them. Previous to my personal use of this remedy, I had prescribed it occasionally for patients with stones in the salivary glands. There was never a crisis or problem; the stones just got smaller and were reabsorbed.

Reminder

If you have stones, nodules, or calcifications, I suggest that you do not use this remedy at home. Instead, please consult a qualified homeopath to find the right

Francis Treuherz, MA, RSHom, FSHom, practices in London, England. He is currently Honorary Secretary of the Society of Homeopaths. He has been working in the National Health Service, and supervising undergraduate research students at the University of Westminster BSc program in homeopathy. He has a vast homeopathic library of over 6000 volumes and a collection of homeopathic artefacts, and a great store of anecdotal evidence. He can be reached at fran@gn.apc.org or online at www.homeopathyhelpline.com.

constitutional remedy for you, one that will address the totality of your symptoms.

I must not forget the effect of this on my older son, Eliezer, who turned 10 this past October. His response at the time was heroic but he was very upset afterwards to see his father in such pain. He needed his constitutional remedy, and still remembers the incident with a frisson of fear. His recent spectacular speedy recovery from mumps with a few doses of *Jaborandi* 30C has confirmed his confidence in homeopathy. My younger son Isaac, now just 5, seems not to have grasped the significance in the same way. 🌿

Kidney stones in the family

by Julian Winston

THE WORDS “KIDNEY STONES” SEND CHILLS up my spine. I passed my first stone back in 1971 and I felt as if I was going to die. I passed my last about a year ago. There are, according to an ultrasound, three more small stones left. I do not look forward to their passing.

The stone I had in 1978 was by far the worst. It was too large to pass, and the technology of the lithotripter (a machine that breaks apart stones with ultrasonic vibration) was still a few years in the future. I was hospitalized, fed painkillers, kept on an intravenous drip—all in the hope that the stone might move. It didn't. The stone needed surgery and a general anesthetic to be removed. I hadn't yet fully understood or embraced homeopathy.

A number of years later, my brother phoned me. He was passing a stone and was in agony. The doctors could only prescribe painkillers and wait for it to move. Based on the meager symptoms he reported to me, I had him take *Berberis* 200C. He felt relief within a half-hour of taking the first dose. The next day, Saturday, he was to go to a wedding. He reported to me that the *Berberis* tablets cut the pain better than the painkillers. Every time he got a “twinge” in his back, he took one. By Sunday he was feeling better. On his visit to the doctor on Monday it was found that the stone had indeed come down the ureter, and was floating around in the bladder. The doctors went in (through the urethra) and fetched it out. 🌿

Look for the strange, rare, peculiar symptom

by Julian Winston

A NUMBER OF YEARS AGO AT THE NCH SUMMER SCHOOL then held in Millersville, Pennsylvania, Dr. David Wember was drilling the class on the importance of the “characteristic symptom” in homeopathic prescribing (i.e., the unusual, peculiar, or unique symptom which can often point to the curative remedy). He presented a case of renal colic as an example. Renal colic is severe, rhythmic pain in the lower back that radiates to other areas. It is usually caused by spasmodic efforts of the ureter (the muscular tube leading from the kidney to the bladder) to force a kidney stone downwards.

The patient, in pain, described two symptoms that were unique: the pain was felt in the ureters on the right side; and the pain was extending to his penis and testes.

Comparing these two rubrics in Kent's *Repertory*, we find only three remedies that are common to both symptoms: *Dioscorea*, *Cantharis*, and *Nux vomica*. The only thing that made the pain feel better, said the patient, was bending backward over a chair. Now most cases of renal colic would cause a person to bend double (forward) to relieve the pain. Not this one!

Dioscorea is a well-known remedy for pains that are ameliorated by bending backwards. Morrison, in his *Desktop Guide*, says: “The guiding symptom is a tendency to stretch or bend backwards to relieve abdominal pain.” A single dose of *Dioscorea* relieved the patient's pain in about 15 minutes. A stone was passed three hours later. 🌿

Five remedies for kidney stone pain

Kidney stones are accumulations of calcium and other salts that form in the urine-collecting ducts of the kidneys. They may cause no symptoms, but if a stone leaves the kidney and gets stuck in a ureter (one of a pair of tubes carrying urine from the kidney to the bladder), renal colic can result. Some have described this as “the worst pain anyone can experience.” It is a severe, spasmodic pain in the lower back that radiates to other areas, and stops once the stone stops moving.

If you have a history of kidney stones, seek constitutional homeopathic treatment to address the tendency to develop stones.

If you are experiencing renal colic, seek immediate professional help. You can also try an emergency homeopathic remedy as you wait for help. The appropriate remedy may relax the muscles in the ureter wall, allowing the stone to descend to the bladder.

Some remedies to consider include:

Berberis. A remedy with a reputation for helping renal colic and gallstone colic. Severe stitching, sticking pains. A bubbling sensation, as if water were coming up through the skin. Worse at night, worse from movement. Better standing.

Cantharis. Burning sensation in the bladder and intolerable urge to urinate. Urine passed drop by drop. Pain feels like knives stabbing in all directions. Person may be thirsty.

Dioscorea. Pain better from pressure, from bending backward, from straightening up.

Lycopodium. Right-sided pain that does not extend lower than bladder. Pain in back, relieved by urinating. Red sediment in urine. Symptoms worse between 4:00 p.m. and 8:00 p.m.

Nux vomica. Right-sided pain, stabbing toward genitals and down the right leg. Nausea, vomiting, or urge to have a bowel movement may accompany the pain. Person is chilly and irritable.