



## Role of Berberis Vulgaris and Lycopodium Clavatum in Urolithiasis

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### ABSTRACT

Urolithiasis is the most prevalent urinary tract disease worldwide, with approaches to its treatment that include the use of various synthetic and natural drugs or surgery in the conventional system of medicine. This systematic review was undertaken to evaluate the efficacy of Berberis vulgaris and Lycopodium clavatum in the treatment of urolithiasis. A total of 1471 articles were evaluated and subsequently 7 articles including case reports and studies were selected for systematic review and results. A total of 100 patients were treated in these 7 studies and case reports, 7 patients were successfully treated with Berberis vulgaris. There were 93 patients treated with Lycopodium clavatum. Stones with a size of 23 mm were expelled with Lycopodium clavatum. Both of these homeopathic remedies have shown positive results in the treatment of kidney stones and can be a successful alternative to surgical and non-surgical removal of kidney stones.

Keywords: Berberis vulgaris, Lycopodium clavatum, urolithiasis, urinary stones, kidney stones, HOMEOPATHY

### Introduction

Homeopathy is a combination of two Greek words: Homois and Pathos. Homois means similar and pathos means suffering. In other words, homeopathy is a system of treating diseases using medicines. Also known as homeopathic medicine, this system is based on two alternative theories:

1. "Like cures like" - The natural law of healing states that a substance that causes symptoms of a disease in a healthy individual will cure similar symptoms in a sick individual. This doctrine is also known as similia similibus curentur and was published by Samuel Hahnemann in 1796.
2. "Law of the minimum dose" - Homeopathic preparations are usually diluted to the extent that it eliminates the presence of molecules of the original substance. A lower dose of medication is believed to result in greater efficacy.

Homeopathic products are made from plants such as mountain herbs, minerals such as white arsenic, poison ivy, and animals such as crushed bees. These homeopathic preparations are in the form of sugar pellets, ointments, tablets, gels, creams and drops. The treatment is tailored to the needs of each individual. This means that people with different diseases who have the same conditions may receive different treatments.

Homeopathy is a form of treatment that dates back two centuries and still serves humanity today. It is practiced almost everywhere in the world and has gained great popularity in India as well. The subtlety of its treatment is what makes more than 100 million people of the Indian population addicted to this treatment. And India has around a quarter of a million registered homeopathic doctors, which is more than any other country around the world. Homeopathy has been used in India for the past century and has become quite well integrated into the Indian tradition. It follows a holistic approach to achieve inner balance of the individual on a mental, physical, emotional and spiritual level. Homeopathy has been a proven therapy for years and continues to spread its effectiveness around the world.

### CAUSES

Kidney stones often have no specific, single cause, although several factors can increase the risk. Kidney stones form when your urine contains more crystal-forming substances—such as calcium, oxalate, and uric acid—than the fluid in your urine can dilute. At the same time, your urine may lack substances that prevent crystals from sticking together and thus create an ideal environment for the formation of kidney stones.

### SYMPTOMS

- Strong, sharp pain in the side and back, under the ribs
- Pain that radiates to the lower abdomen and groin
- Pain that comes in waves and fluctuates in intensity
- Pain or burning sensation when urinating

Other signs and symptoms may include:

- Pink, red or brown urine
- Cloudy or smelly urine

- Constant need to urinate, urinating more often than usual or urinating in small amounts
- Nausea and vomiting
- Fever and chills if infection is present

The pain caused by a kidney stone can change—for example, by moving to a different location or increasing in intensity—as the stone moves through the urinary tract.

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## **PATHOPHYSIOLOGY OF UROLITHIASIS**

Urolithiasis occurs when the crystals that make up the stone supersaturate the urine because they are present in high concentration and begin to collect and crystallize in the parenchyma of the kidney, forming kidney stones. These crystals will aggregate and continue to enlarge with the potential to migrate into the ureter and become symptomatic. If the stone causes obstruction and does not allow the passage of urine through the ureter, secondary dilation of the ureter and renal pelvis may occur, hydronephrosis. The most common site of stone obstruction is near the ureteropelvic junction (UPJ), as the diameter of the ureter is very narrow in this area. There are two other areas of ureteral narrowing, the first is where the ureter passes over the iliac vessels and the second is at the ureterovesical junction (UVJ). Stones are painful in the ureter because as they pass through the ureter, increased luminal tension and hydronephrosis lead to the release of prostaglandins, resulting in the colic pain associated with this condition.

Crystal nucleation and growth are key factors in the production of all types of kidney stones. Nucleation is when the crystals begin to bond and initiate stone formation. The driving force behind this mechanism is the supersaturation of urine with organic materials contributing to the formation of stones. There are two theories, free particle vs. solid particles that describe crystal growth and aggregation. The free particle mechanism states that crystals will enlarge and aggregate in the urinary tubules. These aggregates enlarge and block the outflow of urine from the tubular openings, which promotes the formation of smaller stones. Alternatively, the solid particle mechanism states that stones formed attached to calcium plaques called Randall's plaques. These plaques are embedded deep in the basement membrane of the loop of Henle. The cause of the initial formation of Randall's plaque is unknown.

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## **Methodology**

The databases "Google Scholar", "PubMed", "Medline" and "Researchgate" were searched for articles containing the terms "Berberis vulgaris" or "Lycopodiumclavatum" in conjunction with any of the following terms "urolithiasis", "urolithiasis", "kidney", "stones", "homeopathy", "constitutional medicine", "lycopodium spores", "lycopodiaceae". "Urinary calculi", "renal calculi", "stones", "collia", "non-surgical exclusion" or "homeopathic medicines" in their title published between 2010 and 2020. The search results included 1741 articles related to our search terms. After screening the title, 1367 articles were excluded. 89 articles excluded after evaluation of the Abstract. 08 articles excluded after Full Manuscript evaluation. Finally, 07 articles are selected for the review, which are part of the review.

### ***Exclusion criteria***

Articles that were not relevant to our study or articles in which Lycopodiumclavatum and Berberis vulgaris were not used to treat urolithiasis, articles in which kidney stones were treated with some other drugs, articles in another language and difficult to translate, and articles already present on other databases, where we searched, were excluded.

### ***Inclusion criteria***

Articles in which Lycopodiumclavatum and Berberis vulgaris are used to treat kidney stones, articles in which complete patient data were provided, and articles in which complete patient diagnosis, dosing, and follow-up were performed were included.

### ***Data extraction***

Relevant data from the selected articles were extracted using Microsoft Excel software. These data include the name of the author(s), year of publication, patient age, sex, patient location and size, examination, prescription, and number of visits with outcome and duration of treatment.

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## **Results and discussion**

In seven studies; including observational studies and case studies; 100 patients were prescribed Berberis vulgaris and Lycopodiumclavatum. Both of these drugs were selected based on "completeness of symptoms" and "repertorization". Out of 100 cases, 07 cases were treated with Berberis vulgaris. All these patients eliminated their stones in a minimum of fifteen days and a maximum of 9 months. All successfully expelled their stones with complete improvement in symptoms. Their ultrasound report was also completely normal at final follow-up. In these seven cases, three were case studies and 4 cases were reviewed from one observational study.

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***Another 93 cases were treated with Lycopodiumclavatum.***

Both males and females were treated with *Berberis vulgaris* and *Lycopodiumclavatum*. There were more men than women with calculus. Patients of various ages, from young adults to the elderly, have also been treated. Bilateral calculi, ureteric calculi, and renal calculi were ruled out using these two drugs. Various stone sizes were treated in these studies, in which the maximum stone size was 23 mm, which were eliminated using the homeopathic medicine *Lycopodiumclavatum*.

***Lycopodiumclavatum***

*Lycopodiumclavatum* (Lycopodiaceae) is a perennial evergreen plant also known as "plant sulphur" belonging to the psoric miasma. *Lycopodiumclavatum* is a polychrestic remedy, and its condition probably arose in those persons who feel that they have no power, and are aggravated by all that has to do with the loss of power. A drug used for urinary problems such as nocturnal polyuria but normal urination during the day. In typhoid fever and low-grade fever, involuntary urination occurs in children along with complaints of bedwetting. The patient is constitutionally emaciated, especially from the neck down, with healthy lower limbs. Symptoms were usually improved by warmth and heat or warm drinks and worsened by cold drinks [21].

***Berberis vulgaris***

*B. vulgaris* (Berberidaceae) is the largest woody plant found in Iraq, Afghanistan, Turkmenistan, West Pakistan and Central Asia, etc. *Berberis vulgaris* is useful in gouty constitution [22]. The tiny pinhead-like stones travel into the ureter or bladder, causing the patient to experience radiating pain. Symptoms include dark colored urine with sediment. The patient will have irregular urination with excessive deposition of uric acid and urate also with burning; tearing and stitching pains, causing him to fall in continual motion. Soreness is present in the lumbar region, sometimes she even faints because of this soreness. He can't handle the pressure on this side and has to back off very carefully. The pain never stays in one place, it always changes in character known as the wandering type of pain, as this pain is the main feature of *Berberis vulgaris*

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**Conclusions**

It was a systemic analysis with positive results of homeopathic remedies; *Berberis vulgaris* and *Lycopodiumclavatum* in the treatment of urinary stones. With the knowledge of individualization and acceptance of the case, a well-chosen medicine will surely solve the case. The size of the stone doesn't matter as long as it doesn't get in the way. Although the studies are from large experienced centers and may not be enough to change the daily routine practice, it would be enough to change the myths about the use of homeopathics for the treatment of kidney stones and prove that it is not a surgical way to treat this kind of surgical cases. This review showed that the efficacy of *Berberis vulgaris* and *Lycopodiumclavatum* allows an alternative to surgery for kidney stones, even with a size greater than 8 mm, which is usually considered the limit in surgical cases. In experienced hands, homeopathy can treat kidney stones

>8mm size even 23mm without causing any complications. Although in this study they completely relieved both mild and severe symptoms in 100% of cases.

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