

Nephrotic Syndrome with Utility of Homoeopathy

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ABSTRACT

Nephrotic syndrome means that kidneys are not functioning properly. This causes too much proteins to be excreted. Excess protein in urine is called as Proteinuria. Low Levels of protein in the blood is termed as “hypoalbuminemia”. Homoeopathy works wonder in treating the cases of Nephrotic syndrome.

Keywords: Nephrotic syndrome, Homoeopathy, Kidneys, Protein, Urine, Albumin, Excess

INTRODUCTION

Nephrotic syndrome is often caused by damage to small blood vessels in the kidneys that filter waste and excess water from the blood. Nephrotic syndrome may affect adults and children of both sexes and of any race. Nephrotic-range proteinuria is the loss of 3 grams or more per day of protein into the urine or, on a single spot urine collection, the presence of 2 g of protein per gram of urine creatinine. Nephrotic syndrome is the combination of nephrotic range proteinuria with a low serum albumin level and oedema. Nephrotic syndrome has many causes minimal changes in primary kidney disease, focal segmental glomerulosclerosis and glomerulonephritis. Usually results from chronic kidney disease such like Diabetes, amyloidosis lupus erythematosus.

Classification

Nephrotic syndrome can be primary, being a disease specific to the kidneys, or it can be secondary, being a renal manifestation of a systemic general illness. In all cases, injury to glomeruli is an essential feature. Kidney

diseases that affect tubules and interstitium, such as interstitial nephritis, will not cause nephrotic syndrome.

1.Primary causes

Primary causes of nephrotic syndrome include the following, in approximate order of frequency:

- **Minimal-change nephropathy**

In children, the most common primary cause of nephrotic syndrome is minimal change disease

- **Focal glomerulosclerosis**

Primary cause for nephrotic syndrome. Kidney biopsy is suggested for the confirmation of focal glomerulonephrosis. Gradually the situation develops with kidney failure and is supposed to have dialysis. They can plan for kidney transplantation.

Membranous nephropathy

Membranous nephropathy may complicate bone marrow transplantation, in association with graft versus host disease.

Hereditary nephropathies

2. Secondary causes.

Secondary causes include the following, again in order of approximate frequency:

- Diabetes mellitus
- Lupus erythematosus
- Viral infections
- Amyloidosis and para proteinemia
- Preeclampsia

- Allo-antibodies from enzyme replacement therapy

Nephrotic-range proteinuria may occur in other kidney diseases, such as IgA nephropathy. In that common glomerular disease, one third of patients may have nephrotic-range proteinuria.

Nephrotic syndrome may occur in persons with sickle cell disease and evolve to renal failure.

Symptoms

- Swelling in your legs, feet, ankles and sometimes face and hands
- Weight gain
- Feeling very tired
- Decreased appetite
- Foamy or bubbly urine
- Pitting type of oedema at the ankles
- Fatigue, Malaise
- Pain in abdomen
- Diarrhoea due to oedema in lining of intestines
- Shortness of breath due to pulmonary oedema, Pleural effusion, abdominal distension
- Headache in relation to hypertension

Complications

Nephrotic syndrome can also cause other serious health problems such as:

- Anaemia
- Hypertension
- Heart diseases
- Fluid build up
- Acute kidney injury
- Kidney failure

Homoeopathic Approach

1. Phosphorus

Indicated remedy for nephrotic syndrome treatment in homeopathy. Phosphorus predominantly acts on the gastrointestinal tract, hepatobiliary system, blood, kidneys, bones, lungs, nervous tissue, etc. It is frequently used in the treatment of nephrotic syndrome, hepatitis, cirrhosis, hemorrhagic tendencies, respiratory infections, osteomyelitis, paralytic symptoms. Highly

sensitive to external impressions such as light, sound, odors, touch, thunderstorms, etc. Restless, excitable, nervous individuals. Affects the kidneys causing albuminuria and haematuria; a patient has profuse, pale, watery urine with intense weakness. There is increased susceptibility to colds amongst children.

2. Apis mellifica

This is a wonderful remedy that is prepared from the honeybee which is the best remedy for nephrotic syndrome. Apis has curative effects on multiple systems of the body especially kidneys, bladder, skin, nervous system, eyes, throat, etc. It's frequently used for the treatment of nephrotic syndrome, urticaria, fevers, urinary tract infections, meningitis, paretic conditions, involuntary movements. Tendency to develop edematous states- swollen, puffed-up parts. Albuminuria, milky urine. Difficult urination, burning while passing urine.

3. Lycopodium clavatum

Lycopodium is prepared from the spores of a fungus called club moss. It positively affects the nutrition, urinary system, gastrointestinal system, reproductive system, lungs, skin. Used in the treatment of nephrotic syndrome, urinary infections, dyspepsia, pneumonia, liver diseases, ascites, skin complaints like eczema, abscesses, acne, urticaria. Abdominal dropsy with heaviness in the abdomen. Frequent urging to urinate. Urine is milky and turbid. Slow and difficult urination, retention of urine. Haematuria.

4. Apocyanum

Apocynum Cannabinum is very effective homeopathic medicine for nephrotic syndrome. Use of Apocynum is considered when there is dropsy accompanied by a great thirst for water. It works well for ascites, hydrothorax, and anasarca. An important accompanying feature is the diminished frequency of the pulse. There is less urine than usual, and it is turbid and

hot. Nausea, excessive vomiting, and drowsiness are other features.

5. Arsenicum album

Arsenic Album is another homeopathic medicine for nephrotic syndrome. For using Arsenic Album, the indication is edematous swelling mainly on the face and abdomen. There is ascites along with a hard and bloated stomach. Urine is turbid and may burn while passing. Another accompanying symptom is an extreme lack of strength, weakness, and fatigue from the slightest exertion. The patient may also faint due to the weakness. Another major feature is a lot of anxiety and restlessness. These complaints are accompanied by a thirst for small quantities of water at short intervals.

6. Terebenthina

Terebenthina is another important homeopathic medicine for nephrotic syndrome. It works well for acute albuminuria in the early stages. Urine is rich in albuminuria and is cloudy and smoky. Tenesmus of bladder, scanty urine or suppression of urine are other features. There may be ascites consequent to albuminuria. There is a burning, drawing pain around the kidney. Drowsiness is another prominent feature.

7. Mercurius Corrosivus

This homeopathic medicine for nephrotic syndrome corresponds to the large white kidney.

Scanty and red albuminous urine. Pale waxen color of the body. There are lumbar pains, great dyspnoea and excessive burning in urination. It takes the first rank among all the mercurials for nephritis, and it comes in the later stages. There is an expression of uneasiness on the face.

8. Plumbum Met

Frequent urination with ineffectual urging and tenesmus. Albuminous urine with low

specific gravity. Chronic interstitial nephritis, with great pain in abdomen. Scanty Urine. Tenesmus of bladder. Emission drop by drop. Aggravation by night, Amelioration by hard pressure.

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