

Understanding Gallstones: The Role of Homoeopathy in Treatment of Gallstones

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Abstract: *Cholelithiasis or Gallstone is a very common problem among worldwide. In developed countries gallstones occurs in 15: 7 ratio among females and males, showing female predominance, and 11% of overall prevalence. Homoeopathy is a unique system of medicine based on law of similars. It is a unique method of treatment which treats patients with individualization. Homoeopathic system of medicine treats the patient as a whole and not the disease, the totality of symptoms were considered in selection of medicine.*

Keywords: Cholelithiasis, Gallstones, Homoeopathy, Individualisation

1. Introduction

Gallbladder is a pouch like small organ located in upper right abdomen, just below the liver. It stores bile, a greenishyellow fluid that helps in digestion. Major gallstones are formed when these bile pigments, like cholesterol supersaturated and causes obstruction. Gallstones can range from a grain of a sugar to a tennis ball. However, in severe cases this cholesterol deposits hardened and obstructs the bile duct leads to obstructive jaundice. Presence of a gallstone in gallbladder itself is known as cholelithiasis, in the common bile duct is known as choledocholithiasis. Gallbladder attacks usually occur after heavy meals. It usually stops when gallstones move and no doesn't block the bile ducts. However, if the bile duct stay blocked for more than a few hours, it may develop gallstone complications. Gallstones that don't block bile ducts do not cause any symptoms. Gallstones are composed mainly of cholesterol, bilirubin, and calcium salts. [1]

Main predisposing factors which is responsible for stone formation are

- 1) Increase in secretion of cholesterol (obesity, old age, pregnancy and female gender)
- 2) Reduced gall bladder emptying (fasting, spinal cord injury, stasis in gall bladder and pregnancy)
- 3) Impaired bile salt secretion

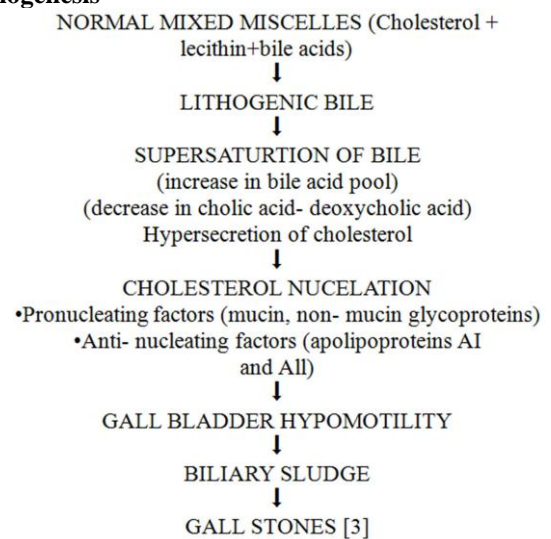
Multiparous females and high socioeconomic status persons are at high risk in development of cholelithiasis. Sex hormones, especially increasing in level of oestrogen promote secretion of cholesterol in biliary tract causing stone formation. [1]

Types of Gallstones:

There are three types of Gallstones:

- 1) Pigment stone - These are brown or black stones made mostly of bilirubin. People who get them usually have liver disease or a blood disorder like sickle cell anemia.
- 2) Cholesterol rich stone - These are usually yellow green because they are mostly made ofundissolved cholesterol it contains bilirubin and bile salts. Most common type of stone.
- 3) Mixed stone [2]

Pathogenesis



2. Sign & Symptoms

Pain in the upper mid abdomen or upper right abdomen, usually every few days, weeks, or months.2) Pain usually begin within 20 - 30 mins after a fatty meal.3) Pain is severe, constant and lasts for one to five hours.4) Associated pain in the right shoulder or back.5) Nausea, vomiting and diarrhoea.6) Loss of appetite.7) Jaundice with itching.8) Night sweats.9) Dark urine.10) Rapid heartbeat.11) Yellowing of the skin and whites of the eyes.12) Light - coloured stools [3]

3. Diagnosis & Investigations

Diagnosis is based on physical examination of the patient and other investigations which are as follows:

- 1) Complete Blood count
- 2) Liver function tests such as SGOT, SGPT, ALP, Bilirubin & serum Amylase and Serum Lipase which are necessary for rule out the disease.
- 3) Usg Whole Abdomen, MRCP which is necessary for rule out the biliary duct disorder.
- 4) Cholangiography [1]

Differential Diagnosis:

Gastroesophageal reflux disease, Acute and chronic pancreatitis, angina pectoris and peptic ulcer disease. [1]

Complications:

Porcelain gallbladder, empyema of the gallbladder, acute pancreatitis, choledocholithiasis, gallstones ileus, fistula between gallbladder and duodenum, cancer of gallbladder and ascending cholangitis. [1]

Management:

Diet Plays a important role in gallstones include increase in lecithin intake (wheat, soyabean, liver, egg), high fiber diet (vegetables, fruits), maintain minimal body weight and reduce saturated fats (butter, meat and other animal fats). If pain persists for longer period of time and worsening the condition of the patient due to associated compliations immediate surgery is recommended.

Homoeopathic management:

- 1) **Cardus marianus:** Liver engorged. Gall - stones. Tongue, white centre with red intended edges. Crawling sensation, like the passage of a small body like a pea through a narrow canal on posterior side of liver extending to pit of stomach.
- 2) **Chelidonium majus:** Sharp pain in abdomen which radiates to back. Pain in inferior angle of scapula. Thick yellow coated tongue. Flatulency due to colic. Vomiting and nausea better by drinking hot water. Pain more during movement, better by pressure.
- 3) **China:** Tenderness in region of liver. Periodical pain more at 12 am. Conjunctiva and skin are yellow. Dark greenish hard stool with constipation. Pain in right hypochondrium. Gall bladder calculi.
- 4) **Chionanthus:** Cold sweat with pain in forehead. Eructation bitter. Aversion to cover even though heat. Desire to pass stool with retching and nausea. Liver hypertrophy. Obstructive jaundice.
- 5) **Hydrastis Canadensis:** Cutting type of pain extending from iver region to right scapula. Yellow skin. Liver area so tender. Yellowish skin. Gall bladder catarrhal inflammation. Complaints more while lying on right side and back. [4]
- 6) **Lycopodium:** Gallstones, pain in right kidney. Fear and anxiety. Ravenous hunger with nausea and vomiting. Hepatic abnormalities. Red sand like urine. Gastric distension with pain in right hpochondrium and lumbar regions. Complaints more while lying on right side and 4 - 8pm, better in open air and while taking warm foods.
- 7) **Nux vomica:** Irritation and hypersensitivity of all organs. Severe constricting pains with sensation as if pressure of stone; Gall stones. Flatulency. Constipation alternates with diarrhea. Nauseating feeling which is relieved by vomiting. Ailments due to spicy food, chronic intake of drug, alcohol consumption. Ineffectual urging to stool. Complaints more during stress, early morning, relieved by vomiting, rest and strong pressure.
- 8) **Phosphorus:** Acute conditions of liver disorders and gall bladder calculi. Hepatic region so tender. Great thirst after vomiting. Extreme craving for ice cold drinks. Pain < lying on left side.
- 9) **Arsenicum album:** Restlessness. Pain, all burning in nature. Great exhaustion. Restlessness. All complaints

increase after cold drinks, physical exertion between 12 - 2 am. Fear of death with anxiety. Offensive putrid discharges. Burning pain relived by heat. Sight of smell of food causes gastric complaints. Pain abdomen.

- 10) **Belladonna:** Constant retching. Burning and constrictive pains. Active congestion. Flushed red skin more in face. Sensitive liver. Appendicitis with spasmodic pain in stomach. Over sensitiveness. Complaints more on movement, touch, draft of air. Better by sitting erect or standing [5]
- 11) **Leptandra:** Jaundice. Tongue is yellow coated. Burning and dull aching pain in liver and gall bladder. [4]
- 12) **Lithium carb:** Bladder is so sore and sensitive. Gall stones. Redness in nose. Severe pain in ribs and ilium. Dull aching in region of liver.
- 13) **Myrica Cerifera:** Dull pain in the region of the liver. Complete jaundice, with bronze - yellow skin; loss of appetite. Fullness in the stomach and abdomen.
- 14) **Feltauri:** Increases the duodenal secretion, emulsifies fats and increases the peristaltic action of the intestines. Liquefies bile and acts as a purgative andchologogue. Disordered digestion, diarrhsa, and pain in nape of neck are among its chief symptoms. Obstruction of gall ducts. Biliary calculi. Jaundice

4. Conclusion

Cholelithiasis is a gastrointestinal disorder of sedentary people who suffered a lot of troubles of digestion and colic due to increased intake of fat rich foods. With the help of homoeopathic medicine, we can improve their lifestyle because homoeopathic medicine acts on dynamic level and is prescribed on the basis of holistic approach considering the law of similia similibus currentur. Homoeopathy has a vast materia medica which gives us a chance to find out the most similimum medicine for the patient suffering from gall stone colic and help them to live a healthy life.

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