



Gallbladder Stones – Removal and Pain Relief

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Good evening every body. Today we will discuss about Gallbladder stones and it's remedy to get relief from the pain and stone removal through Natural Home remedy and Acupressure treatments. Gall stones are hard masses that develop in Gallbladder. The stones can occur due to various factors. Before we see Gallbladder Stones we will see about Gallbladder. Gallbladder a small organ pear shaped located under the liver. The gallbladder's main function is to store bile, which helps the body break down and digest fats that you eat. Bile is a fluid produced by the liver and is made up of several substances, including cholesterol, bilirubin and bile salts. After a meal, bile is fully released by the gallbladder and the bile flows into the small intestine and helps to break down fats.

Types of Gallstones

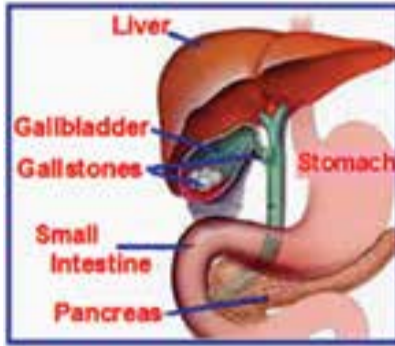
- Cholesterol stones: Usually yellow-green in color, approximately 80% of gallstones are cholesterol stones.
- Pigment stones: These stones are smaller and darker and are made up of bilirubin.

Who is at risk for gallstones?

- Women are more likely to develop gallstones than men.
- People over age 40 are more likely to develop gallstones than younger people.
- People with a family history of gallstones have a higher risk.
- Genetic factors that increase the amount of cholesterol in their bile.
- Obesity or Rapid weight loss.
- Diet. Research suggests diets high in calories and refined carbohydrates and low in fiber increase the risk of gallstones.
- Certain intestinal diseases.
- Metabolic syndrome, diabetes, and insulin resistance.
- Liver malfunction due to infections in the bile ducts
- Pigment stones are formed.
- Severe hemolytic anemia
- Inability of the gallbladder to empty fully after meal.
- Cholesterol stones may develop as a result of too much cholesterol in the bile.

What are the symptoms and complications of gallstones?

Many people with gallstones do not have symptoms. Gallstones that do not cause symptoms are called asymptomatic, or silent, gallstones. Silent gallstones do not interfere with the function of the gallbladder, liver, or



- pancreas.
 - Abdominal pain lasting more than 5 hours
 - Nausea /vomiting and headache
 - Fever—even a low-grade fever—or chills
 - Yellowish color of the skin or whites of the eyes, called jaundice
 - Tea-colored urine and light-colored stools
 - Gas and belching
- These symptoms may be signs of serious infection or inflammation of the gallbladder, liver, or pancreas.

How are gallstones diagnosed?

- Ultrasound exam.
- Computerized tomography (CT) scan.
- Magnetic resonance imaging (MRI).
- Cholescintigraphy.
- Endoscopic retrograde cholangiopancreatography (ERCP).
- Blood test.

General Treatment for Kidney Stones:

Allopathic Treatment for pain relief /Surgery (Removal of Gallbladder) / Acupuncture Treatment /Homeopathy Treatment/ Ayurvedic Therapy / Natural Home Remedies with Diet / Yoga and Exercise.

Foods to avoid for Gallbladder Stones:

A diet low in fiber and high in cholesterol is one of the major risk factors for gallbladder disease. Foods to avoid:- Eggs / Pork / chicken / Dairy / Gluten (wheat, barley) / Corn / Dry Beans / Oranges, grapefruit / Nuts / vegetable oils / Fried Foods / Saturated fats / Red meats / Spicy foods / Chocolate / Ice cream / Black tea / Alcohol /Artificial fruit juice and sugary drinks / Turnips / Cabbage, cauliflower / Oats / Colas and all sodas / White flour / Avoid more carbohydrates / Poultry products / Avoid smoking.

Foods good for Gallbladder Stones:

Beets / Cucumbers / Green beans / Small onion / Sweet potatoes /

Avocados / Vinegar / Garlic / Ladies finger / Tomatoes / salmon fish / Lemons (lemon juice in the morning with hot water helps to clean the liver) / Fresh organic grape juice / Apples, berries, papaya, pears / Omega 3 oils / Flax seeds / Turmeric powder / Drink 8-10 glasses of water every day.

Ayurveda Therapy for Gallbladder Stones:

Ayurvedic remedies are 1. Shankavati 2. Sootasekar rasam 3. Pravaalpanchaamrit 4. Hingwaashtak choorna 5. Avipattikar choorna 6. Panchkola choornam 7. Kamadoodha rasam 8. Kumariasava 9. Punarnavarista. Ayurvedic Herb: Effective Ayurvedic herbs for treating gallstones include bhringaraj, punanarnava, bhumiarnava, kalamegha, ginger, cumin seeds, katuki, chiiryata, parpati, pashanabhedha, katukarohini.

The above ayurvedic medicines are generally prescribed to treat this condition. The duration of the treatment and dosage depends on the severity of the condition.

Yoga and Mudra for Gallbladder stone relief:

Sarvangasana,
Inhale you lift your body & Exhale when you relax down. During pose breath normally.

Viparitakarani
Inhale you lift your body & Exhale when you relax down. During pose breath normally.

Paschimottanasana
Exhale when you bend & Inhale you lift up. During pose breath normally.

Dhanurasana
Inhale you bend your body & Exhale when you relax down. During pose breath normally

Salabhasana
Inhale you lift legs & Exhale when you laydown. During pose breath normally.

Bhujangasana
Inhale you lift up & Exhale when you laydown. During pose breath normally.

Trikonasana
Exhale when you bend & Inhale

you lift up. During pose breath normally.

Matangi Mudra is exercised with folding hand in front of the solar plexus or stomach area. The both middle fingers are placed against each other. While practicing this mudra, the attention should be directed towards the breath in the solar plexus or stomach area. Liver, Gallbladder, Pancreas, and Small Intestines will be stimulated and function properly.

Natural home Remedies for Gall Stones:

1. Apple Juice and Apple Cider Vinegar: Take one glass Apple Juice add 1 tbsp Apple Cider Vinegar- mix it well and drink daily two times a day.
2. Apple Cider vinegar and Lemon juice: Alternatively, you can add two teaspoons of apple cider vinegar and one teaspoon of lemon juice to a glass of warm water. Drink it on an empty stomach in the morning. Doing this regularly for weeks can dissolve gallstones and prevent pain.
3. Pear Juice and Honey: Your pear shaped gallbladder can be cleaned with the fruit whose shape it takes- yes the pear itself. Take half a glass of hot water and take half a glass of Pear juice and take 2tbsp honey mix it will and drink the juice thrice a day.
4. Beetroot, Cucumber and Carrot Juice for Gallstones: Cucumber, with its high water content, is great for detoxifying liver as well as gallbladder which is also done by carrot juice high in vitamin C and other rich nutrients. Take one Beet root, one Cucumber, four medium size Carrots. Get equal amount of juice separately. For example, you should get 1/3 glass each of beet root juice, carrot juice and

cucumber juice to get a glass of their combined juice. Remember, you should get equal amounts of all the three juices. So, if needed, increase or decrease the quantity of each vegetable accordingly. Take out the juice of all the three vegetables- beetroot, cucumber and carrots. Mix them. Have this juice twice a day. You may even add apples, celery and ginger while making this juice to get added benefits.

5. Dandelion for Gallstones: Take dried dandelion leaves one tsp in a cup, pour hot water in it and cover steep for 5 minutes. Add honey one tsp. and drink this tea twice or thrice a day. If you suffer from diabetes, you should first consult with your doctor before having dandelion herb.

6. Peppermint for Gallstones (Mint leaves): Peppermint tea is very useful while you have that gallbladder attack. It helps relax spasms and relieve you from acute pain. Take fresh mint leaves- 1 tsp and crush the leaves and put it one glass water. Boil the water with mint leaves for 5 minutes and put off the flame, cover and steep for 3-5 minutes, strain the liquid. Add honey 1 tsp. and drink the tea between meals.

7. Lemon Juice and Olive oil: Take Olive oil- 30 ml, fresh lemon juice- 30 ml, garlic paste 5 gm. Mix all the items and have the mixture early morning empty stomach.

8. Turmeric powder and honey: Take 1 tbsp (15 ml) of honey with 1 tsp (5 ml) of turmeric and mix it with half glass warm water and drink daily once a day.

9. Apple /Beetroot/Olive oil/ Lemon juice: Take one apple, one small beetroot grind and make a juice. Mix with 2 tbsp. olive oil, 1 tsp fresh lemon juice and drink the mixture daily one time a day.

10. Diet and Lifestyle Changes for Gallstones: There have to be certain changes in your diet and lifestyle to cure gallbladder stones. Here are some suggestions.

Drink 8-10 glasses of water every day. / If overweight, reduce weight. / Avoid fatty foods. / Exercise regularly. / Eat smaller

meals. / Avoid constipation, it helps in forming gallstones. / Have coffee everyday 2-3 times a day. (Coffee increases the flow of bile and thus prevents gallstones.)/ Have lemon juice daily two times. / Use such spices and herbs that stimulate liver as well as gallbladder like turmeric, dried ginger, black pepper, long pepper, asafoetida, etc. / Have Omega 3 supplement Flax seed oil.

Acupressure remedies for Gallbladder stones:

Acupressure points are highlighted in these pictures. At the time of Gallbladder stone pain we need to give pressure in all the points individually for 30 seconds with our finger or any pointless pencil. We will get instant relief from severe pain due to Gallbladder stones and will arrest nausea and vomiting. Depends upon the severity of pain you can give pressure once in 3 hours in all the points individually. Pressure should be made one hour before meals or 2 hours after meals. No doubt the acupressure treatment will definitely will ease your pain and stone will be removed.

We have discussed about Gallbladder Stones and how to get relief from pain and remove stones by Ayurveda treatment, Acupressure treatment, Yoga and Exercise and Natural Home Remedies. Prevention is better than cure. Diet play a major role in Gallbladder stone formation. If you fine tune your diet habits mentioned above, avoiding food with excess salt, sugar, calcium, oxalate, protein, oil, and fried items, chance of stone formation will never come. If you continue Yoga and mudra exercise regularly and giving pressure daily twice minimum in the acupressure points mentioned above in addition with home remedies, you will never come across Gallbladder stones and will get relief from pain. Along with the above treatment you drink more water and juices as mentioned above, which will give relief from pain due to Gallbladder stones and stones will be removed. Enjoy good health without Gallbladder stone problems.

