



# Health Matters

## Kidney Stones

### Stone removal and pain relief

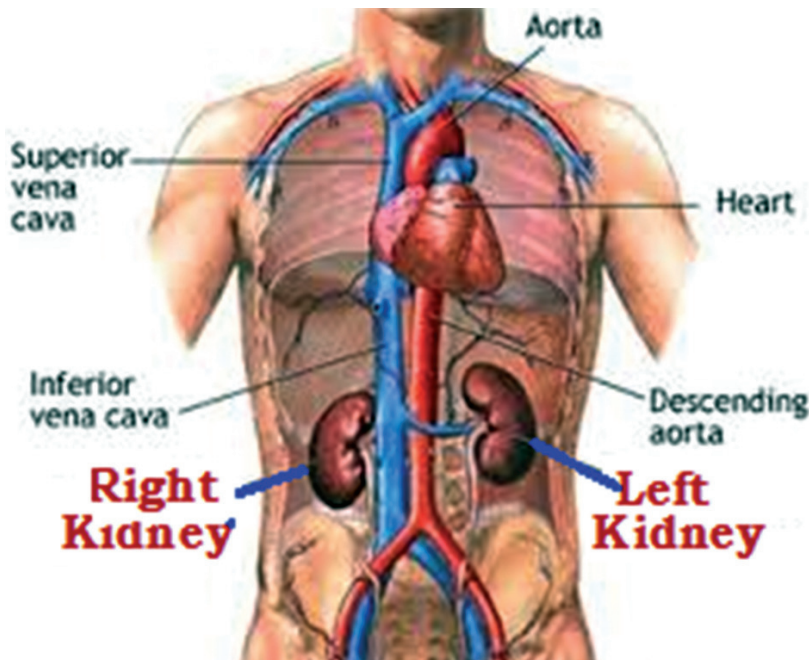
**G**ood evening everybody. Today we will discuss about Kidney stones and it's remedy to get relief from the pain and stone removal through Natural Home remedy and Acupressure treatments. Kidney stones are hard masses that develop in Kidneys. The stones can occur due to various factors. Before we see Kidney Stones we will discuss brief about Kidney.

Human body has two kidneys with a size of our fist. Kidneys are located on either side of the spine behind the liver, stomach, pancreas and intestines. Kidneys clean the waste from the blood and eliminate it in the urine. Kidneys balance elements in the blood, such as sodium, potassium and calcium. Kidney's hormones control blood pressure and red blood cell production. If substances in the urine become highly concentrated, kidney stones are formed. They form from the chemicals in urine, such as Uric acid, Phosphorous, Calcium and Oxalic acid. A stone may stay in the kidney or travel down the urinary tract. A small stone pass on its own in urine, with little or no pain. A larger stone get stuck along the urinary tract and can block the flow of urine, causing severe pain or bleeding. If a stone in the Ureter is called a Ureteral stone.

#### Types of Kidney Stones:

**Calcium stones:** Most common type of kidney stone ; Occur in two major forms: calcium oxalate and calcium phosphate.

**Uric Acid Stones:** Formed when the urine is persistently acidic ; A diet rich in purines—substances



found in animal protein such as meats, fish, and shellfish; may increase uric acid in urine.

**Struvite Stones :** Results from kidney infections.

**Cystine stones :** Results from a genetic disorder ; Forming crystals that tend to accumulate into stones.

#### Causes of Kidney Stones

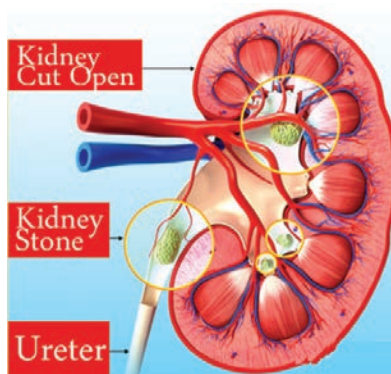
1. Urinary Tract Infection
2. Overdoses of Vitamin D
3. Mineral imbalance
4. Kidney disease
5. Dehydration
6. Gout
7. Diet (Excess animal protein/ high-salt diet/ excessive sugar )
8. Strenuous exercise without adequate fluid.
9. High calcium in the urine.

10. Hyperparathyroidism. (An abnormally high concentration of parathyroid hormone in the blood, resulting in weakening of the bones through loss of calcium.)

11. Diabetes and High Blood Pressure.

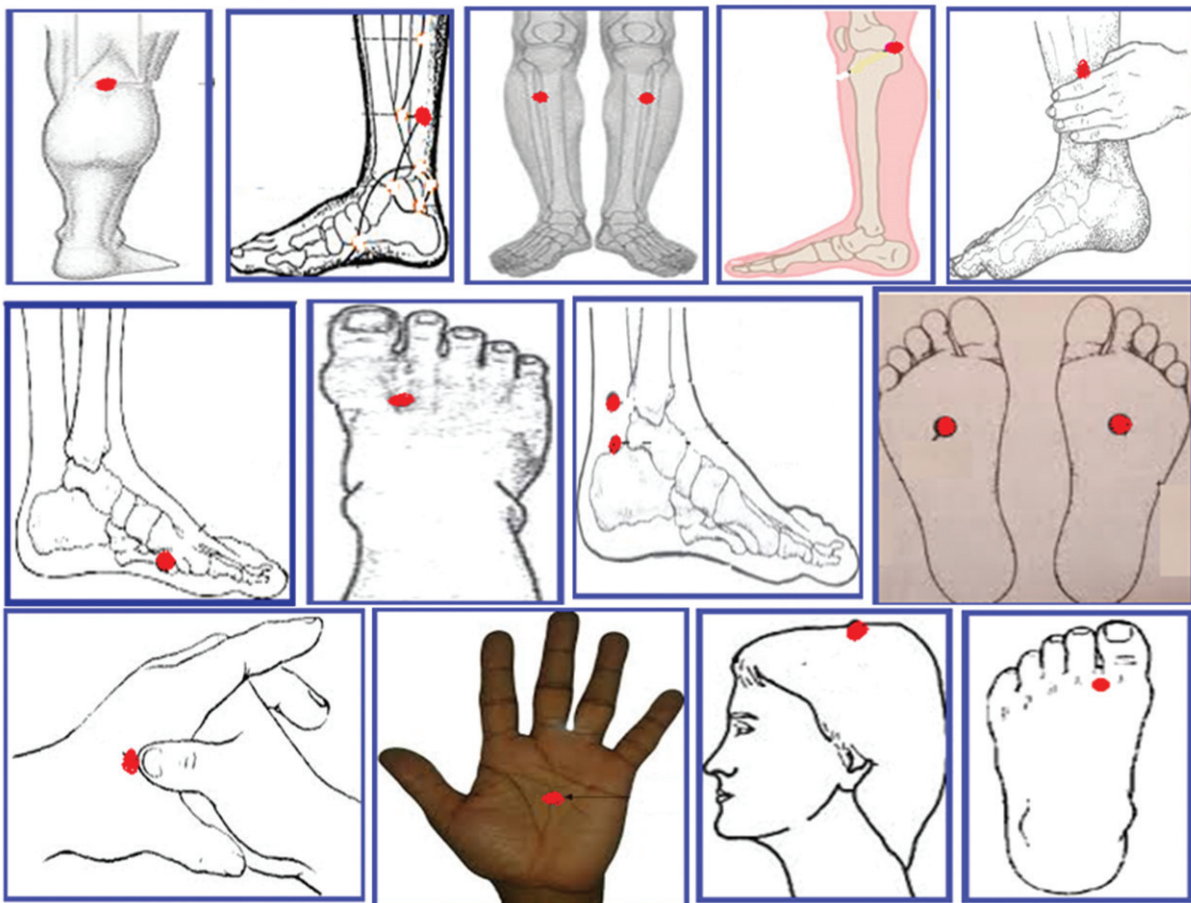
12. Inflammatory bowel disease

13. Some medications



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### Kidney Stones - Acupressure and Reflexology Technique



Acupressure points are highlighted in these pictures. At the time of kidney 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 Kidney 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 in urine.

We have discussed about Kidney Stones and how to get relief from pain and remove stones

by Ayurveda treatment, Acupressure treatment, Yoga and Exercise and Home Remedies. Prevention is better than cure. Diet play a major role in Kidney stone formation. If you fine tune your diet habits 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 exercise regularly and giving pressure daily one time in the acupressure points mentioned above, you will never come across kidney stones. Along with the above treatment you drink more juices as mentioned above, which will be convenient to you to get relief from kidney stones. Enjoy good health without Kidney problems.

### Yoga and Exercise for Kidney Stones



**Ardha Matsyendrasana**  
அர்த்த மடல்ச்யேந்திர ஆசனா



**Vakrasana**  
வக்ராசனா

Generally if we practice Yoga and exercise we will enjoy good health. Exercise helps pull calcium back into the bones instead of accumulating in the urinary tract where stones can form. In yoga there are some postures which will be effective to cure our diseases. Here we can see the yoga postures which will be very effective for pain relief from kidney stones and removal of stones through urine. Daily if we practice this yoga daily, kidney stones will be removed.



**Viparita karani**  
விபரீத கரணி

#### Investigations:

Ultrasound examination / Urine analysis / X-ray/CT Scan / IVP (Intravenous pyelogram) / Pulse Diagnosis.

#### General Treatment for Kidney Stones:

Allopathic Treatment / Surgery / Acupuncture Treatment / Homeopathy Treatment  
Ayurvedic Therapy / Natural Home Remedies with Diet / Yoga and Exercise.

#### Foods to avoid for Kidney Stones:

Reduce sodium (Salt), sugar and calcium rich foods Reduce animal protein, such as meat, eggs, fish and milk products. Reduce foods high in oxalate, such as spinach, rhubarb, nuts, and wheat bran. Protein rich diet is likely to cause kidney stones (meat, cheese, poultry and fish)  
Ayurveda Therapy for Kidney Stones

- Gokshura Kada – It is an oral liquid, promoting easy urination and relieves burning sensation. It should be taken 3 to 4 times a day in doses of 15ml with equal quantity of water.
- Patherina – Tablet is the specific Ayurvedic remedy for stones. 1 tab twice a day along with a glass of water ensures good relief.
- Chander Prabha Vati – is also very useful in burning micturition. 1 tab. twice daily.

#### Home Remedy for Kidney Stones:

1. Take 100 gm kidney beans add 4 Lr of water, heat for 4-5 hr and strain the liquid through a fine muslin cloth. Allow the liquid to cool and drink 1 glass of this liquid once every 2 hr in a day. Do this for a week. Do not use the liquid 24

hr after the 1st preparation.

2. Take 1 cup of horse gram, add ½ Lr water and heat the mixture till water level reduces to 1/5th . Strain and collect the soup. Add 2 tsp of crushed pomegranate juice and mix well and drink once a day.

3. Take 10-15 basil leaves (Thulasi) , crush them to make paste. Take 1 tsp of basil leaf paste and press on a sieve and extract its juice. Add 1 tsp honey and mix well. Drink this every day.

4. Take the decoction made from leaves and seeds of Radish (Mullangi) and drink daily.

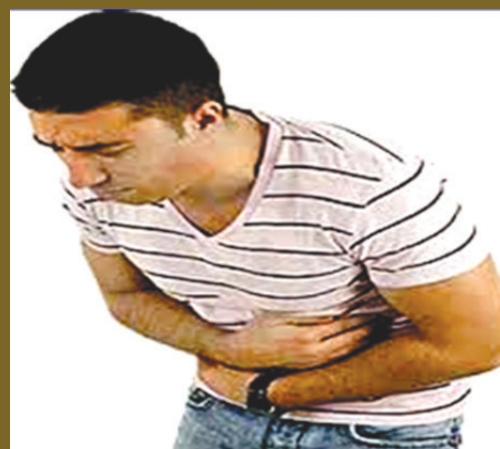
5. Take one glass of Apple juice without ice add 2tbs of Apple cider vinegar and drink twice a day. It will dilute the stone and will be removed.

6. Boil two Figs in a cup of water and drink it on an empty stomach early in the morning.

7. Drink any one or two juices like watermelon juice, lemon juice, orange juice, banana stem juice, beetroot juice, pomegranate juice , white pumpkin juice, watermelon juice, arukampul juice, which will be convenient to you to get relief from kidney stones. If you drink the juice everyday, it will help in flushing out stones from the kidney. Drink 3 glass of any juice daily. This will help to increase the volume of urination, which is really good for those having kidney stones.

8. Take 1tbsp of Apple cider vinegar and 4tbsp of olive oil and mix it well drink 3-4 times a day. Pain will subside and stone will be removed in urine. You need not continue this remedy if you pass the stones in urine in a single dose.

### Symptom of Kidney Stones



1. Stones cause problems when they move from the kidney to the urinary tract and symptom is fluctuating pain.
2. Cases flow of urine is blocked and there is back pain or pain along the sides, just below the ribs.
3. Severe pain occurs if the stone gets lodged in the ureter.
4. Profuse sweating and pallor occur with pain, at times.
5. Nausea and vomiting.
6. Chills and fever.
7. Blood tinged or cloudy urine Foul smelling urine.
8. Uncontrollable urge to urinate recurrent urinary infection.
9. As stones grow, they cause unbearable pain.
10. No pain if stone is lodged in the kidney.

