



HOME REMIDIES

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Home Remedies for Kidney Stones

These days the formation of kidney stones in the urinary system is a common problem that many people face throughout the world. In fact, many parts of the world have come to be known as stone-belts because of the high population of patients that are affected by this problem.

What you must know is that these stones are made up of substances like uric acid, phosphates, calcium, and oxalic acid. In most of the cases, you can not trace the obvious cause behind the formation of these stones. However, there are some signs and kidney stone symptoms that are common to all kidney stone patients.

Kidney Stones Symptoms

In majority of kidney stone cases, the kidney stone enters into the urinary tract. This, then, results into intense pain which acts as a symptom. The reason why this intense pain is felt is that the stone blocks off the flow of urine and gives rise to some infection. You initially feel the pain in the side and as the problem grows the pain spreads to groin and thighs as well.

Apart from this, other symptoms of kidney stones are frequent desire to pass urine, painful and burning sensation while urinating, vomiting and fever with chills, to name a few.

However, it is important for you to understand that there are some kidney stones that produce no symptoms at all but are discovered during a routine check-up. These are known as 'silent' stones. This is the reason why it is crucial to go for regular health check ups to your doctor.

Kidney Stones Treatment

Usually, bigger stones are removed surgically. However, small stones or silent stones can be easily dissolved or passed out through urine with the help of certain ayurvedic and home remedies. Here is a list of some of these natural remedies that prove to be effective kidney stones treatment:

- Coconut water is a good home remedy for burning urination and scanty urine. Regular intake also flushes out small particles of dissolved stones through urination.
- Barley water can also be used for this purpose.
- Water melon contains good amount of water, and is also rich in potassium salts. It is a nutritive as well as a safe diuretic to be used in this condition
- Onion decoction made by adding water to some bulbs of onion is very helpful. Sugar should be added to it and taken.

- The decoction prepared with Kulathi Dal is very effective.
- Soda water must be taken thrice daily after meals.
- Gokshura Kada which is an oral liquid that promotes easy urination and relieves burning sensation is a good Ayurvedic remedy. It should be taken 3 to 4 times a day in doses of 15ml with equal quantity of water.
- Ber Patthar Bhasma and Chander Prabha Vati are also very useful in burning micturition.

According to Ayurveda, liquids/fluids should be taken in good quantity. There are some foods like alcohol, pickles, chicken and fish that irritate the urinary system. These foods should be strictly avoided. It is also advisable that you must not take in food items like peas, cauliflower, beetroot, soya beans, carrots, eggs and almonds