

# J.P.S. Bakshi

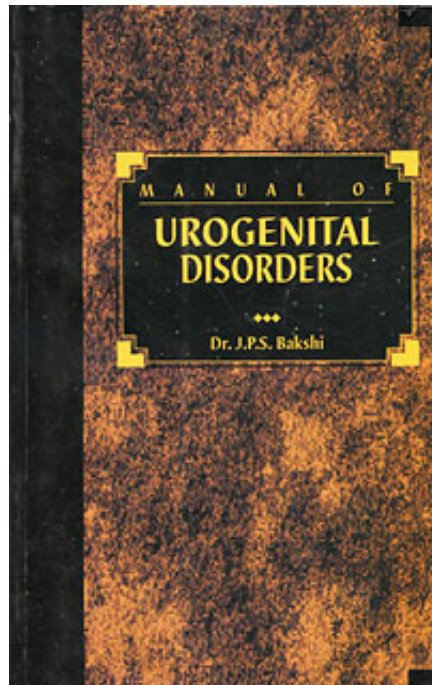
## Manual of Urogenital Disorders

Reading excerpt

[Manual of Urogenital Disorders](#)

of [J.P.S. Bakshi](#)

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# 1. The Glomerular Diseases

## **Introduction**

This includes a group of diverse conditions including, but not limited to, glomerulonephritis, in which the disease process appears mainly to affect the glomerulus.

## **Types**

- A. Glomerulonephritis
- B. Nephrotic syndrome

## **A. Glomerulonephritis**

### **Types**

- 1. Acute glomerulonephritis
- 2. Persistent glomerulonephritis

### **1. Acute Glomerulonephritis**

#### **Introduction**

A disease characterized pathologically by diffuse inflammatory changes in the glomeruli and by the abrupt onset of proteinuria, haematuria and usually R.B.C. casts.

#### **Etiology**

- 1. Age - most common in childhood
- 2. Sex - more common in males
- 3. Infecting organism - Beta-hemolytic streptococcus
- 4. Site of primary infection - usually throat or skin e. g. scabies, impetigo, furunculosis

#### **Clinical Features**

- I. Mode of onset
  - a. Oedema - puffiness of face
  - b. Urinary symptoms - scanty and smoky or frankly bloody urine
  - c. Symptoms of acute infection - fever, bodyache, vomiting
  - d. Cerebral symptoms - headache, convulsions
  - e. Insidious onset - weakness, pallor, loss of appetite
  - f. Accidental discovery - on routine urine examination

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### II. Symptoms and Signs

#### 1. Oedema

- a. May come on suddenly or gradually
- b. Puffiness efface and whitish pallor constitute "nephritic fades". Swelling of face usually in morning.
- c. Generalised anasarca may occur. Oedema may be absent in mild cases and also in very severe cases.

#### 2. Hypertension

- a. An elevation of blood pressure occurs in majority of cases, the diastolic pressure being 90 to 120 mm Hg usually. The hypertension as a rule persists for atleast one week, returning to normal a few days after patient has had diuresis.
  - b. In 5 to 10 percent cases hypertensive encephalopathy develops. The clinical features being - severe headache, vomiting, fits, hemiparesis and other focal signs such as aphasia. There are associated mental changes such as confusion, disorientation and coma.
  - c. The rise of pressure may give rise to signs of pulmonary oedema.
  - d. The jugular venous pressure is commonly elevated and with peripheral oedema presents a picture of congestive cardiac failure.
  - e. Renal retention of salt and water is responsible for the circulatory disturbance in acute nephritis.
3. Impaired renal function - Oliguria. Acute renal failure develops in a small proportion of patients.

### **Investigations**

1. Urine examination - macroscopic and microscopic. Dipstick examination of urine for blood, protein and glucose.
2. Serum complement levels are usually diminished during the active phase of the disease.
3. Radiological evaluation is helpful in distinguishing the acute disease from an exacerbation of chronic disease.
4. Renal function is usually normal or only mildly impaired. It is best evaluated by estimations of GFR by measurement of the creatinine clearance.

### **Prognosis**

Poststreptococcal glomerulonephritis in adults is not as benign and progression or atleast persistence of the prior damage is noted by an

abnormal urinalysis in upto 50% of cases. Thus the prognosis depends on the patient's age and the state of the renal lesion.

### **Management**

No specific treatment is known for glomerular disease of acute onset.

### **Pharmacological Treatment**

1. If bacterial infection is present, appropriate antimicrobial drug should be given.
2. Diuretics such as thiazides or furosemide may also help.

### **General Treatment**

1. If azotemia and metabolic acidosis are present, dietary protein is restricted.
2. Sodium intake is restricted only when circulatory overload, edema or severe hypertension is present.

### **Alternative Therapies**

#### **Acupressure**

The therapist will apply firm pressure at appropriate points on the kidney, spleen, conception and bladder meridians.

#### **Acupuncture**

1. Kidney problems are often thought to involve a deficiency of the yang element. If the symptoms include burning heat, severe pain or fever, the disorder is usually regarded as an excess of heat disturbance of the bladder. If there is an infection, the patient will also be advised to seek orthodox medical treatment.
2. Acupuncture for kidney problems is given at points on the governor, conception, bladder, large intestine, kidney and spleen meridians.
3. MOXIBUSTION may be applied at points on the gall bladder, bladder, kidney, liver and spleen meridians to strengthen the kidneys.

#### **Herbal Medicine**

1. Herbal Medicine - responsible herbalists advise orthodox treatment for kidney complaints, although they may also recommend remedies such as gravel root, parsley root and wild carrot when there is inflammation or tiny kidney stones. These plants are said to have a soothing, diuretic effect and to help flush out the urinary system.

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2. A few of the herbs that have a diuretic effect and thereby reduce the kidneys' workload are red clover, goldenrod, juniper berries, nettles, marsh mallow root and uva-ursi. These are taken as teas.

#### **Naturopathy & Nutrition Therapy**

1. A clinical dietitian experienced in working with kidney patients can work out an appropriate diet.
2. The goal is to limit the buildup of waste products and fluids in the blood.
3. Generally, restriction of protein, phosphorus, sodium, potassium and sometimes fluids is recommended.
4. Calcium supplements may be needed, along with supplements of vitamins B<sub>6</sub>, folic acid and C, if the diet does not supply the recommended nutrient intakes (RNIs) of these essential nutrients. However, high doses of vitamin C can damage the kidneys further and should be avoided by anyone with reduced renal function.

#### **Reflexology**

Manipulation would be applied to reflex areas that correspond to the kidneys, the bladder and the pituitary and adrenal glands and to areas that relate to the lymphatic system.

#### **Self Treatment**

1. Avoid nonprescription painkillers, especially acetaminophen and combinations of aspirin and acetaminophen; these can worsen nephritis.
2. Individuals with chronic kidney disease can benefit from participation in a self-help group where members can discuss stress management and their emotional problems.

#### **Tai chi chuan**

This is said to help by balancing the energy flows of the body and mind and improving the circulation of body fluids and the expulsion of waste. The gentle, coordinated movements of Tai-chi Ch'uan, coupled with full abdominal breathing and good posture, are said to release TENSION and to have the effect of internally massaging the kidneys.

#### **Homeopathic Repertorial References**

##### **Direct References**

*Generalities: GLOMERULAR nephritis*  
*Kidneys: INFLAMMATION: glomerular*

**On the basis of etiology**

**streptococcus infection**

*Generalities: STREPTOCOCCUS infection*

**site of infection**

*throat*

*Throat: INFLAMMATION, sore throat*

*skin*

*Skin: ERUPTIONS: boils*

*Skin: ERUPTIONS: impetigo*

*Skin: ERUPTIONS: scabies*

**other conditions diphtheria**

*Generalities; RIGHT sided disease, albuminous: scarlatina, after*

*Kidneys; INFLAMMATION; diphtheria, from scarlatina*

*Kidneys; INFLAMMATION; scarlatina, from suppurations*

*Kidneys; INFLAMMATION; suppurations, from*

*influenza*

*Kidneys; INFLAMMATION; influenza, after;*

*Kidneys; INFLAMMATION; injury, from;*

*Kidneys; INFLAMMATION; malaria, from;*

**On the basis of precipitating factors**

*Generalities; BRIGHT's disease, albuminous nephritis*

*childbed, during Generalities; BRIGHT's disease, albuminous nephritis;*

*alcohol abuse, from Generalities; BRIGHT's disease, albuminous nephritis;*

*blows on sides of abdomen, especially from Generalities;*

*BRIGHT's disease, albuminous nephritis; cold*

*and damp, from exposure to Generalities: BRIGHT's disease, albuminous nephritis;*

*edema of lungs, secondary to Generalities; BRIGHT's*

*disease, albuminous nephritis; heat,*

*in a man exposed to*

*Kidneys; INFLAMMATION; cold, from taking*

*Kidneys; INFLAMMATION; disease, after acute*

*Kidneys; INFLAMMATION; eruptions, after*

*Kidneys; INFLAMMATION; wet, from getting*

**On the basis of presentation**

*Generalities; BRIGHT's disease, albuminous nephritis*

*Generalities; BRIGHT's disease, albuminous nephritis; acute*

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*Kidneys; INFLAMMATION; bright 's disease, in  
Kidneys; INFLAMMATION; hemorrhagic  
Kidneys; INFLAMMATION; parenchymatous; acute  
Kidneys; INFLAMMATION; suppurative  
Kidneys; INFLAMMATION; suppurative; influenza, after  
Kidneys; INFLAMMATION; toxemic*

### **On the basis of clinical features**

#### ***Mode of onset***

*edema*

#### ***puffiness of face***

*Face; SWELLING; edematous; Bright disease, in  
urinary symptoms*

#### ***scanty***

*Urine; SCANTY; dropsy, in*

#### ***smoky***

*Urine; BLOODY; smoky*

#### ***bloody***

*Urine; BLOODY*

*Urine; BLOODY; kidney complaints, in  
symptoms of acute infection*

#### ***fever***

*Fever; INFLAMMATORY fever Kidneys;*

*SUPPRESSION of urine; fever, with **vomiting***

*Stomach; VOMITING; General; renal origin, from  
cerebral symptoms*

#### ***headache***

*Head; PAIN; General*

#### ***convulsions***

*Generalities; COMPULSIONS: Bright's disease, in*

*Generalities; CONVULSIONS; edema, with general*

*Generalities; CONVULSIONS: uremic; Bright's disease, in*

#### ***Insidious onset***

#### ***weakness***

*Generalities; WEAKNESS; albuminuria, in*

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*Generalities; WEAKNESS; Bright's disease, in  
Generalities; WEAKNESS; dropsy, in*

*pallor*

*Face; DISCOLORATION; pale; puffy, and  
anorexia*

*Stomach; APPETITE; diminished; fever, during*

*Sign and symptoms*

*edema*

### **swelling of face**

*Face; SWELLING*

*Face; SWELLING; morning*

*Face; SWELLING; edematous; Bright disease, in*

### **generalised anasarca**

*Generalities; DROPSY; albuminuria, with*

*Generalities; DROPSY; Bright's disease, in*

*Generalities; DROPSY; kidneys disease, from*

*Generalities; SWELLING; general Kidneys;*

*INFLAMMATION; dropsy, with*

*hypertension*

### **elevation of blood pressure**

*Generalities; HYPERTENSION*

*hypertensive encephalopathy*

### **headache**

*Head Pain; GENERAL*

*Head Pain; GENERAL; vomiting*

### **hemiparesis**

*Generalities; PARALYSIS; one-sided, hemiplegia; aphasia,*

*with Generalities; PARALYSIS; one-sided,*

*hemiplegia*

### **vomiting**

*Stomach; VOMITING; General*

*convulsions*

*Generalities; CONVULSIONS; Bright's disease, in*

*aphasia*

*Speech & Voice: VOICE; lost Speech & Voice;*

*VOICE; lost; paralysis, from*



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### **confusion**

*Mind: CONFUSION*

### **coma**

*Mind: UNCONSCIOUSNESS: kidney disease, after*

*Mind: UNCONSCIOUSNESS **pulmonary edema***

*Chest: EDEMA, pulmonary*

*congestive cardiac failure*

### **jugular pulsation**

*External Throat; PULSATION; vena jugular is*

### **peripheral edema**

*Extremities; SWELLING; Lower Limbs; dropsical; after  
scarlet fever*

*Generalities; DROPSY; albuminuria, with*

*Generalities; DROPSY; Bright's disease, in*

### **Impaired renal function**

#### **oliguria**

*Kidneys; SUPPRESSION of urine; dropsy, in*

*Urine; SCANTY*

*Urine; SCANTY; dropsy, in*

#### **renal failure**

*Kidneys; FAILURE*

### **On the basis of associated conditions**

*Chest; INFLAMMATION; Heart; Bright's disease, with  
Generalities; ANEMIA; impaired production of red blood  
cells; Bright's disease, in acute Generalities;*

*BRIGHT's disease, albuminous nephritis;*

*anesthesia, with Generalities: BRIGHT's disease,  
albuminous nephritis;*

*atheromatous degeneration of arteries, with*

*Generalities; BRIGHT's disease, albuminous nephritis;*

*exhaustion, with nervous Generalities; BRIGHT's disease,  
albuminous nephritis; gout*

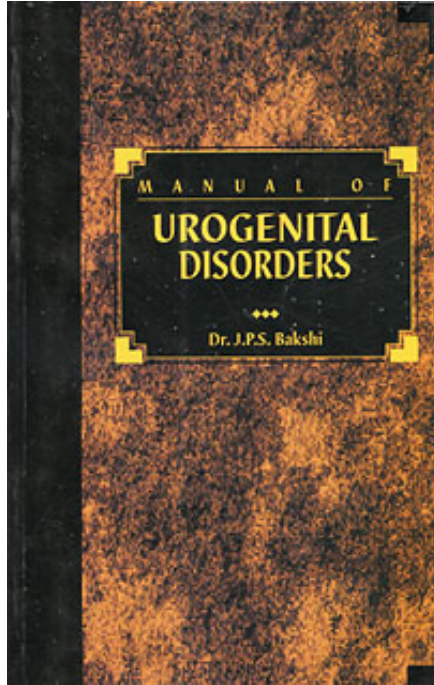
*and mercurio-syphilis, with Generalities; BRIGHT's  
disease, albuminous nephritis; heart*

*complications, with Generalities; BRIGHT's disease,  
albuminous nephritis;*

*hemorrhages, with Generalities; BRIGHT's disease,*

*albuminous nephritis;*

*pancreatic complaints, before or during*



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