Nephrotic syndrome and homoeopathy

MIASTMATIC ASPECT

© Dr. Rajneesh Kumar Sharma MD (Hom)
NPHROTIC SYNDROME AND HOMOEOPATHY

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**Definition**

It is a kidney disease characterized by proteinuria (Psora/ Sycosis), hypoalbuminemia (Psora/ Syphilis), and oedema (Psora/ Sycosis), signed by doubly refractile bodies or oval fat bodies (formed due to fatty degeneration of renal epithelium) (Syphilis/ Sycosis) in the urine, and usually increased blood cholesterol (Psora/ Sycosis) due to increased glomerular permeability (Psora).

Lipid droplets may be present in the cells of the renal tubules (Sycosis), but the basic lesion is increased permeability of the glomerular capillary basement membranes (Psora), due to unknown cause or resulting from glomerulonephritis (Psora/ Sycosis), diabetic glomerulosclerosis (Psora/ Syphilis), systemic lupus erythematosus (Psora/ Syphilis/ sycosis), amyloidosis (Psora/ Syphilis/ sycosis), renal vein thrombosis (Psora/ Sycosis), or hypersensitivity (Psora) to various toxic agents.

Nephrotic-range proteinuria is 3 grams per day or more.

**Incidence**

Patients with nephrotic syndrome are from all age groups, although in children there is an increased risk of the disorder between the ages of 18 months and four years. In children, boys are more frequently affected; in adults, the ratio of men to women is closer to equal.

**Causes**

Primary causes of nephrotic syndrome include –

- Minimal-change nephropathy (Psora)
- Focal glomerulosclerosis (Psora/ Sycosis/ Syphilis)
- Membranous nephropathy (Psora/ Sycosis)
- Hereditary nephropathies (Syphilis)

Secondary causes include the following, again in order of approximate frequency –

- Diabetes mellitus (Psora/ Syphilis)
- Lupus erythematosus (Psora/ Sycosis/ Syphilis)
- Amyloidosis and paraproteinemias (Psora/ Sycosis/ Syphilis)
- Viral infections (e.g. hepatitis B, hepatitis C, human immunodeficiency virus [HIV] (Psora/ Syphilis)
- Preeclampsia (Psora)
- Nephrotic-range proteinuria may occur in other kidney diseases, such as IgA nephropathy (Syphilis)
- Nephrotic syndrome may occur in persons with sickle cell disease and evolve to renal failure (Syphilis)

**Pathogenesis**

Nephrotic syndrome develops when there is damage to the glomeruli (Syphilis). This damage allows proteins in the blood such as albumin, to leak into the urine, causing increased excretion of protein called proteinuria (Psora/ Sycosis). Eventually, blood levels of albumin become reduced (Syphilis). Accompanying abnormalities of kidney function lead to accumulation of fluid in the tissues called edema (Psora/ Sycosis).
There are following steps in this phenomenon -

**Damage to the glomeruli**

- In children
  - Most commonly minimal change disease (Psora)
- In adults
  - Most commonly diabetes or lupus (Psora/ Sycosis/ Syphilis). The remaining cases are due to kidney disorders such as minimal change disease (Psora), focal segmental glomerulosclerosis (FSGS) (Psora/ Syphilis), or membranous nephropathy (Psora/ Sycosis).

**Minimal change disease**

Minimal change disease can occur in both adults and children. People with minimal change disease have normal or very mild abnormalities of the glomeruli.
Focal segmental glomerulosclerosis

FSGS causes collapse and scarring of some glomeruli. The cause of primary FSGS is unknown, although some cases are the result of a genetic defect, an infection, or a toxic response to a drug.

Membranous nephropathy

Membranous nephropathy causes the walls of the glomerular blood vessels to become thickened from the accumulation of protein deposits, causing increased permeability.

Diabetes mellitus

Kidney disease is common in people with diabetes who have chronically elevated blood glucose levels and/or high blood pressure.

Lupus

Lupus is a systemic disease affecting multiple organs of the body, including the kidney. Nephrotic syndrome is common in people with severe lupus.

Symptoms

The most common symptoms of nephrotic syndrome are swelling, weight gain, fatigue, blood clots, and infections. Kidney failure may develop in some people. Increased excretion of protein may lead to frothy appearing urine in the toilet bowel.

Oedema

Swelling that occurs in people with nephrotic syndrome commonly affects the lining of the eye socket, which often causes swelling around the eyes upon waking in the morning. Swelling can also occur in the feet or ankles after sitting or standing for any period of time.

Weight gain

Weight gain can occur in people who develop swelling. Weight gain can occur rapidly.

Uncommonly, weight loss can occur in people who are losing large quantities of protein in the urine. This may be due to malnutrition or an underlying condition, such as poorly controlled diabetes mellitus, a chronic viral infection, or cancer.

Kidney failure

Nephrotic syndrome may progressively lead to renal failure. However, as kidney function continues to worsen, symptoms of kidney failure can develop, including shortness of breath, weakness and easy fatigability due to anaemia and loss of appetite.

Hyperlipidemia

The concentration of lipids (cholesterol and/or triglycerides) can become greatly elevated in nephrotic syndrome. If persistent, this may increase the risk of coronary artery disease.
Blood pressure changes

Abnormally low or abnormally high blood pressure may develop due to impaired homoeostatic mechanism.

Hypercoagubility

People with nephrotic syndrome are at an increased risk of blood clots in the veins or arteries. Clots in the veins can travel to the lungs which can be dangerous, or even fatal.

Infections

People with severe nephrotic syndrome are at increased risk for infections, particularly children with minimal change disease.

Diagnosis

Blood tests

Increased parameters

- Alpha2-globulin
- Beta-globulin
- Cholesterol
  - VLDL
  - Apo B (chylomicrons and LDL-C)
- Triglycerides
- Phospholipids

Decreased parameters

- Albumin
- HDL2

Special investigations

- ANA
- HBsAg
- HCV
- HIV

Urinalysis

- Maltese cross- shaped structures (cholesterol, oval fat bodies)
- Renal tubular casts (fatty, waxy, cellular, granular)
- Protein
Typical Urine sediments

| Urinary tract infection | - positive nitrite test  
| - abundant leukocytes, partly in clumps  
| - few erythrocytes  
| - bacteria  
| - leukocyte casts in case of pyelonephritis |
| Microhematuria | - low amount of protein  
| - abundant hemoglobin  
| - eumorphic or partly dysmorphic erythrocytes  
| - no leukocytes |
| Nephrotic syndrome | - massive proteinuria  
| - few or no erythrocytes and leukocytes  
| - hyaline casts, waxy casts  
| - lipid droplets, oval fat bodies and fatty casts  
| - Maltese crosses |
| Nephritic syndrome | - protein ++ to +++  
| - hemoglobin abundant  
| - dysmorphic erythrocytes, acanthocytes and erythrocyte casts |
| Acute tubular necrosis (ATN) | - slight renal glucosuria  
| - no protein  
| - no erythrocytes and leukocytes  
| - abundant granular casts, epithelial casts, pigmented casts |
| Acute tubulointerstitial nephritis (TIN) | - slight proteinuria  
| - leukocyturia, leukocyte casts  
| - erythrocyturia  
| - eosinophiluria |

Renal biopsy

Renal biopsy is the standard procedure for determining the underlying cause of nephrotic syndrome when a cause cannot be identified by non-invasive laboratory testing.

Differential diagnosis

Principal nephrologic syndromes

<table>
<thead>
<tr>
<th>Syndrome</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diseases of the kidneys</td>
<td></td>
</tr>
</tbody>
</table>
| Nephritic syndrome | Hypertension, edema, proteinuria, hematuria (dysmorphic erythrocytes, erythrocyte casts)  
| Nephrotic syndrome | Edema, proteinuria, hypoalbuminemia, lipiduria, hyperlipidemia, hypercoagulability  
| Rapidly progressive glomerulonephritis | Nephritic urinary sediment, hypertension, rapidly progressive renal failure  
| Uremic syndrome | Loss of appetite, fatigue, pruritus, nausea, vomiting, dysesthesias  
| Isolated pathological urine finding | Asymptomatic (hematuria, leukocyturia, proteinuria) |
| Diseases of the urinary tract |  
| Renal stones | Flank pain and colics, loin pain upon percussion, hematuria  
| Urinary tract infection | Cloudy urine, dysuria, pollakisuria, leukocyturia, bacteriuria; fever, chills, and flank pain in the case of pyelonephritis |
Nephrotic Syndrome and Homoeopathy

**Principal glomerular syndromes**

<table>
<thead>
<tr>
<th>Acute nephritic syndrome</th>
<th>Hematuria with dysmorphic erythrocytes (acanthocytes), erythrocyte casts, proteinuria, acute renal failure, hypertension, edema</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nephrotic syndrome</td>
<td>Marked proteinuria, &gt; 3.5 g/24 h, lipiduria, edema, hypoalbuminemia, hyperlipidemia, tendency for thrombosis and infections</td>
</tr>
<tr>
<td>Rapidly progressive glomerulonephritis (RPGN)</td>
<td>Hematuria, proteinuria, renal failure with &gt; 50% functional loss within weeks to months, hypertension</td>
</tr>
<tr>
<td>Asymptomatic urinary findings</td>
<td>Isolated hematuria and/or proteinuria</td>
</tr>
<tr>
<td>Chronic glomerulonephritis</td>
<td>Nonspecific urinary findings</td>
</tr>
</tbody>
</table>

**Nephrotic vs Nephritic syndromes**

**Prognosis**

Prognosis depends on the underlying disorder. Minimal change disease has the best prognosis. Other types of kidney diseases have less favourable outcomes, with high rates of progression to kidney failure. When nephrotic syndrome is caused by another, treatable disorder (infection, allergic or drug reaction), the prognosis is very good.

**Treatment**

Treatment depends on the underlying disorder. Occasionally, the quantity of fluid a patient is allowed to drink is restricted.
Nephrotic syndrome diet

General Guidelines
The main aim of nutritional management of Nephrotic syndrome is to replace the protein loss by having an adequate intake of proteins. However, high intake of protein must be avoided to prevent any tubular damage to the kidneys caused by filtering of the excess proteins.

- Sodium intake in diet should be low.
- Fat intake should also be low.

Foods that can be taken
- Cow’s milk, skimmed milk
- Yogurt
- Wheat, cereals, sprouts, pulses and legumes such as tur (arhar) dal, moong dal, rajmah, chana, lentils (masoor), etc.
- Eggs, fish, dry fish, chicken, lean meat, etc.
- Vegetables and fruits
- Soups, sauces, chocolate drinks, juices, etc (but with low sodium content)
- Wafers, popcorns, chutneys which are prepared in less salt.
- Moderate to low intake of vegetable oils, butter and mayonnaise.
- Noodles, spaghetti, pancakes, etc (low in salt)

Foods to be avoided in nephrotic syndrome
- Excess of protein should be avoided because a very high protein diet may cause tubular damage to the kidneys as the kidneys will have to filter more of the proteins. But moderate protein intake (about 1 gm/kg body weight) is mandatory to compensate for the protein loss in the urine.
- High amount of fats should be avoided as the cholesterol and triglyceride levels tend to be high in patients with Nephrotic syndrome. The diet must be high in calories so as to conserve proteins, yet low in fats. Excess of oily food and saturated fats (ghee, margarine, etc) should be avoided.
- Sodium in the diet should be minimum so as to prevent fluid accumulation and oedema. The foods that are high in sodium content and thereby should be avoided are:
  - Salted wafers, popcorans, salted biscuits, snacks, chips, etc.
  - Papads - all varieties
  - Salted pickles, chutneys, curry powder - commercial preparations
  - Commercial salad dressings and sauces. Soup cubes
  - Bakery products, bread, biscuits
  - Salted cashew nuts, pistachio, walnuts, peanuts
  - Commercial cheese, preservative containing foods, noodle mixes, pastas
  - Salted or canned meat
  - Foods containing baking soda and ajinomoto

Homoeopathic Treatment


KIDNEYS - INFLAMMATION - Glomeruli – membranoproliferative phos.


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