

Kidney Stones

What are Kidney Stones?

Kidney stones (renal lithiasis) are small, hard deposits that form inside the kidneys. The stones are made of mineral and insoluble organic salts. They develop due to several causes, and appear in the urinary tract, mainly in the kidneys, but also in the bladder and ureters.

Signs and Symptoms

Severe stabbing pains, occurring in waves which usually last 20 to 30 minutes; nausea/vomiting; fever; painful urination; blood appearing in the urine. The pain is located in the back or between ribs and hips.

What Causes Kidney Stones?

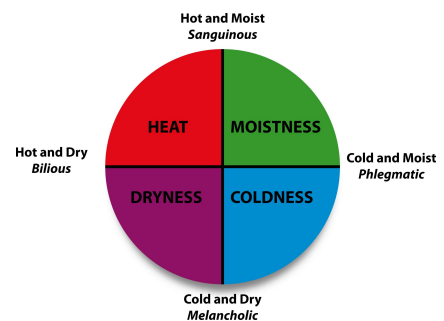
No single cause is evident for the development of kidney stones.

Several factors increase the risk of developing kidney stones: Consumption of calcium-rich food and drink over time; alkaline urine, which encourages solid calcium salt formation; low water intake; living in a hot climate; repeated kidney infections.

The formation of crystals in the urinary tract results in the onset of inflammation, which leads to pain.

The Tibb View of Kidney Stones

According to Tibb, kidney stones are associated with **qualities of dryness with coldness**, as calcium deposits collect and harden to form stones. This dryness with cold often results from an improper lifestyle, such as a low water intake. People with the melancholic dominant or sub-dominant temperament are most likely to develop kidney stones, due to their innate dominance of dryness. However, people with other temperamental types are also at risk of kidney stones due to a poor lifestyle, especially from a faulty diet and low fluid intake.



Management of Kidney Stones

Treatment and management is aimed at **reducing the excess dryness with cold** qualities associated with kidney stones, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness**. This assists Physis in addressing both the symptoms and causes of kidney stones.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as banana, sweet potato, and brown bread, **followed by Cold & Moist foods** - like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** - such as avocado, garlic, onion and chickpeas, and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Drink plenty of warm water.
- Calcium-rich foods like dairy products (cheese, cream, and butter), fish (sardines, pilchards and anchovies) and animal protein should be selected.
- Restrict the intake of refined sugars, fructose (especially corn syrup), cola drinks and apple juice.
- Decrease the intake of spinach, strawberries, nuts, rhubarb, wheat germ, dark chocolate and tea.
- Excessive alcohol intake leads to dehydration, so cutting down should help sufferers from kidney stones.

Herbal Remedy

- Sip an infusion made from four tbsp fennel seeds in one litre of boiling water.

Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes	
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes	
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella		
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal		
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet		
knuckles	green beans	granadilla										tomato sauce		
mussels	mushrooms	grape fruit										maize		
ostrich	peas	lemon, lime										mielies		
oysters	potatoes	naartjies, oranges					popcorn							
pork	sauerkraut	pineapple,plums				poppy seeds								
snails	tomatoes	prunes, pomegranate		samp										
snoek		raspberries		sesame seeds										
tripe		strawberries												
tuna		sultanas												

Cold & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice					
	cucumber	litchis, melons		rice cakes	butter								
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
tofu													
zucchini													

Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
all small bird meat	bitter melon celery	avocado grapes	cashews hazel nuts	celery seeds chickpeas	eggs	mustard oil	aniseed cinnamon	alcohol grape juice	pungent and bitter flavourants	chilli sauce mustard sauce			spicy dishes
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas (see herbs)		peri-peri sauce			
lobsters	leek		walnuts	gram flour			green/red chilli						
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper							nutmeg					
prawns								oregano					
sardines								paprika					
								parsley					
								rocket, rosemary					
		saffron											
		tarragon											

Hot & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes							
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes							
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran								
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks								
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli								
liver	spring onion	peaches		rye bread	mother's milk	ginger, fennel	herbal teas	(see herbs)			vermicelli	nutri-k								
mutton	sweet potato	papaya		sunflower seeds	(for babies)	green masala									nutrific					
turkey	turnips			wheat	fresh cream	marjoram													oats	
			macaroni																	
		dill seeds	soya sauce					taystee wheat												
			thyme,turmeric				weetbix													
				watercress																
							white pepper													