Conservative Management of Ureteric Calculus

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INTRODUCTION
Urolithiasis has been a perplexing problem ever since the dawn of history. The high incidence of urolithiasis in the State of Manipur, (Singh, P.P. et al., 1978), prompted us to contemplate a conservative method of treatment particularly for ureteric calculus. To date, attempts at dissolving urinary calculi have been directed chiefly towards chemical agents, used locally. These would dissolve inorganic crystalline components and/or organic matrix with varying degrees of success but no satisfactory oral measures have yet been achieved (Abeshouse et al., 1961 and Russel, 1962). However, Cystone (The Himalaya Drug Co.), an indigenous drug has been used widely. In this clinical study Cystone was used for conservative treatment of ureteric calculi.

A detailed clinico-biochemical study of Cystone on patients with urolithiasis is also under study.

MATERIAL AND METHODS
The study was conducted among the O.P.D. patients in the Regional Medical College Hospital, Imphal. Eight patients had radiologically-proved unilateral ureteric calculi (Figures 1 and 2). Twenty four hour urine output of these patients was calculated to assess the kidney function and ascertain if conservative treatment would be suitable or not.

Cystone tablets in the recommended dose were given to all the patients for varying periods. Check X-rays were taken for each of them after expulsion of the calculus Figures 3 and 4.

OBSERVATIONS
Table 1 shows that all the patients were males except one, who was a female. The oldest person was 65 years and the youngest, 11 years. All the patients had unilateral calculus. Half the number of patients had the calculus on the left and half on the right side. The longest duration of Cystone therapy was 120 days and shortest was 20 days, the average being 63.13 days.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Affected ureter</th>
<th>Age</th>
<th>Sex</th>
<th>Duration of Cystone therapy in days</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Left</td>
<td>65</td>
<td>M</td>
<td>120</td>
</tr>
<tr>
<td>2.</td>
<td>Right</td>
<td>41</td>
<td>M</td>
<td>75</td>
</tr>
<tr>
<td>3.</td>
<td>Right</td>
<td>41</td>
<td>M</td>
<td>68</td>
</tr>
<tr>
<td>4.</td>
<td>Left</td>
<td>38</td>
<td>M</td>
<td>90</td>
</tr>
<tr>
<td>5.</td>
<td>Left</td>
<td>33</td>
<td>F</td>
<td>62</td>
</tr>
<tr>
<td>6.</td>
<td>Right</td>
<td>32</td>
<td>M</td>
<td>45</td>
</tr>
<tr>
<td>7.</td>
<td>Right</td>
<td>22</td>
<td>M</td>
<td>25</td>
</tr>
<tr>
<td>8.</td>
<td>Left</td>
<td>11</td>
<td>M</td>
<td>20</td>
</tr>
</tbody>
</table>

Table 1: Showing patient profiles of 8 cases of Ureteric Calculus
DISCUSSION
Despite tremendous advances in ureteric surgery, the necessity for a drug that can save a patient from undergoing surgery cannot be overemphasized. Cystone (The Himalaya Drug Co.), an indigenous drug has been found quite effective in the expulsion of ureteric calculus. The drug corrects the crystalloid colloid balance and has a property of acting on the mucin of the calculus. It has a high diuretic activity due to its natural mineral salts (Tiku, I.M. and Bhan, B., 1974). The drug does not contain toxic ingredients. Therefore it can safely be used over a long period without any adverse side effects.
Cystone gave excellent results in all the 8 cases of ureteric calculus, expelling the same without causing any side effects.

**SUMMARY**
This clinical study of the effects of Cystone (The Himalaya Drug Co.) on eight patients with unilateral ureteric calculus with reasonably good kidney function revealed an excellent conservative method of treatment for ureteric calculi.

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**REFERENCES**