

Kidney Stones

Overview

Kidney stones often occur when urine becomes too concentrated. This causes minerals and other substances in your urine to form crystals on the inner surfaces of your kidneys. Over time these crystals may combine to form a small, hard mass. Sometimes this mass (stone) breaks off and passes into the ureter, one of the two thin tubes that carry urine from your kidneys to your bladder.

About 80 percent of stones are a combination of calcium and oxalate (oxalic acid), a substance found in many fruits, vegetables and grains. Most other stones are composed of uric acid which is a byproduct of protein metabolism. A few are made of ammonia crystals (struvite) and result from urinary tract infections. About 1 percent of stones are composed of the amino acid cystine and occur in people who have an inherited disorder.

Not all kidney stones cause symptoms; In fact, it's not unusual for stones to be discovered in the kidneys during X-rays for an unrelated problem. They may also be discovered when you seek medical care for blood in your urine, recurring urinary tract infections, or a vague pain or ache in your side all common symptoms of kidney stones, it's only when a stone breaks loose and begins to work its way down the ureter that the pain becomes agonizing.

Most small kidney stones pass into your bladder without causing any permanent damage. Still, it's important to determine and treat the underlying cause so that you don't form more stones in the future. Fortunately, you may be able to prevent kidney stones simply by increasing the amount of water you drink and making a few dietary changes.

Signs & Symptoms

You may not have symptoms unless a kidney stone is large or causes a blockage or on infection. Then the most common symptom is an intense, colicky pain that may fluctuate in intensity over a period of 5 to 15 minutes. The pain usually starts in your back or your side just below the edge of your ribs. As the stone moves down the ureter toward your bladder, the pain may radiate to your groin. If the stone stops moving, the pain may stop too. Other signs and symptoms may include:

- Bloody, cloudy or foul-smelling urine
- Nausea and vomiting
- Persistent urge to urinate
- Fever and chills if an infection is present

Benefit of SGS Therapy

- Slowly & Gradually dissolve the stone & removes through proper flowing system
- Restricts the recurring formation of stone

Suggested products:

Minerjal: 7 drops 5 times in 200 ml drinking water

Alproxo: 1 tab 3 times after meal

