

# Urinary Abnormalities and Their Homoeopathic Therapeutics: Active Principles and Symptom Correlation

Tanuj Rajvanshy<sup>1</sup>, Resham Rana<sup>2</sup>

<sup>1</sup>Vice-Principal, Dept. of Materia Medica, Swasthya Kalyan Homoeopathic Medical College & Research Centre, Jaipur, Rajasthan

<sup>2</sup>M.D. (PGR), Dept. of Materia Medica, Swasthya Kalyan Homoeopathic Medical College & Research Centre, Jaipur, Rajasthan

**Corresponding Author:** Prof. Dr. Tanuj Rajvanshy, Vice-Principal,  
Dept. of Materia Medica, Swasthya Kalyan Homoeopathic Medical College  
& Research Centre, Jaipur, Rajasthan

E-mail:  
[drtanujrajvanshy@gmail.com](mailto:drtanujrajvanshy@gmail.com)

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## Abstract

Urinary abnormalities describe a wide range of clinical manifestations including urine volume, frequency, and composition, along with the presence of pathological elements like blood, pus, or crystals. These abnormalities develop from disorders of the kidneys, urinary tract, metabolic disturbances, or systemic diseases. In homoeopathy, treatment is based on the principles of individualization and the law of similimum, where remedies are selected according to the totality of symptoms. Several homoeopathic medicines show marked affinity for the urinary system and produce characteristic urinary symptoms during drug proving. The active principles of these remedies influence renal physiology and urinary function. Correlating these drug-induced symptoms with clinical urinary abnormalities provides a rational basis for homoeopathic therapeutics and supports an individualized approach to patient management.

**Keywords:** Urinary abnormalities, Individualization, Law of similimum

## Introduction

The urinary system has a crucial role in maintaining the internal environment of the body by maintaining and regulating fluid balance, concentration of electrolytes, and the excretion of metabolic waste products. The blood is filtered through kidneys and further produces urine, then the urine is transported through the ureters to the urinary bladder and finally expelled through the urethra. Any kind of disturbance in the structure or function of urinary organs may result in urinary abnormalities such as dysuria, polyuria, oliguria, haematuria, proteinuria, or changes in urine colour, Odor, and composition.<sup>[1]</sup>

Urinary abnormalities serve important diagnostic indicators of underlying systemic or renal disorders.

For example, haematuria shows the presence of RBC in urine and which can be gross or microscopic<sup>[2]</sup>. It may cause from other medical conditions including urinary tract infections, renal diseases, urolithiasis, trauma, or malignancies of the urinary tract. Similarly, dysuria is painful or difficult urination and commonly associated with infections or inflammatory conditions of the urinary tract<sup>[3]</sup>.

In homoeopathy, urinary abnormalities are not considered as isolated pathological findings but expressions of the individual's disturbed vital force. According to the principles established by Samuel Hahnemann in the Organon of Medicine, the physician must prioritize the totality of symptoms for selecting the most appropriate remedy. Homoeopathic

therapeutics emphasizes individualization, where the remedy is selected on the basis of characteristic symptoms rather than the disease diagnosis.<sup>[4]</sup>

A number of homoeopathic remedies shows marked action on urinary system and produce characteristic urinary symptoms during drug proving. Medicines such as Cantharis, Berberis vulgaris, Apis mellifica, and Sarsaparilla are frequently used in urinary complaints<sup>[5]</sup>. These medicines contain active principles such as cantharidin in Cantharis and berberine in Berberis vulgaris having specific physiological effects on the urinary system.

Therefore, understanding the relationship between urinary abnormalities, the active principles of homoeopathic remedies, and their characteristic symptoms provides a scientific and practical basis for remedial totality. This article aims to explore common urinary disorders and their homoeopathic therapeutics indicated for their management, with special focus on the correlation between active principles and their clinical symptoms.

### Conclusion

Urinary abnormalities are one of the most clinical signs of derangements in the urinary system and also reflect underlying systemic illness. Careful investigation of symptoms such as changes in urine frequency, quantity, color, and associated characteristic sensations is crucial for proper management.

In homoeopathy, these manifestations are collected as part of the totality of symptoms of the individual. Remedies such as Cantharis, Berberis vulgaris, Apis mellifica and Sarsaparilla show a marked affinity for the urinary system and present characteristic urinary symptoms during drug proving and clinical practice.

Therefore, correlating urinary abnormalities with the symptom picture and active principles of homoeopathic medicines guides in accurate remedy selection and supports individualized and holistic management, in accordance with the principles of Samuel Hahnemann.

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POLYURIA			
Medicines	Active Principles	Pathophysiological Correlation	Symptoms
Uranium nitricum	Uranyl nitrate <sup>[6,7]</sup>	degeneration of renal tubules- glycosuria- osmotic diuresis	Excessive urination, excessive thirst, emaciation, weakness, glycosuria, urethral burning <sup>[5,6]</sup>
Helonias dioica	Steroidal saponins (helonin) <sup>[8,9]</sup>	Renal congestion and endocrine disturbance - profuse urine	Profuse urination , albuminuria, back pain in kidney region, fatigue, irritability, diabetic symptoms <sup>[5,10]</sup>
Acetic acid	Acetic acid (CH <sub>3</sub> COOH) <sup>[7]</sup>	Disturbance in fluid metabolism- water diuresis	Profuse pale urine, extreme thirst, anemia, emaciation, weakness <sup>[5,11]</sup>
OLIGURIA			
Apocynum cannabinum	Cardiac glycosides (apocynin) <sup>[8]</sup>	renal perfusion is reduced with retention of fluid	Scanty urine, edema, dropsy, thirstlessness, nausea <sup>[5,10]</sup>
Digitalis purpurea	Digitalis glycosides <sup>[12]</sup>	Cardiac failure- renal blood flow is reduced - oliguria	Scanty urine, slow and weak pulse, cyanosis, faintness, cold skin <sup>[5,11]</sup>

Arsenicum album	Arsenic trioxide <sup>[7]</sup>	Renal irritation - decreased filtration	Scanty urine, burning pain in urination, restlessness, anxiety, weakness <sup>[5,10]</sup>
<b>ANURIA</b>			
Terebinthina	Turpentine oil (terpenes) <sup>[8]</sup>	Inflammation of renal cause suppression	Suppressed urine, smoky urine, burning pain in kidney region, distension of abdomen <sup>[5,11]</sup>
Helleborus niger	Helleborin glycoside <sup>[9]</sup>	Depression of kidney - failure of urine secretion	Urine suppressed, stupor, slow pulse, cold body <sup>[5,10]</sup>
Cantharis	Cantharidin <sup>[8]</sup>	Intense inflammation of bladder leading to suppression	Burning urination, constant urging, urine passed drop by drop <sup>[5,11]</sup>
<b>NOCTURIA</b>			
Equisetum hyemale	Silicic acid, flavonoids <sup>[12]</sup>	frequent night urination due to bladder irritation	Nocturnal enuresis, bladder pain, large quantity urine, frequent urging <sup>[5,10]</sup>
Benzoic acid	Benzoic acid <sup>[13]</sup>	Metabolic disturbance affecting renal excretion	Frequent urination at night, offensive urine odor, uric acid diathesis <sup>[5]</sup>
Lycopodium clavatum	Lycopodine alkaloid <sup>[8]</sup>	Disturbed metabolism cause sedimentation of urine	Frequent urination at night, red sand sediment, bloating <sup>[5,10]</sup>
<b>DYSURIA</b>			
Pareira brava	Pareirine alkaloid <sup>[9]</sup>	Severe urinary tract irritation	Painful urination, must kneel down to urinate, bladder tenesmus <sup>[5,10]</sup>
Sarsaparilla officinalis	Saponins <sup>[8]</sup>	Urethral irritation	Pain at end of urination, gravel particles in urine, child screams while urinating <sup>[5]</sup>
Cantharis	Cantharidin <sup>[8]</sup>	Acute cystitis and bladder inflammation	Burning urine, frequent urging, severe pain before and after urination <sup>[5,11]</sup>
<b>STRANGURIA</b>			
Cantharis	Cantharidin <sup>[8]</sup>	inflammation of mucosal in bladder	Urine passed drop by drop, burning pain, constant urging <sup>[5]</sup>
Nux vomica	Strychnine alkaloid <sup>[12]</sup>	Spasmodic contraction of bladder neck	Ineffectual urging, spasmodic dysuria, irritability <sup>[5,10]</sup>
Mercurius corrosivus	Mercuric chloride <sup>[7]</sup>	Severe inflammatory cystitis	Bloody urine, intense burning, frequent urging <sup>[10,11]</sup>
<b>RETENTION OF URINE</b>			
Causticum	Potassium hydrate <sup>[4]</sup>	Neurogenic bladder dysfunction	Retention of urine after surgery or childbirth, weak bladder muscles <sup>[5]</sup>
Opium	Morphine alkaloids <sup>[12]</sup>	Atony of bladder due to CNS depression	Complete retention of urination , painless bladder distension <sup>[5]</sup>
Belladonna	Atropine alkaloid <sup>[8]</sup>	Spasm of bladder sphincter	Sudden retention urine , burning pain in bladder <sup>[5]</sup>

<b>INCONTINENCE</b>			
Kreosotum	Phenolic compounds <sup>[13]</sup>	Weak bladder sphincter	Bed-wetting during first sleep, offensive urine <sup>[5]</sup>
Equisetum hyemale	Silicic acid <sup>[12]</sup>	Bladder irritation	Involuntary urination, frequent urging <sup>[5]</sup>
Causticum	Potassium hydrate <sup>[4]</sup>	Sphincter weakness	Incontinence of urine while coughing or sneezing <sup>[5]</sup>
<b>ALBUMINURIA</b>			
Helonias dioica	Steroidal saponins <sup>[8,9]</sup>	albumin leakage due to congestion of renal	Albuminous urine, weakness, diabetes <sup>[5]</sup>
Apis mellifica	Melittin peptides <sup>[7]</sup>	Glomerular inflammation	Albuminuria, edema, scanty urine <sup>[5]</sup>
Arsenicum album	Arsenic trioxide <sup>[7]</sup>	Renal tubular damage	Albuminuria, burning pains, weakness <sup>[5]</sup>
<b>HEMATURIA</b>			
Hamamelis virginiana	Tannins <sup>[8]</sup>	Capillary fragility	Dark blood in urine, passive hemorrhage <sup>[5]</sup>
Terebinthina	Turpentine oil <sup>[8]</sup>	Renal irritation causing bleeding	Smoky urine, kidney pain <sup>[5]</sup>
Phosphorus	Elemental phosphorus <sup>[7]</sup>	Coagulation leads to bleeding	Bright blood in urine, weakness <sup>[5]</sup>
<b>PYURIA</b>			
Chimaphila umbellata	Arbutin	Antiseptic urinary action	Thick pus in urine, difficulty in urination <sup>[5]</sup>
Cantharis	Cantharidin <sup>[8]</sup>	Acute urinary infection	Burning pain during urination with pus <sup>[5]</sup>
Mercurius corrosivus	Mercuric chloride <sup>[7]</sup>	Severe inflammatory cystitis	Pus and blood in urine <sup>[12]</sup>
<b>GLYCOSURIA</b>			
Gymnema sylvestre	Gymnemic acids <sup>[8]</sup>	Hyperglycemia - osmotic diuresis	Sweet urine, intense thirst, fatigue <sup>[9]</sup>
Uranium nitricum	Uranyl nitrate <sup>[6,7]</sup>	Renal glycosuria	Polyuria, sugar in urine <sup>[5]</sup>
Phosphoric acid	Phosphate compounds <sup>[13]</sup>	Metabolic disturbance in diabetes	Profuse urination, weakness <sup>[5]</sup>
<b>PHOSPHATURIA</b>			
Natrum phosphoricum	Sodium phosphate <sup>[13]</sup>	Disturbed phosphate metabolism	White sediment in urine <sup>[5]</sup>
Calcarea phosphorica	Calcium phosphate <sup>[13]</sup>	Calcium-phosphate imbalance	Cloudy urine, weakness <sup>[5]</sup>
Kali phosphoricum	Potassium phosphate <sup>[13]</sup>	Nervous exhaustion affecting metabolism	Phosphatic urine, fatigue <sup>[5]</sup>

<b>OXALURIA</b>			
Oxalic acid	Oxalic acid <sup>[7]</sup>	Excess oxalate metabolism	Kidney pain, oxalate crystals <sup>[11]</sup>
Nitric acid	Nitric acid <sup>[13]</sup>	Metabolic disturbance	Burning urine, crystals <sup>[10]</sup>
Lycopodium clavatum	Lycopodine alkaloid <sup>[8]</sup>	Renal metabolic dysfunction	Red sand sediment, urinary stones <sup>[5]</sup>
<b>MILKY URINE</b>			
Phosphoric acid	Phosphate compounds <sup>[13]</sup>	Lymphatic leakage - chyluria	Milky urine, weakness <sup>[5]</sup>
Calcarea carbonica	Calcium carbonate <sup>[13]</sup>	chyluria caused from metabolic disturbance	Milky urine, fatigue <sup>[5]</sup>
Natrum muriaticum	Sodium chloride <sup>[13]</sup>	Disturbed fluid metabolism	Milky urine, excessive thirst <sup>[5]</sup>

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