

# “Om Homoeopathic Clinic”

Shop No -6, Veronica Apartment, Behind Hanuman Temple, New India School Lane, Right  
Bhusari Colony, Kothrud, Pune 411038

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## ‘Kidney Stone Management’

### Do’s / Food recommended

- Drink at least 12 Glasses of water /juices (2-3 litres per day, preferably soft water, in case of hard water boil sufficient before drinking) to excrete 2 liters of urine per day (Coconut water etc)
- Drink water at regular interval. Always carry water with you.
- Be active and exercises regularly to lose your weight, which may be helpful.
- Reduce consumption of protein food to a judicious level as diet high in protein (e.g., meat, fish, pulses, nuts, and eggs.)
- Decrease consumption of sugar also (e.g. sucrose) as sugar also promotes stone formation.
- Vegetables-
  - Carrots and Bitter Gourds ( Karala) acts as stone inhibitors
- Fruits and juices-
  - Bananas are rich in vitamin B6,breaksdown oxalic acid and thereby prevents stone formation
  - Lemon-it is rich in citrates, thereby preventing calcium oxalate stone formation.
  - Pineapple juice- it contains enzymes which breakdown fibrin, thereby prevents renal stone formation.
- Fibres-
  - Barly, oats - they are rich in stone inhibitors.

- Almond - It rich in Potassium and Magnesium which act as stone inhibitors.

### Don'ts / Food restricted

- Vegetables
  - Tomato, Palak and Amaranth Greens (Chauli) - they have high oxalate contains which can lead to urinary stones.
  - Cauliflower, Brinjal, Mashroom- they have high uric acid/ purine contain which causes stone formation.
- Fruits & juices-
  - Chikoo and Grapes- They have high oxalate contains which can lead to urinary stones.
  - Pumpkin- it has high uric acid purine contents, which can lead to urinary stones.
- Non vegetarian food
  - Mutton, Chicken, Fish, Eggs - they have high uric acid/ purine content which causes stone formation.
- Other
  - Cashew nuts- it has high oxalate content which can lead to urinary stones.
  - Chocolate/ Cocoa, Other Chocolate drink mixes, Tea and coffee, alcoholic beverages - They have high oxalate content which can lead to urinary stones.
  - Avoid drinking too much carbonate drinks, e.g. sports drinks and sodas
  - Avoid high salty food or drinks.
- Avoid taking supplements contains Vitamin D (e.g. cheese, beef, liver, eggs).
- Avoid large amount of vitamin C can increase chances of getting kidney stones.

Calcium or Oxalate stone	Uric Acid Stones	Struvite stones	Cystine stones
Drink 10 -12 glasse of waer each day	Drink 10 -12 glasse of waer each day	Drink 10 -12 glasse of waer each day	Drink 10 -12 glasse of waer each day
Limit high calcium like dairy products and high oxalate foods like Colas, Peanuts, and Chocolates. Don't overuse antacids	Limit high purine foods like meat, vegetables, beer, wine	Caused by infections, you must follow your physician medications and drink lots of water	Limit intake of fish ( high in Methionine)

**Depending on the nature of the kidney stone, your doctor will provide you with information on avoiding certain food that may increase your risk for stone in the future.**