

## BOOK REVIEW

### Disease Monograph — Urolithiasis

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The practice of medicine is gradually transforming itself from “experience-based” to “evidence-based”.

Since more and more credible evidence from well designed clinical studies to “result-oriented studies” are required, one of the important aims of this book is to delineate the essential information about urolithiasis, its causes, diagnosis, clear-cut guidelines for selection of medicines and their clinical status, as the prevalence of disease is increasing.

This monograph introduces the strategy of developing ideas for management of urolithiasis in a scientific way. In this monograph, contributors who are well experienced in their field present in-depth and detailed analysis of what it takes to succeed in the treatment. The monograph’s different chapters provide in-depth knowledge of management of Urolithiasis.

Chapter 1 provides historical aspects, anatomy, physiology of urinary tract, epidemiology of urolithiasis, and its effect in terms of morbidity and mortality on the society.

Chapter 2 deals with aetiopathogenesis, and unfolds very precisely the mechanism of calculi formation and its preventive measures.

Chapter 3 describes the clinical manifestation and diagnostic procedure from physical examination, to the latest investigations with acute and chronic complications.

Chapter 4 tells about the management for acute stage, medical and surgical management with the pros and cons of procedures for selecting the suitable options.

Chapter 5 is a true picture of the maxim “Prevention is better than cure”. The chapter describes measures that should be taken to prevent recurrence, which is fairly common in Urolithiasis.

Chapters 6 and 7 deal with the therapeutics of Urolithiasis. Homoeopathic medicines including Nosodes and Bowel nosodes are presented with compact and reliable symptoms. A sincere effort has been made to develop “Therapeutics of Urolithiasis of Organ Remedies, including Indian Drugs”. The renal and bladder stones have also been categorized beautifully. Added therapeutics for special purposes have been explained. This provides an easy and concise tool for the selection of remedy.

One of the leading remedies is ‘*Sarsaparilla*’, whose indications have not been discussed in detail.

Chapter 8 is about the repertory which contains symptoms from all leading repertories, which is a very useful method of selecting similimum for every individual case of Urolithiasis.

Chapter 9 The homoeopathic research on Urolithiasis is very promising and challenging, it can be of great help to the patients who are not willing or are unable to go for surgery. The response is excellent.

This monograph can be made more useful by adding photographs of urinary tract, types of stones, x-ray and ultrasounds of patients before and after treatment, which enables confirming the results. More extensive research work data should be available to correlate the results. This monograph can be very encouraging for the homoeopathic fraternity. It is a good combination and attempt to fill the gap for comprehensive values by authors to enhance the reliability of Homoeopathy.

Superbly prepared, this monograph conveys the essence and importance of homoeopathy.

It may become a worldwide classic of Urolithiasis management.

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