



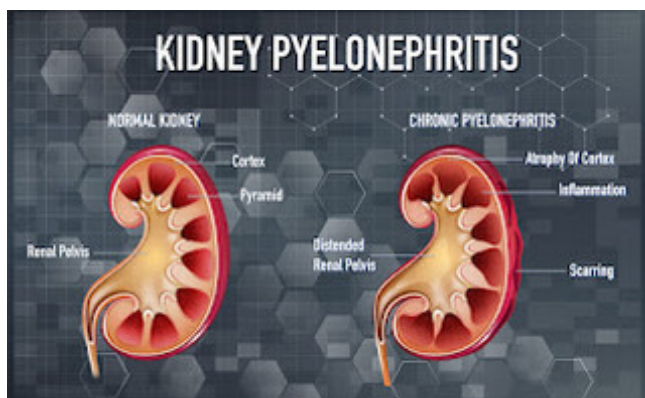
# Home Remedies and Tips for Kidney Stone Treatment

## Kidney Stone Treatment

Kidney stones can be very painful and troublesome. But don't worry, there are simple home remedies and tips that can help you manage and prevent kidney stones. In this article, we will discuss some easy and effective methods for [kidney stones treatment Madurai](#) residents can try at home.

## Understanding [Kidney Stone Pain](#)

Kidney stone pain, also known as renal colic, usually starts suddenly. The pain can be intense and may come in waves. It is often felt in the side, back, and below the ribs. Sometimes, the pain can spread to the lower abdomen and groin. Other symptoms may include nausea, vomiting, and blood in the urine.



## Stay Hydrated

Drinking plenty of water is one of the best ways to prevent kidney stones. Aim for at least 8–10 glasses of water a day. Water helps flush out small stones and toxins from your kidneys. Adding a little lemon juice to your water can be even more helpful. The citric acid in lemon juice helps break down kidney stones.

## Dietary Changes

Your diet plays a big role in preventing kidney stones. Reduce your intake of salt, sugar, and animal protein. Instead, eat more fruits, vegetables, and whole grains. Foods rich in calcium,

like dairy products, are good, but make sure to balance them with plenty of water.

## Herbal Remedies

Certain herbs can help with kidney stones. Basil (Tulsi) is known to support kidney health. Drinking basil tea or eating fresh basil leaves daily can be beneficial. Pomegranate juice is another effective remedy that can help prevent the formation of stones.

## Regular Exercise

Staying active is good for your overall health and can help prevent [kidney stones](#). Simple activities like walking, jogging, or yoga can make a big difference. Exercise helps your body function better and reduces the risk of stone formation.

## Avoid Oxalate-Rich Foods

**Foods high in oxalate, such as spinach, beets, and nuts, can contribute to kidney stones. Limiting these foods in your diet can reduce the risk of stone formation.**

## Consult a Professional

While home remedies can be helpful, it is important to consult a [urologist Madurai](#) residents trust if you experience severe pain or recurring kidney stones. A [urologist](#) can provide specialized care and recommend the best treatments. In Madurai, **Sandheep Memorial Hospital** is known for its expert urology care. The experienced doctors at Sandheep Memorial Hospital Madurai can help you with advanced [kidney stones treatment](#).



The advertisement is a vertical banner with a green and white color scheme. At the top left is the Sandheep Memorial logo. Below it, the text reads "THE BEST UROLOGY SURGEON IN SOUNT 2024". To the right is a circular inset image of a female urologist in a white coat. Below the main text, there is a green box containing three checkmarks and the following text: "24 Hours Care", "Specialist Doctors", and "Reasonable Pricing". A "CONSULT NOW" button is located to the right of this box. At the bottom, there are three circular inset images showing medical staff and a patient. The bottom left corner displays a phone icon and the number "+91 83006 55325". The bottom right corner features the Sandheep Memorial Hospital logo and name.