

SaharaTime Panorama

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'Eating too much of salad can lead to the formation of stones'



FORMATION OF stones in kidney and urinary bladder is a very common problem among Indians. Is this an inherited tendency or has it something to do with your eating habits? **Dr Rajesh Taneja**, Sr consultant, Urology, Pushpawati

Singharia Research Institute, Delhi, in a conversation with **Gunjan Sharma** talks about the reasons of formation of stones, their treatment and precautions to be taken to avoid their creation. Excerpts.

Q. Why are Indians so prone to the formation of stones in their urinary tract?

A. India geographically lies on the stone belt of the world. So there is something in the water and food of India that aids the formation of stones in the urinary tract.

Q. What are the symptoms of this problem?

A. The presence of stones coincides with the occurrence of striking pain in the stomach area. Pain can also be accompanied by a nauseating feeling. Generally after one or two vomiting, pain subsides for a while. In such cases we can detect the presence of stones through X-rays that can be duly treated afterwards. But sometimes, pain doesn't occur. Delayed detection of stones in the urinary tract could result in kidney failure.

Q. Up to what extent do you think modern lifestyle is responsible for the formation of stones?

A. These days, people are getting more and more conscious about their health. Sometimes, in order to remain in shape they do crash-dieting. During which, they generally consume a lot of salad, leafy vegetables, which are rich in oxynates and thus form stones. In fact, excessive intake of any food item- milk or milk products, grams, lentils, specific fruit or vegetable, etc, can lead to formation of stones.

Q. Are these stones completely treatable? What are the latest techniques?

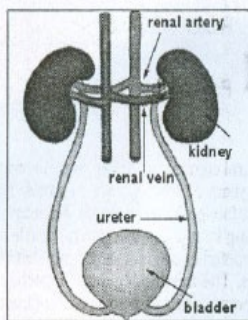
A. Yes, stones are treatable and various techniques used are: *Per Cutaneous Nephro Lithotomy*: It is a minimal invasive procedure in which we make a whole and insert a pen size telescope right up to the stone and take the stone out.

Uretero Scopic Lithotripsy: It is also a minimal invasive method in which we insert telescope through urinary tract and break the stone into pieces. Then we take the fragmented stone out.

Extra corporeal shock wave lithotripsy: In this method, we give shock waves that break the stone into small pieces which are then expected to come out of their own in urine.

Laposcopic uretero lithotomy: In this we use a laproscope to take the stone out.

Q. What is the success rate of these surgeries?



Urinary tract of Human beings

A. Success rate of these surgeries may reach close to 100 percent, if the urologist chooses the right method. Every stone needs different treatment depending upon its type, size, shape and location. So, it is very important for an urologist to figure out the stone properly before choosing the method for its extraction.

Q. What precautions should one take to avoid formation of stones?

A. If a person has family history of stone problem, he or she should take extra care to avoid the formation of stone. Don't eat excess of leafy vegetables like spinach, don't eat too much of tomatoes, cucumber, etc. If you have tendency of forming uric acid stones, avoid too much of lentils and grams. A balance diet and plenty of water are a must for the people susceptible to having stones.

Q. How can one decide what amount of water one should take?

A. The requirement of water varies from person to person depending up on his occupation and climatic conditions he or she is living in. An easy way to detect whether you are taking proper amount of water or not is to keep a check on the colour of urine you pass. The color of urine should be as close to water as possible. Darker coloured urine means you are not taking adequate amount of water. ■