



ISSN 2456-3110

Vol 9 · Issue 12

December 2024

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Holistic Strategies in Chronic Kidney Disease: Case Report on the Impact of Ayurvedic Treatment

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ABSTRACT

Chronic kidney disease (CKD) is a major global health issue, predominantly caused by diabetes and hypertension, which account for 75% of cases. The disease is categorized into five stages based on glomerular filtration rate (GFR), and its effective management requires a multidisciplinary approach that includes nutritional therapy and regular monitoring to slow progression and reduce cardiovascular risks. Despite advances in the management of CKD, challenges in early detection and intervention persist, especially in underprivileged populations. This case report focuses on a 35-year-old woman with CKD and diagnosed with hypertension for 1 year who received Ayurvedic treatment at Jeena Sikho Lifecare Limited Hospital, Derabassi. Her treatment comprised a blend of Panchakarma therapies and individualized Ayurvedic formulations, resulting in significant improvements in her symptoms, renal function, and overall quality of life. After 7 days of treatment, the patient showed considerable enhancements in GFR and reported relief from pain and other symptoms. These results highlight the potential of Ayurveda as a cost-effective alternative to conventional treatments, especially for individuals with limited access to advanced healthcare. While the findings are encouraging, further studies, including larger randomized controlled trials, are needed to validate the efficacy and safety of Ayurvedic interventions for CKD and to create standardized treatment protocols. Merging Ayurvedic principles with contemporary medical practices may provide a holistic strategy for managing CKD, emphasizing the role of comprehensive care in enhancing patient outcomes.

Key words: Chronic Kidney Disease (CKD), Glomerular Filtration Rate, DTPA renal scan, Ayurvedic therapies, Hypertension

INTRODUCTION

Chronic kidney disease (CKD) is a global health issue caused by diabetes and hypertension, affecting 75% of cases.^[1] It is classified into five stages based on glomerular filtration rate (GFR) with biochemical markers used for diagnosis.^[2] Effective management

involves a multidisciplinary approach, including nutritional therapy and regular monitoring, to slow disease progression and reduce cardiovascular risks.^[3] Despite advancements, challenges remain in early detection and management, especially in high-risk populations.

CKD is a syndrome characterized by persistent alterations in kidney structure and function, affecting an individual's health.^[4] Structural abnormalities include cysts, tumors, and atrophy, while dysfunction can manifest as hypertension, edema and renal fibrosis. The Kidney Disease Improving Global Outcomes (KDIGO) initiative classifies individuals with CKD based on GFR and albuminuria, which are reliable predictors of long-term CKD outcomes, as kidney structure or function abnormalities persist for over 3 months.^[5] CKD significantly affects nephron health, leading to progressive nephron loss and functional decline.^[6] Early nephrology referral can delay disease

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Submission Date: 15/11/2024

Accepted Date: 27/12/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: [10.21760/jaims.9.12.42](https://doi.org/10.21760/jaims.9.12.42)

progression, while advanced patients experience a more rapid decline. CKD alters medication pharmacokinetics, increasing the risk of medication therapy problems.^[7] Disadvantaged populations face higher CKD burdens due to socioeconomic factors, complicating access to nephron-preserving treatments.^[8] Early intervention and comprehensive care can mitigate CKD's effects, emphasizing the importance of proactive management strategies.

Ayurveda is a universal approach for managing CKD, offering a more cost-effective alternative to traditional treatments. Research shows that Ayurvedic therapies can improve kidney function and alleviate symptoms associated with CKD, making them a viable option for patients.^[9] Ayurvedic treatments often incorporate dietary changes, yoga and detoxification methods to enhance overall health and prevent disease progression. Ayurvedic herbs have diuretic and anti-inflammatory properties, helping manage CKD symptoms and support kidney health. Ayurvedic treatment plans are personalized, addressing root causes rather than just symptoms. However, further research is needed to establish standardized protocols and ensure safety, especially regarding nephrotoxic herbs.^[10]

Ayurvedic treatment addresses underlying imbalances and improves kidney function, particularly beneficial for patients unable to afford conventional treatments like dialysis. Ayurvedic principles focus on restoring balance in bodily systems, often using Ayurvedic formulations like GFR powder and Chander Vati.^[11]

The integration of Ayurveda which focuses on natural healing methods, can complement Ayurvedic practices by enhancing kidney function and overall health. Lifestyle modifications, such as stress management and physical activity, are crucial for managing CKD ^[12]. Constipation and acidity is found common in CKD patients. Studies show that these are lifestyle disorders which a holistic treatment plan is needed. Ayurveda provides this comprehensive therapy for constipation, acidity along with CKD ^[13]. This case report shows significant improvements in a CKD patient with hypertension and reductions in serum creatinine and blood urea levels.

CASE REPORT

A 35-year-old woman with a history of CKD and Hypertension since 2023 visited Jeena Sikho Lifecare Limited Hospital, Derabassi (Chandigarh) on May 9, 2023. She reported symptoms such as pedal edema, weakness, frothy urine, nausea and vomiting. She was diagnosed with hypertension 1 year prior to her hospital admission. A thorough Ayurvedic evaluation was performed, which included a detailed medical history, physical examination, and diagnostic tests.

The findings were observed during the initial examination of the patient on the first day as mentioned in **Table 1**.

Table 1: Vitals during the initial examination

Parameter	Findings
Temperature	98.4°F
Blood Pressure	110/70 mm of Hg
Pulse Rate	108/min
Weight	48 Kg
Oxygen Saturation	99%
Nadi	Vataj Pittaj
Mala	Avikruta
Mutra	Phenila Mutra
Jivha	Saam
Shabda	Spashta

During her IPD stay, the patient received comprehensive Ayurvedic treatments, including Panchakarma therapy. This therapy encompassed Panchakarma therapies such as Avagaha Sweda, Gokshuradi Siddha Sneha Basti, Thalam and Nitya Virechana and performed Postural Therapy (HDT). The patient was advised to take GFR powder, CKD syrup, Chander Vati tablet twice in a day, Trivrit Avleha & DS Powder at night.

After seven days of treatment, the patient experienced significant improvement, including relief from constipation and normal appetite. Vitals observed during the treatment Investigations conducted on the

May 10, 2023, are detailed in **Table 2**. The medications taken during IPD are listed in **Table 3**. DTPA scan of the patient done on May 10, 2024, shows that both the kidneys are shrunk in size with compromised cortical function. Investigations conducted on May 15, 2023, on the day before discharge are detailed in **Table 4**. Daily vitals observed during the IPD Investigations are detailed in **Table 5**. The patient was subsequently discharged on May 16, 2023. Medicine given at the time of Discharge is given in **Table 6**.

Table 2: Vitals observed during the IPD treatment Investigations

Parameter	Findings
Haemoglobin	9.2 gm/dL
Lipid Profile	
Total Cholesterol	135.0 mg/dL
HDL	33.0 mg/dL
LDL	88.20 mg/dL
VLDL	13.80 mg/dL
Cholesterol/HDL Ratio	4.09 (within normal range)
Triglycerides	69.00 mg/dL
Rapid Tests	Non-reactive for HIV, HBsAg, and HCV
eGFR	40 mL/min/1.73m ²

Table 3: Medications taken during the IPD

Medicine name	Dosage	Dates of intake
Chander Vati tablet	2 tablets BD (Adhobhaktawith Koshna Jala)	10/05/2023 - 15/05/2023
Trivrit Avleha	Half a teaspoon (Nishikal with Koshna Jal)	10/05/2023 - 12/05/2023
CKD syrup	20 ML BD (Adhobhakta with Samamatra Koshna Jala)	10/05/2023 - 15/05/2023
GFR powder	Half a teaspoon BD (Adhobhakta with Koshna Jala)	10/05/2023 - 15/05/2023

Divya Shakti Powder	1/2 TSF (Nishikal with Koshna Jal)	13/05/2023 - 15/05/2023
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Table 4: Vitals of follow up treatments

Parameter	Findings			
	10/05/2023	15/05/2023	24/08/2023	13/12/2023
Haemoglobin	9.2 gm/dL	8.9 gm/dL	12.1 gm/dL	12.0 gm/dL
Urea	63 mg/dL	41 mg/dL	27.16 mg/dL	36.58 mg/dL
Creatinine	1.70 mg/dL	1.60 mg/dL	1.58 mg/dL	1.70 mg/dL
Sodium	140.3 mEq/L	140.1 mEq/L	143.1 mEq/L	139.2 mEq/L
Potassium	5.31 mEq/L	4.57 mEq/L	5.25 mEq/L	4.84 mEq/L
Chloride	105.9 mEq/L	106.1 mEq/L	104.3 mEq/L	104.9 mEq/L
Urine protein	Present	-	Trace	Present
Urine glucose	Present	-	Trace	Absent
Pus cells	50 to 60	-	08 to 10	1 to 2
Epithelial cells	30 to 40	-	06 to 8	2 to 3

Table 5: Vitals during the daily IPD

Date	Time	Weight in Kg	Temperature in °F	Pulse per min	Blood Pressure (mmHg)
10/05/2023	2:00 PM	48 Kg	98.4°F	92	100/70
	5:00 PM	48 Kg	98.4°F	90	100/60
	7:40 PM	48 Kg	97.4°F	72	110/80
11/05/2023	5:00 AM	48 Kg	98°F	90	100/60
	9:00 AM	48 Kg	98.4°F	98	130/90

	2:00 PM	47 Kg	98.4°F	84	110/80
	9:30 PM	47 Kg	98.2°F	82	120/80
12/05/2023	5:00 AM	47 Kg	97.8 °F	97	110/80
	9:00 AM	47 Kg	98.1°F	119	120/80
	4:00 PM	47.20 Kg	98.4°F	92	90/70
	8:00 PM	47.20 Kg	96.8°F	80	120/80
13/05/2023	5:55 AM	47.20 Kg	96.8°F	98	120/90
	9:00 AM	47 Kg	98.4°F	88	110/80
	4:00 PM	47 Kg	98.4°F	78	122/84
	8:30 PM	47 Kg	98°F	84	120/90
14/05/2023	5:50 AM	47 Kg	97.4°F	80	120/80
	10:00 AM	47 Kg	98.4°F	84	120/70
	7:40 PM	47 Kg	97.4°F	102	120/90
15/05/2023	5:50 AM	47 Kg	98°F	92	120/80
	9:00 AM	47 Kg	98.2°F	92	110/85
	1:00 PM	48Kg	98.1°F	94	120/80
	8:15 PM	48Kg	96.8°F	75	130/90
16/05/2023	5:55 AM	48Kg	97.8°F	70	140/80

	9:15 AM	48Kg	98°F	90	110/90
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Table 6: Medicine given at the time of Discharge

Medicine name	Dosage	Therapeutic Effects
Divya Shakti Powder	Half a teaspoon (<i>Nishikal</i> with <i>Koshna Jal</i>)	Enhances overall vitality and energy levels, addressing fatigue and weakness.
CKD Syrup	20 ml BD (<i>Adhobhakta</i> with <i>Samamatra Koshna Jala</i>)	Provides relief from pain and discomfort associated with kidney issues.
GFR Powder	Half a teaspoon BD (<i>Adhobhakta</i> with <i>Koshna Jala</i>)	Supports kidney function and reduces inflammation, helping with renal symptoms.
Nephron plus	2 CAP BD (<i>Adhobhakta</i> with <i>Koshna Jala</i>)	Beneficial to kidney diseases and urinary problems

The patient returned for a follow-up on August 24, 2023, 3 months' post-discharge, presenting with complaints of frothy urine, weight loss, fever, headache, scattered coating in tongue, symptoms of a urinary tract infection (UTI) and body pain. The medications advised for two months after discharge are listed in **Table 7**. Investigations conducted on the same day revealed a hemoglobin level of 12.1 gm/dL, slightly hazy urination, trace urine protein, trace urine glucose and 8-10 pus cells per high power field (hpf) in the urine examination report. Other investigation results are detailed in **Table 4**. The patient as advices to take *Amritarishta* (15ML QDS with equal amount of water), *Vish Har Syrup* (15ML QDS with equal amount of water) and *Giloy Ghanvati* tablet (2 tab QDS with luke warm water) for 3 days.

Table 7: Medications advised for two months after discharge (28/08/2023)

Medicine Name	Dosage	Therapeutic Effects
DS Powder	½ TSF (<i>Nishikala</i> with <i>Koshana Jala</i>)	Enhances overall vitality and energy

		levels, addressing fatigue and weakness
GFR Powder	1 TSF BD (<i>Adhobhakta</i> with <i>Koshna Jala</i>)	Supports kidney function and reduces inflammation, helping with renal symptoms.
Chander Vati	2 tablets BD (<i>Adhobhakta</i> with <i>Koshna Jala</i>)	Alleviates urinary tract symptoms and promotes healthy urine flow.
Liver Tonic Syrup + Kidney Care Syrup	3 tsf with ½ cup of water	Helps in cell rejuvenation, expulsion of toxin, boost metabolism

The patient returned for a follow-up on December 13, 2023, with no urinary complaints. She reported normal urinary output and mild frothy urine with no symptoms of fever that were present during the last visit. Her bowel movements were regular, appetite normal and sleep adequate. Vitals observed on examination are written in **Table 3**. Investigations revealed a hemoglobin level of 12.0 gm%, with other results in **Table 4**. The prescribed Ayurvedic medications are described in **Table 8**.

Table 8: Medications advised on follow up visit on December 13, 2023.

Medicine Name	Dosage	Therapeutic Effects
Nephron plus	2 CAP BD (<i>Adhobhakta</i> with <i>Koshna Jala</i>)	Beneficial to kidney diseases and urinary problems
GFR Powder	1 TSF BD (<i>Adhobhakta</i> with <i>Koshna Jala</i>)	Supports kidney function and reduces inflammation, helping with renal symptoms.
Chander Vati	2 tablets BD (<i>Adhobhakta</i> with <i>Koshna Jala</i>)	Alleviates urinary tract symptoms and promotes healthy urine flow.
Kidney Care Syrup	20 ml in half cup of water BD	Aids in detoxification and supports kidney

	(<i>Adhobhakta</i> with <i>Koshna Jala</i>)	function, addressing swelling and pain.
Puroderm G syrup	20 ml in half a cup of water in morning empty stomach	Syrup helps to remove the toxins from the body and maintains the correct level of Pitta Dosha

The patient returned for a follow-up visit on May 10, 2024. She presented clear bowel, good appetite, clear urine and good sleep. The investigation revealed an eGFR of 37.4 ml/min/1.73m², with additional results detailed in **Table 4**. The prescribed Ayurvedic medications are described in **Table 9**.

Table 9: Medications advised on follow up visit on May 10, 2024

Medicine Name	Dosage	Therapeutic Effects
GFR Powder	Half a teaspoon BD (<i>Adhobhakta</i> with <i>Koshna Jala</i>)	Supports kidney function and reduces inflammation, helping with renal symptoms.
Renal support syrup	20 ml BD (<i>Adhobhakta</i> with <i>Samamatra Koshna Jala</i>)	Provide solution for kidney, bladder, urinary tract disease
Chander Vati	2 tablets BD (<i>Adhobhakta</i> with <i>Koshna Jala</i>)	Alleviates urinary tract symptoms and promotes healthy urine flow.
JS BP cure capsule	2 CAP BD (<i>Adhobhakta</i> with <i>Koshna Jala</i>)	Maintain a healthy heart functioning, kidney function, and improve digestive health
<i>Sama Vati</i>	2 tablets BD (<i>Adhobhakta</i> with <i>Koshna Jala</i>)	Assist the regular function of the cardiovascular system

The patient adhered to a meticulously designed Disciplined and Intelligent Person (DIP) Diet to complement the Ayurvedic treatments for Chronic Kidney Disease (CKD).

Treatment Plan

I. Diet Plan

The dietary guidelines provided by Jeena Sikho Lifecare Limited Hospital, Derabassi include the following key recommendations:^[14, 15]

a. Foods to Avoid:

- Do not consume wheat, processed foods, refined items, dairy or animal products.
- Avoid eating after 8 PM.

b. Hydration:

- Drink alkaline water 3 to 4 times throughout the day.
- Make herbal tea, living water, and turmeric-infused water part of your daily routine.
- When thirsty, take small sips of water, ensuring only a limited amount is consumed at each time.

c. Millet Intake:

- Incorporate five types of millet into your diet: Foxtail, Barnyard, Little, Kodo and Browntop.
- Prepare millets exclusively using steel cookware.
- Utilize only mustard oil for cooking.

d. Meal Timing and Structure:

- Early Morning (5:45 AM): Herbal tea
- Breakfast (8:30-9:30 AM): The patient will have steamed seasonal fruits and a fermented millet shake.
- Morning Snacks (11:00-11:20 AM): The patient will be offered sprouts (100g) along with red juice (150 ml).
- Lunch (12:30 PM - 2:00 PM): The patient will receive Plate 1 and Plate 2. Plate 1 will include a steamed vegetable salad, while Plate 2 will consist of a cooked millet-based dish.
- Evening Snacks: Green juice (100-150 ml) accompanied by 4-5 almonds.
- Dinner (6:15-7:30 PM): The patient will be served a raw salad, chutney, soup and green garden delight

as Plate 1, along with fermented millets, millet khichdi or millet chapatti as Plate 2.

e. Fasting:

- It is advised to observe a fast once a week.

f. Special Instructions:

- Express gratitude to the divine before consuming food or drinks.
- Practice sitting in *Vajrasana* (a yoga posture) after each meal.

g. Diet Types:

- The diet comprises solid, semi-solid, and smoothie options, all without added salt.
- Recommended foods include herbal tea, red juice, a variety of steamed fruits, fermented millet shakes, steamed sprouts, soaked almonds and steamed salads.

II. Lifestyle Recommendations

- Practice *Sūrya Darśana* (sun gazing) daily for a minimum of 30 minutes.
- Engage in Yoga (*Sukhasana* and *Sukshma Pranayama*) from 6:00 AM to 7:00 AM.
- Include *Dhyāna* (meditation) for relaxation.
- Walk briskly for 30 minutes while barefoot.
- Ensure 6-8 hours of quality sleep each night (*Nidra*).
- Adhere to a structured daily routine (*Dincharya*).

III. Panchakarma procedures were administered to patients

1. Awagah Swedan

Procedure

- The patient sits in a tub filled with warm water infused with medicinal herbs.
- The water temperature is maintained at 42°C to promote sweating.
- The treatment typically lasts for 30 to 60 minutes.

Physiology

- The warm water induces vasodilation, increasing blood flow to the skin.
- Sweating facilitates the expulsion of metabolic wastes and toxins from the body.
- It enhances the absorption of herbal properties through the skin.

Mode of Action

When the patient immerses themselves in a tub of hot water at 42°C, their body temperature rises, resulting in vasodilation. This dilation enhances sympathetic nervous system activity, triggering the release and activation of epinephrine, norepinephrine and hormones from the thyroid gland. Consequently, metabolic rate and lipolysis (fat breakdown) increase, leading to a higher oxygen demand. This process also promotes the elimination of metabolic wastes such as urea, creatinine, ammonia and uric acid. The elevated body temperature induces sweating, which assists in expelling these toxins through the skin.

Sanskrit Reference:

"स्निग्धस्यसूक्ष्मेष्वयनेषु लीनस्वेदस्तु दोषंनयति द्रवत्वम्।"
[Charaka Samhita, Siddhi Sthana 1/8]

Awagah Sweda, as described by Acharya Charak, is a form of *Sagni Sweda* therapy that helps to liquify and mobilize the *Doshas* lodged within the body's microchannels.

2. Gokshuradi Siddha Sneha Matra Basti**Procedure:**

- The medicated oil (*Gokshuradi Siddha*) is warmed.
- The patient is positioned comfortably and the oil is administered rectally.
- The procedure may require the retention of the oil for a specified duration.

Physiology:

- The oil penetrates the rectal mucosa, enhancing its absorption.
- It lubricates the intestines and promotes bowel movements.

Mode of Action:

Matra Basti normalizes *Vata*, facilitating the proper elimination of flatus, feces, urine and more, leading to improved physiological functioning of the *Vata Dosha*. The *Basti Dravya* (medicated liquid) spreads throughout the body and pacifies the aggravated *Vata Dosha*. Upon entering the *Pakvashaya* (Large intestine) or *Guda* (anus), *Basti* exerts effects both locally and systemically. The *Guda* is considered the root of the body (*Sharira Mūla*), containing *Sira* (veins) and *Dhamani* (arteries) that extend throughout the entire body.

In the context of *Gokshura Siddha Sneha Basti*, *Gokshura* is known for its diuretic properties, balancing the *Tridosha* and promoting strength.

Sanskrit References:

"गोक्षुरःशीतलःस्वादुःबलकृत्, बस्तिशोधनः

मधुरोदीपनोवृष्यः, हृष्टिदच, अश्मरीहरः

प्रमेहश्वासकासार्थ, कृच्छहृद्रोवातनुत्।" (Bhavaprakash)

Additional Reference:

"यथेष्टाहारचेष्टस्यसर्वक।लं सन्नरत्ययः।

ह्रस्वायाः स्नेहमात्रायाः मात्राबस्तिः समो भवेत् ।" (Charaka Samhita, Siddhi Sthana 4/53)

3. Thalam**Procedure**

- Prepare a medicinal paste or oil using herbs like *Brahmi*, *Shankhapushpi* and *Ashwagandha* mixed with oil, ghee or water.
- Have the patient sit or lie down comfortably with their head slightly elevated. Apply the paste to the crown of the head and secure it with a bandage.
- Keep the paste on for 30 minutes to an hour while the patient relaxes in a quiet, dim room.
- After the time is up, remove the paste and wash the head with warm water. Advise resting and eating light, easy-to-digest food afterward.

Physiology

- Thalam is an Ayurvedic therapy that cools and calms the nervous system.
- It uses herbs like *Brahmi*, *Shankhapushpi* and *Ashwagandha* applied to the head.
- The treatment helps reduce excess heat in the body, especially in the Pitta dosha, which is linked to stress and headaches.
- Thalam relaxes the central nervous system and alleviates anxiety.
- It affects the body's stress response, lowering stress hormones and promoting relaxation.
- The paste stimulates Marma points on the head, enhancing the flow of Prana (life energy).
- The active ingredients help the body adapt to stress and restore balance.
- It influences neurotransmitters like GABA, supporting relaxation and overall well-being.

Mode of Action

Thalam is a traditional Ayurvedic treatment that uses medicinal herbs to treat various health issues. It targets the *Sahasrara Chakra*, calming *Pitta Dosha* and reducing stress. The paste's cooling properties help relieve headaches, anger and irritability. *Thalam* stimulates the central nervous system, promoting relaxation and sleep quality. It balances the three doshas (*Vata*, *Pitta*, and *Kapha*) by calming Pitta and Vata, enhancing Prana flow and removing energy blockages. It boosts blood flow and oxygen to the brain, improving memory, concentration and focus.

"तलम्अङ्गुलीभिःकृत्वातस्यहेतुःप्रतिक्षणम्।

सङ्क्रम्यप्राणांस्तुतुपातयेत्कर्णकर्मणाम्॥" (*Sushruta Samhita*)

4. Nitya Virechana

Procedure

- Patients are advised to eat a light diet the day before the purgative and avoid heavy, spicy and oily foods.
- Nitya Virechana* given at night daily with *Trivrit Avleha* upto 12/05/2023 and after that with *Divya Shakti* powder.

- After taking the purgative, patients should rest and stay hydrated. The physician monitors their bowel movements, which typically begin within a few hours.
- Avoid any heavy physical or mental activities at night.
- Ensure going to bed early to allow the body to rest and prepare for the purgative action the next day.

Physiology

- Cleanses the digestive system by removing toxins (Ama), supporting proper digestion.
- Reduces excess heat and bile to help with issues like acidity and inflammation.
- Enhances detoxification and bile production by promoting regular bile flow.
- Uses mild laxatives to clear waste and toxins from the intestines.
- Promotes muscle contractions in the intestines for better waste elimination and prevents constipation.
- Alleviates symptoms related to inflammation by removing toxins.
- Supports fluid and electrolyte balance to prevent dehydration during detox.
- Removes toxins from deeper tissues to improve overall health.
- Stabilizes mood and emotional balance by eliminating excess heat and toxins.
- Improves the body's ability to get rid of metabolic waste, keeping it clean.

Mode of action

Nitya Virechana is a treatment that uses mild purgative herbs to promote bowel movements and cleanse the gastrointestinal tract, eliminating toxins and balancing Pitta dosha. It improves liver and gallbladder function, strengthens Agni, and reduces systemic inflammation. It prevents toxins from reabsorption through regular bowel movements, maintaining digestive health and preventing constipation. This gentle purgative action supports efficient waste removal without invasive procedures.

शुद्धिचनित्यविरेचनचयुज्यते।

दोषाणांसम्यग्विलयात्त्रिदोषशमनंच। (Charaka Samhita)

Medicinal Interventions

The Ayurvedic regimen employed in this case included Divya Shakti Powder, CKD Syrup, GFR Powder, Nephron plus, Chander Vati, Kidney Care Syrup, Liver tonic, Puroderm G syrup, Renal support syrup, JS BP cure capsule, Sama Vati, along with Panchakarma therapies.

The global GFR and renal function before and after treatment was analyzed using a DTPA Renogram, as shown in **Table 10**. The DTPA scan reports indicates that the patient has experienced symptomatic improvement (**Fig 1.**). The details of this symptom improvement are presented in **Table 11**.

Table 10: DTPA scan report with global GFR

Date	10/05/2023		25/08/2023		13/12/2023		10/05/2024	
Global GFR	20.5 ml/min		15.2 ml/min		28.5 ml/min		37.4 ml/min	
	Left kidney	Right kidney	Left kidney	Right kidney	Left kidney	Right kidney	Left kidney	Right kidney
Visualization	Subnormal	Subnormal	Poor	Poor	Subnormal	Subnormal	Subnormal	Subnormal
Relative perfusion	Subnormal	Subnormal	Poor	Poor	Subnormal	Subnormal	Subnormal	Subnormal
Size	Shrunken	Shrunken	Shrunken	Shrunken	Shrunken	Shrunken	Shrunken	Shrunken
Shape	Normal	Normal	Normal	Normal	Normal	Normal	Normal	Normal
Position	Normal	Normal	Normal	Normal	Normal	Normal	Normal	Normal
Concentration	Subnormal	Subnormal	Poor	Poor	Subnormal	Subnormal	Subnormal	Subnormal
Cortical margin	Subnormal	Subnormal	Poorly defined	Poorly defined	Subnormal	Subnormal	Subnormal	Subnormal

defination	defined	defined			defined	defined	defined	defined
GFR	10.0 ml/min	10.5 ml/min	7.0ml/min	8.2ml/min	14.0 ml/min	14.5 ml/min	18.7 ml/min	18.7 ml/min
Split function	49.5 0%	50.5 0%	45%	55%	49%	51%	50%	50%

Fig. 1: DTPA scan reports of the patient during the treatment

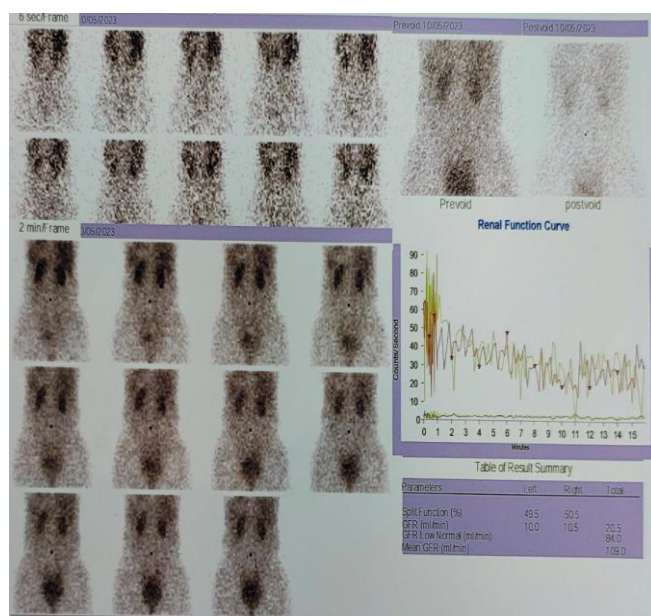


Fig. 1a: DTPA scan report on May 10, 2023

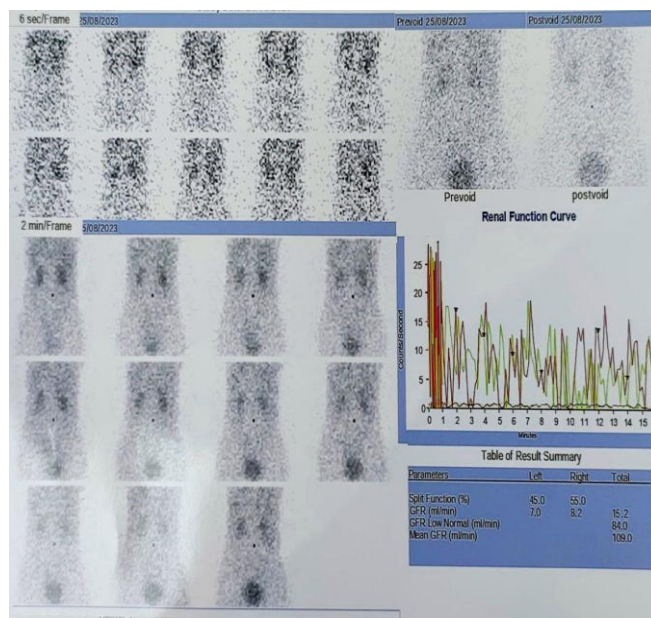


Fig. 1b: DTPA scan report on August 25, 2023

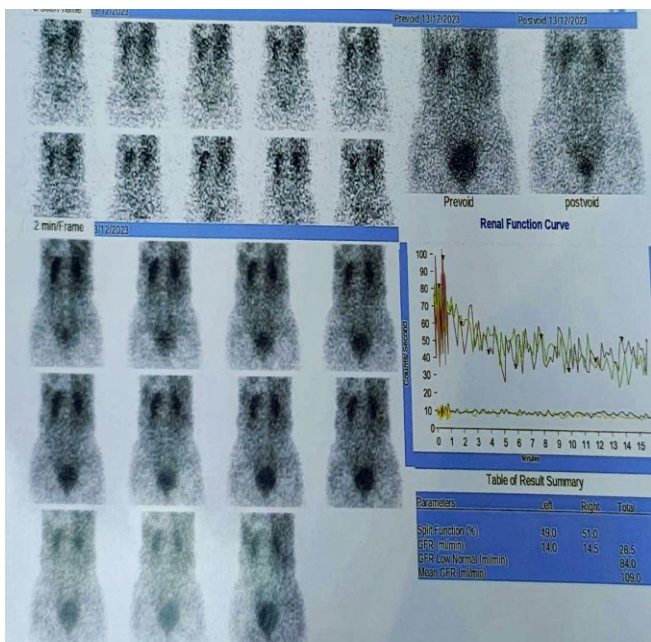


Fig. 1c: DTPA scan report on December 13, 2023

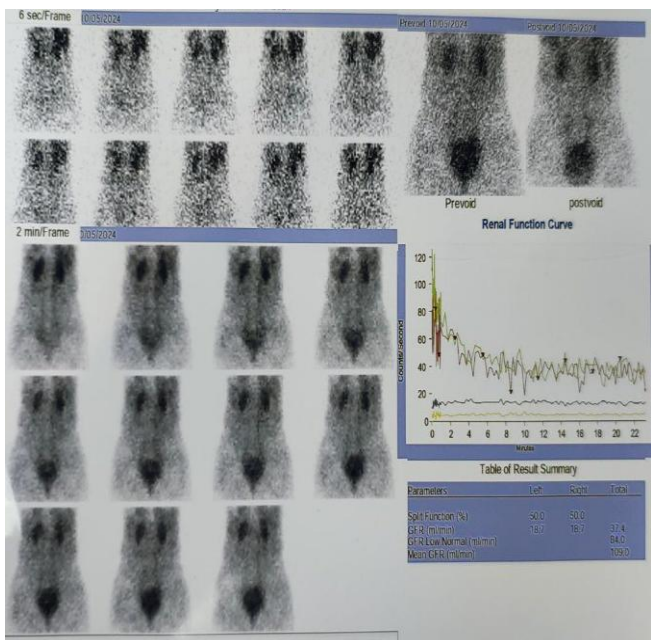


Fig. 1d: DTPA scan report on May 10, 2024

Table 11: The symptom improvement before and after IPD treatment

Date	Pain scoring chart (0 to 10 degrees)		Oedema (0 to 10 degrees)	
	Before therapy	After therapy	Before therapy	After therapy
10/05/2023	2	0	2	1
11/05/2023	0	0	1	0

12/05/2023	2	1	1	0
13/05/2023	0	0	0	0
14/05/2023	1	0	0	0
15/05/2023	1	0	0	0
16/05/2023	0	-	0	0

Allopathic Medications Used During Treatment:

The only allopathic medication administered during the treatment was Sodium bicarbonate 500 mg BD, while Losartan 50 mg BD, Atorvastatin 5 mg OD and Dapagliflozin 10 mg OD were previously prescribed but not continued from the first day of treatment.

RESULT

Effectiveness of Ayurvedic Treatments: After 7 days of Ayurvedic treatment, the patient experienced significant improvement in both symptoms and diagnostic parameters, indicating that these interventions can effectively assist in managing chronic kidney disease (CKD). The positive changes in global glomerular filtration rate (GFR) and the decrease in pain highlight the potential benefits of these traditional therapies for enhancing kidney function and overall health.

Need for Further Research: While the results appear promising, this case report involves only one patient, so the findings should be viewed with caution. Additional studies, including larger and randomized controlled trials, are required to confirm the efficacy and safety of Ayurvedic treatments for CKD and to establish standardized guidelines for their use in clinical settings.

DISCUSSION

In this regard, incorporating Ayurvedic medicine into the treatment of chronic kidney disease (CKD) offers a promising alternative. This case report outlines the use of various Ayurvedic therapies in a 35-year-old woman diagnosed with CKD and hypertension for 1 year. The patient exhibited symptoms such as joint swelling, leg pain, abdominal tenderness, backache, fever, tingling

sensations, numbness, vomiting and loose motions. Initially, her condition included symptoms like pedal edema, weakness, frothy urine, nausea and vomiting.

The *Ayurvedic* treatment comprised several *Panchakarma* procedures:

- 1. Awagaha Sweda:** In this procedure, the patient sits in a tub filled with warm, herbal-infused water at 42°C. This induces sweating and enhances blood circulation, facilitating the elimination of metabolic waste and toxins while improving the absorption of herbal properties.
- 2. Gokshuradi Siddha Sneha Matra Basti:** Warm *Gokshuradi Siddha* oil is administered rectally to lubricate the intestines, normalize the *Vata Dosha*, and enhance overall physiological functioning as it spreads throughout the body via the large intestine.
- 3. Thalam:** This procedure involves preparing a paste by mixing herbal powders with water. The patient should be comfortable and relaxed before applying the paste to the crown of the head. A soft cloth or headband secures the paste, which is left on for 30-45 minutes. Afterward, a gentle head massage is performed using either the same or a different oil. Following the wash, the patient can rest and drink warm water or herbal tea. It is crucial to ensure that the herbs used are suitable for the individual's *Dosha* and health condition.
- 4. Nithya Virechana:** This is therapeutic procedure in *Ayurveda*, a mild daily purgation aimed at maintaining balance in Pitta dosha and facilitating the elimination of metabolic toxins (Ama). The nighttime protocol involves consuming a light, easily digestible meal, followed by the administration of a mild purgative, *Trivrit Avaleha*. The intake of warm water or herbal tea post-purgative enhances the action by softening the stools and promoting bowel movement. Typically, purgation occurs the following morning, aiding in the regular detoxification of the gastrointestinal tract. *Nitya Virechana* is employed as a preventative measure to support digestive health, reduce the accumulation of toxins, and manage

conditions associated with Pitta imbalances, such as hyperacidity, dermatological disorders, and inflammatory conditions.

The *Ayurvedic* treatment protocol for this case included a variety of remedies such as *Divya Shakti Powder*, *CKD Syrup*, *GFR Powder*, *Nephron Plus*, *Chander Vati*, *Kidney Care Syrup*, *Liver Tonic*, *Puroderm G Syrup*, *Renal Support syrup*, *JS BP Cure capsule*, and *Sama Vati*, along with *Panchakarma* therapies. These interventions were designed to improve kidney function and alleviate symptoms. The patient reported significant relief from key symptoms like constipation and pain, which were also reflected in the DTPA scan parameters, indicating improved renal perfusion and filtration.

- 1. Divya Shakti Powder:** This formulation enhances energy levels, boosts immunity, aids digestion, alleviates stress, and encourages rejuvenation. It contains antioxidants and adaptogenic herbs like *Ashwagandha*, which contribute to overall wellness and mental clarity.
- 2. CKD Syrup:** This syrup supports kidney health, promotes urinary function, reduces swelling, assists in detoxification, and includes antioxidants to protect kidney cells from oxidative stress, aiding in the management of chronic kidney disease.
- 3. GFR Powder:** This powder enhances kidney function by minimizing inflammation and removing accumulated toxins. Its anti-inflammatory properties help reduce renal inflammation, supporting overall kidney health and detoxification.
- 4. Nephron Plus:** This supplement contains ingredients like *Punarnava*, *Varuna*, *Gokshura*, *Amla*, and *Bhumyamalaki*, which possess renal protective and detoxifying qualities. It supports kidney function, promotes urinary health, reduces fluid retention, and provides antioxidant protection, making it beneficial for chronic kidney disease.
- 5. Chander Vati:** This formulation balances Pitta Dosha, crucial for relieving urinary tract infection

(UTI) symptoms such as burning during urination and promoting healthy urine flow. It aids in eliminating harmful toxins like urea, creatinine and uric acid, showcasing significant anti-inflammatory, analgesic and diuretic effects that contribute to effective management of chronic kidney disease.

6. **Kidney Care Syrup:** The ingredients in this syrup work together to reduce inflammation, enhance kidney function, and support detoxification. *Punarnavarishtha* and *Ushirasava* help reduce renal inflammation, while *Chandanasava* alleviates urinary discomfort and *Gokshuradi Kadha* promotes diuresis and toxin elimination.
7. **Liver Tonic:** This tonic contains a blend of herbs and natural ingredients like *Rakt & Shweta Punarnava*, *Bala*, *Atibala*, *Dalchini*, *Nagakesar*, *Mulethi*, *Methi*, *Tejpatta*. These ingredients offer various benefits, including detoxification, liver protection, improved digestion, reduced inflammation and enhanced liver function.
8. **Puroderm G Syrup:** This syrup is made from a combination of herbs and natural ingredients, including Neem, Turmeric, Amla, Giloy, Pudina and Khadira. Neem has antibacterial and anti-inflammatory properties, Turmeric is a powerful anti-inflammatory and antioxidant, Amla is rich in vitamin C, Giloya aids in detoxification, Pudina soothes the skin, and Khadira is astringent and antiseptic. These ingredients work together to improve skin texture, combat bacteria, reduce inflammation, protect the skin from oxidative stress, and enhance immunity.
9. **Renal Support syrup:** This supplement features herbs like *Punarnava*, *Varuna*, *Gokshura* and Dandelion to support kidney function. It aids in maintaining kidney health, promoting urinary wellness, reducing fluid retention and has antioxidant properties, making it suitable for individuals with kidney concerns.
10. **JS BP Cure capsule:** This formulation contains key ingredients such as *Arjuna*, Ginger, Garlic, Hibiscus, *Ashwagandha*, and *Punarnava*. These components

help regulate blood pressure, support heart health, reduce stress, enhance circulation, and assist in detoxification.

11. **Sama Vati:** *Sama Vati* is an Ayurvedic formulation aimed at supporting mental health, particularly for anxiety, stress, and depression. It includes ingredients like *Ashwagandha*, *Swarn Makshik*, *Shilajit Shudh*, *Gokhru*, *Shatavari* & *Vidarikanda* which promote mental clarity, reduce anxiety, support emotional well-being, enhance memory, and provide neuroprotective effects.

CONCLUSION

In conclusion, incorporating Ayurvedic treatments provides a comprehensive strategy for managing Chronic Kidney Disease (CKD). These therapies not only alleviate symptoms but also address the underlying imbalances, enhancing kidney health and overall patient well-being. While additional research is needed to confirm these findings and optimize treatment approaches for CKD, the encouraging results from this case report indicate that Ayurvedic interventions may offer significant benefits in CKD management, especially in areas where conventional treatments are not readily available.

The case report on managing Chronic Kidney Disease (CKD) through Ayurvedic interventions can be summarized as follows:

Symptoms: Prior to treatment, the patient experienced various symptoms, including reduced urine output, swelling, and indications of a urinary tract infection. After 7 days of inpatient treatment and one year of follow-up Ayurvedic care, there was a significant improvement in symptoms. The patient reported increased urine output, clear urine and relief from pain, with no new complaints, indicating a notable enhancement in overall well-being.

Vitals: The patient's vital signs fluctuated throughout the treatment period. Blood pressure was initially recorded at 110/70 mmHg and remained stable throughout the treatment period. The patient's weight also decreased from 48 kg to 47 kg, reflecting positive lifestyle changes and potential improvements in kidney function.

Investigations: Laboratory tests showed marked improvements in renal function parameters. Serum urea levels decreased from 63 mg/dL to 36.8 mg/dL, indicating better kidney function. The glomerular filtration rate (GFR) improved from 20.5 ml/min/1.96 sq m to 37.4 ml/min/1.82 sq m, reflecting a significant increase in the kidney's filtration capacity. Additionally, DTPA Renogram results showed improvements in perfusion phase visualization and cortical function, further supporting the effectiveness of the Ayurvedic treatment approach.

In conclusion, integrating Ayurvedic treatments along with previously prescribed allopathic medicines for CKD yielded promising results, demonstrating substantial improvements in symptoms, vital signs, and laboratory investigations. This highlights the potential of traditional therapies in enhancing kidney health and overall patient outcomes. However, further research is essential to validate these findings and establish standardized treatment protocols.

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How to cite this article: Acharya Manish Ji, Gitika Chaudhary, Richa, Suyash Pratap Singh, Manjeet Singh, Pooja. Holistic Strategies in Chronic Kidney Disease: Case Report on the Impact of Ayurvedic Treatment. J Ayurveda Integr Med Sci 2024;12:308-320. <http://dx.doi.org/10.21760/jaims.9.12.42>

Source of Support: Nil, **Conflict of Interest:** None declared.

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