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Management of Chronic Renal Failure by Ayurveda and Integrative Medicine

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ABSTRACT

Renal disorders are becoming more common in Indian population. Either due to frequent use of nephrotoxic drugs like NSAID, due to chronic persistent metabolic and life style disorders like DM and Hypertension the incidence of CRF has been raised. Chronic Renal Failure is defined as chronic, persistent progressive and irreversible loss of renal function with increased BUN. This disorder is common after 50 years of age. Uncontrolled diabetes and hypertension often leads to CRF. The disease usually presents with loss of appetite, increased or decreased micturition, severe hypertension and anaemia. Ayurveda treatment can be better used for improving the renal function and postponing the need for dialysis. In Ayurveda, dietatics, haematenics, antihypertensives, sedatives, calcium suppliments, Rasayana drugs are commonly used in tbe management of this disease. *Varunadi Kwatha, Chandraprabha Vati, Muniprabha Tablets, Punarnavadi Mandoora, Trinapanchamoola Kwatha, Gokshuradi Guggulu and Godanti Bhasma* are commonly used. By Ayurveda treatment, renal function can be improved with associated increase in haemoglobin, Rasayana effect, correction of calcium metabolism and improving the strength of the patient. The present paper highlights the role of Ayurveda treatment in the management of CRF patients.

Key words: CRF, Chronic Renal Failure, Ayurveda.

INTRODUCTION

Chronic Renal Failure cases are common in modern India. Most of the uncontrolled or improper treated DM or HTN cases develop CRF. The renal tissues are having high regeneration capacity. But due to chronic damage to glomeruli or renal tubules patients develop CRF. There are glomerular and extraglomerular pathologies seen in this disease.

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There are four causes for this disease.

1. Toxic
2. Vascular
3. Infective
4. Obstructive
 - Toxic - Prolonged usage of nephrotoxic drugs like NSAID.
 - Vascular - Chronic systemic hypertension or renal vein obstruction leads to renal damage.
 - Infective - Chronic UTI or Pyelonephris
 - Obstructive - Benign prostatic hyperplasia, Bladder neck obstruction by tumor or stone impaction leading to hydroureter or hydronephrosis to subsequently CRF or urethral strictures.

Ayurveda medicines are having positive role in the management of CRF.

List of drugs used in CRF;

1. Mootrala drugs
2. Haematinics
3. Systemic alkalinisers
4. Antiinfectives
5. Rasayana drugs
6. Nephroprotectives
7. Mruduvirechana drugs
8. Calcium suplimentation
9. Shwasahara
10. Kasahara
11. Drugs regeneration of renal tissues
12. Bactericidal drugs
13. Urinary antiseptics

Mootrala drugs

1. Punarnavasava
2. Gokshurabeeja choorna
3. Usheerasava
4. Punarnavastaka kashaya
5. Varunadi kashaya
6. Shilajatu vati
7. Punarnavadi mandoora

Haematinics

1. Punarnavadi mandoora
2. Navayasa louha
3. Mandoora vataka
4. Drakshavaleha
5. Loha bhasma
6. Mandoora bhasma
7. Kaseesa bhasma
8. Surakshara kaseesa

Systemic alkalinisers

1. Godanti bhasma
2. Shankha bhasma
3. Varata bhasma
4. Pravala bhasma
5. Mukta bhasma
6. Pravala pishti
7. Mukta pishti
8. Pravala panchamrita rasa
9. Mukta panchamrita rasa
10. Kamadugha rasa

Anti-infectives

1. Sarivadyasava
2. Gandhaka rasayana
3. Chandanasava
4. Usheerasava
5. Chandraprabha vati
6. Panchatikta kashaya
7. Mahatiktakam kashayam
8. Patolakaturohinyadi kashayam

Rasayana drugs

1. Chandraprabha vati
2. Muniprabha tablets
3. Sarivadi hima
4. Ushiradi peya
5. Gokshur achoorna
6. Gokshuradi guggulu

Nephroprotectives

1. Muniprabha tablets
2. Chandanasava
3. Chandanadi louha
4. Shilajatu rasayana

5. Sarivadyasava

Mruduvirechana drugs

1. Triphala vati
2. Abhayarista
3. Usheerasava
4. Trivrit choorna

Calcium supplement

1. Godanti bhasma
2. Shankha bhasma
3. Varatika bhasma
4. Pravala panchamrita rasa
5. Mukta panchamrita rasa
6. Kamadugha rasa

Drugs stimulating regeneration of kidney

1. Chandraprabha vati
2. Muniprabha tablet
3. Chandanadi louha
4. Shilajatwad iloha
5. Shilajatu vati

Bactericidal drugs

1. Gandhaka rasayana
2. Sarivadyasava
3. Chandanasava
4. Mahatiktaka kashaya
5. Panchatiktakashaya
6. Vidaryadikashaya

Shwasahara

1. Sitopaladi choorna
2. Talisadi choorna
3. Pushkaramoolasava
4. Kanakasava
5. Poushkaradi kashaya

6. Yashtimadhu choorna

7. Somasava

Kasahara

1. Vasakadyarista
2. Vasavaleha
3. Kantakaryavaleha
4. Talisadi choorna
5. Sitopaladi choorna
6. Amritottara kashaya
7. Trikatu choorna with honey

Urinary antiseptics

1. Chandanasava
2. Sarivadyasava
3. Chandanadiloha
4. Chandraprabha vati
5. Muniprabha tablet
6. Usheerasava
7. Vidaryadi kwatha
8. Shilajatwadi loha

DISCUSSION

CRF is a degenerative disease which is commonly seen in Indian population. As dialysis is much expensive, patients seek Ayurveda physicians advice frequently. In this perspective, better Ayurveda treatment for CRF is the need of the hour. Ayurveda treatment is not only cost effective but also safe, affordable and patients friendly. It can also be used to postpone the dialysis. It will increase the haemoglobin percentage and increase the immunity in patients. Of course while treating, control over hypertension and Diabetes should be done carefully.

Conclusion

Dialysis can be postponed in patients treated with Ayurveda treatment. By Ayurveda treatment haemoglobin is increased with increase in strength of the patients. Since Ayurveda treatment increases

immunity the occurrence of infection is minimised. Causative factor of CRF should be addressed while treatment. However most of the time permanent cure is not possible. We can only postpone the dialysis.

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