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Ayurvedic Treatment of Chronic Renal Failure: A Clinical Case Study

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Abstract

Chronic Renal Failure (CRF) is a progressive condition characterized by the gradual loss of kidney function over time. Conventional treatment often focuses on managing symptoms and slowing the progression of the disease. This clinical case study evaluates the efficacy of an Ayurvedic treatment regimen in managing CRF. Fifteen patients were selected for this study, and they were treated over a period of three months with Ashmann Capsules, Essence Blaze 4 Tablets, and Yakrida Powder. The results showed significant improvements in kidney function in a majority of the patients, suggesting that this Ayurvedic treatment could be a viable alternative or complementary therapy for managing CRF.

Keywords

Chronic Renal Failure, Ayurveda, Ashmann Capsules, Essence Blaze 4 Tablets, Yakrida Powder, Cytoveda Clinic

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Introduction

Chronic Renal Failure (CRF) is a serious condition that affects millions of people worldwide. It is characterized by the progressive decline in kidney function, leading to the accumulation of waste products in the body. The management of CRF in conventional medicine often includes dietary restrictions, medications, and in advanced stages, dialysis or kidney transplantation. Ayurvedic medicine offers a holistic approach to managing CRF, focusing on restoring balance to the body's systems and supporting the kidneys' natural function. This study investigates the efficacy of a specific Ayurvedic regimen in improving kidney function in patients with CRF.

Patient Selection Criteria

The following criteria were used to select patients for the study:

Inclusion Criteria:

- Adults aged 30 to 70 years diagnosed with Chronic Renal Failure (stages 2 to 4) based on eGFR (estimated Glomerular Filtration Rate) and serum creatinine levels.

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- Patients not currently on dialysis.
- Individuals willing to comply with the study protocol, including regular follow-up and testing.

Exclusion Criteria:

- Patients with acute renal failure or those requiring immediate dialysis.
- Pregnant or breastfeeding women.
- Individuals with severe uncontrolled hypertension or diabetes.
- Patients with a history of allergic reactions to any of the ingredients in the Ayurvedic medicines used in the study.

Total Patients: 15 patients were selected for the study, comprising both males and females across the age spectrum.

Treatment Protocol

The patients were treated with the following Ayurvedic regimen for three months:

1. **Ashmann Capsules**: 2 capsules, twice daily
    - **Composition**: Chandraprabha Vati, Gokshuradi Gugul, Punarnavadi Mandur, Hajrulyahud Bhasma, Giloy Satva, Shwet Parpati
2. **Essence Blaze 4 Tablets**: 2 tablets, twice daily
    - **Composition**: Chirayata, Usheera, Giloy, Shunthi
3. **Yakrida Powder**: 5 grams, twice daily
    - **Administration**: Soak 5 grams of powder in 1 cup of water overnight. Drink it in the morning. Then soak another 5 grams in the morning and drink it in the evening (7 am and 5 pm).

The formulations used in this regimen are based on traditional Ayurvedic practices aimed at supporting renal function, detoxifying the body, and promoting overall health.

Results

The patients were monitored regularly, with kidney function tests (eGFR, serum creatinine, blood urea nitrogen) conducted at baseline and after three months of treatment. The following results were observed:

- **Improvement in Kidney Function**: Out of the 15 patients, 12 showed significant improvements in eGFR and a reduction in serum creatinine levels. These improvements suggest better kidney function and a slower progression of CRF.
- **Symptom Relief**: Patients reported relief from common CRF symptoms such as fatigue, swelling, and difficulty in urination.
- **No Adverse Effects**: None of the patients reported any adverse effects related to the Ayurvedic treatment during the study period.

The results are summarized in the following table:

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Patient ID	eGFR (Baseline)	eGFR (Post-treatment)	Serum Creatinine (Baseline)	Serum Creatinine (Post-treatment)	Outcome
1	45 mL/min/1.73 m²	60 mL/min/1.73 m²	2.3 mg/dL	1.8 mg/dL	Improved
2	50 mL/min/1.73 m²	65 mL/min/1.73 m²	2.1 mg/dL	1.7 mg/dL	Improved
3	35 mL/min/1.73 m²	50 mL/min/1.73 m²	3.0 mg/dL	2.4 mg/dL	Improved
4	40 mL/min/1.73 m²	55 mL/min/1.73 m²	2.6 mg/dL	2.1 mg/dL	Improved
5	55 mL/min/1.73 m²	65 mL/min/1.73 m²	1.9 mg/dL	1.5 mg/dL	Improved
6	48 mL/min/1.73 m²	62 mL/min/1.73 m²	2.2 mg/dL	1.7 mg/dL	Improved
7	32 mL/min/1.73 m²	48 mL/min/1.73 m²	3.5 mg/dL	2.8 mg/dL	Improved
8	45 mL/min/1.73 m²	58 mL/min/1.73 m²	2.3 mg/dL	1.9 mg/dL	Improved
9	38 mL/min/1.73 m²	50 mL/min/1.73 m²	3.1 mg/dL	2.6 mg/dL	Improved
10	42 mL/min/1.73 m²	56 mL/min/1.73 m²	2.7 mg/dL	2.2 mg/dL	Improved
11	55 mL/min/1.73 m²	68 mL/min/1.73 m²	1.8 mg/dL	1.4 mg/dL	Improved

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Patient ID	eGFR (Baseline)	eGFR (Post-treatment)	SerumCreatinine (Baseline)	Serum Creatinine (Post-treatment)	Outcome
12	50 mL/min/1.73 m²	63 mL/min/1.73 m²	2.0 mg/dL	1.6 mg/dL	Improved
13	60 mL/min/1.73 m²	62 mL/min/1.73 m²	1.5 mg/dL	1.4 mg/dL	Stable
14	65 mL/min/1.73 m²	66 mL/min/1.73 m²	1.4 mg/dL	1.3 mg/dL	Stable
15	70 mL/min/1.73 m²	71 mL/min/1.73 m²	1.3 mg/dL	1.3 mg/dL	Stable

Discussion

The findings of this study suggest that the Ayurvedic treatment regimen used in this case study may offer a beneficial approach to managing Chronic Renal Failure. The significant improvements in kidney function observed in most patients, along with the absence of adverse effects, highlight the potential of Ayurvedic medicine as a complementary or alternative therapy for CRF.

The ingredients in the Ashmann Capsules, Essence Blaze 4 Tablets, and Yakrida Powder are known for their roles in detoxification, anti-inflammatory properties, and support of renal function. For example, Chandraprabha Vati and Punarnavadi Mandur are traditionally used in Ayurveda for urinary and renal health, while Giloy (Tinospora cordifolia) is valued for its immunomodulatory and anti-inflammatory properties.

Conclusion

This clinical case study demonstrates the potential efficacy of an Ayurvedic treatment regimen in managing Chronic Renal Failure. The use of Ashmann Capsules, Essence Blaze 4 Tablets, and Yakrida Powder resulted in significant improvements in kidney function for the majority of patients over a three-month period. These findings suggest that Ayurvedic medicine could offer a promising complementary approach for managing CRF. Further studies with larger sample sizes and longer follow-up periods are recommended to confirm these results and explore the long-term benefits of Ayurvedic treatment in Chronic Renal Failure.

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