

**AYURVEDIC MANAGEMENT OF VRUKKA AMAYA W.S.R. TO
CHRONIC KIDNEY DISEASE – A CASE REPORT**

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ABSTRACT

Chronic kidney disease is also called chronic renal failure, in which kidney fails to perform their normal functions that is to excrete waste products and toxins from blood, balance body fluids, forms urine and aids in other important function of the body. Chronic renal failure is associated with a constellation of sign and symptoms with or without reduced urine output but always with elevated serum urea, nitrogen and creatinine concentrations. Uremia is the cardinal feature of CKD. Urea and Creatinine are the end product of protein metabolism. These

end product are normally excreted by kidney through urine. In *Ayurveda*, It can compare with a disease *Vrukka Amaya*, characterized by *Chardi*, *Sarvang sotha*, *Sarvang vedana*, *Shirshashoola*, *Agnimandhya*, *Pandutva varn on twak and aasya etc.* A diagnosed case of CKD discussed here. In this case study patient was administered A combination in powder form of *Hajaraal Yahud bhasma*, *Sweta parpati*, *Vanga bhasma*, *Yavakshar*, *Giloya satva* and *Chandra kala Rasa* with *Rakta sodhak avaleha* orally daily and *Gokshuradi gugglu*, *Triphala guggulu* tab twice daily with *Punarnavadi kwath* and *Truna panchmoola kwath* (*Varun twak*, *shigru* and corn silk are added when making the kwath). This Ayurvedic formulation showed highly significant result.

KEYWORDS: Chronic Kidney Disease, Vrukka Amaya, Strotoshodhak and Mutravirechaniya Aushadhis.

INTRODUCTION

Chronic Kidney disease implies that the GFR has been reduced for considerable period and that the reduction is largely and completely irreversible. It can result from almost any form of renal parenchymal disease, chronic renal ischemia or unrelieved urinary obstruction. Hypertension is also a major cause of CKD. These are usually evident when the GFR has fallen to one third of normal or less. The implication of term chronic Kidney diseases that the time skill of onset and progression is really shorter than a few months, and open much longer. If renal impairment is severe, there may be clinical manifestations of uremia. Chronic kidney disease occurs when a disease or a condition impairs kidney functions, causing kidney damage to worsen over several months or years.

The sign and symptoms of chronic kidney disease develop over time if kidney damage progresses slowly. Some of the common symptoms are.

- Nausea and vomiting
- Loss of appetite
- Weight loss
- Anemia
- Fatigue and weakness
- Headache
- Swelling of feet and ankles
- High blood pressure
- Uremia

According to *Ayurveda* it's a disease of *Mutravaha strotas* in which symptoms of Chronic kidney disease i.e. Nausea, vomiting, swelling of feet and ankles, High blood pressure etc. symptoms are quietly similar to *Vrukka Roga* in which *chaardi* (Vomitting), *sotha* (Swelling), *Shirahshoola* (Headache), *Agnimandhya* (Loss of appetite) etc. symptoms are quietly similar, so we can treat Chronic kidney disease Patient on the line of *Vrukka Roga*. (Bhaisajya ratnavali chapter 93/6).

CASE STUDY

A clinical diagnosed 59 years old Hindu married female patient (Registration no 20009032017) residing in Jaipur, present in outdoor wing of Kriya Sharir Arogyashala,

National Institute of Ayurveda, Jaipur on 20 April 2017 with chief complains of Headache, Vomitting, vertigo, Pitting edema in Feet and ankle since 8 months.

Personal history revealed that the patient is vegetarian and used to take extra oily and spicy diet, with regular habit of intake of Homemade food, Excessive sleep, frequency of micturition 10 times/day and patient have no addiction. The patient has constipation and urge of defecation in 1 time/ 2day.

Past history – Patient is suffering from systemic hypertension since 5 years and hypothyroidism since 4 years.

Family history – Patient's sister is also suffering from this disease.

General and Systemic Examination

The General examination of the patients showed mild pallor was present and its vitals were with in normal limits, but blood pressure is 170/110 mm of Hg and body weight is 78 kg. No abnormality detected in CVS, RS, CNS. Pre abdominal examination showed fullness of abdomen and tenderness in Right and left hypochondriac region.

Investigation Finding

The impression of Renal Function test on 20 April 2017 implies Blood Urea 110 mg % (10-50 mg %), S. Creatinine 4.2 mg % (0.6-1.5mg %) Based on clinical presentation, Patient was diagnosed as a case of Vrukka Amaya.

Treatment Plan

The Following oral medicines were administrated for 4 months.

- A combination in powder form of

Hajaraal Yahud bhasma (500mg),

Sweta parpati (500mg),

Vanga bhasma (250mg),

Yavakshar (500mg),

Giloya satva (500mg) and

Chandra kala Rasa (250mg)

Administrated with *Rakta sodhak avaleha* (10g-10g) twice a day before Meal.

• *Gokshuradi gugglu tab* And *Triphala guggulu tab*. Two tablets twice a day with *Punarnavadi and Truna panchamoola kwath* with varun twak, shigru twak and corn silk (40ml) are administrated before Meal.

The patient was on follow up with every 15 day till 4 months without any single episode of replace.

In this case study, assessment was done on the basis of sign and symptoms as well as Renal function test. After 2nd month of drug intervention Blood urea 110 mg % reduce to 70 mg %, Serum creatinine 4.2 mg % reduced to 3.3 mg % after 2 month. This indicates that after orally medication and restriction of the food relief was noted.

Table: Assessment before and after treatment.

Investigation	Before Treatment	After Treatment
1) B.Urea	110 mg %	63 mg %
2) S. Creatinine	4.2 mg %	2.7 mg %

DISCUSSION

1) If *Ama* (undigested food substances) vitiate the *Vrukka* this condition is called as *Vrukka Amaya*. It is *kapha* predominant *Tridosha vikruti*, the excessive consumption of *Kapha dosha* aggravative food and lifestyle initially disturbed digestion of food, leading to formation of *Ama* that get vitiated the *Medovaha Strotas*, which impares the normal function of kidney, because *Vrukka* is *Moola sthan* of *Medovaha Strotas*. The kidneys are made up of the *Rakta* and *Meda Dhatu* treating these two *Dhatu* imbalance is also an effective way to treat the kidney disease.

2) *Hajaraal Yahud bhasma* has *strotoshodhak* property so it purifies the blood. *Sweta parpati* has *mutral* property so it wash out the impurities from blood through excessive urination. *Yavakshar* has *Lekhan* property so it opens the channels of *Mootravaha* and *Medovaha strotus*. *Giloya satva* is immunomodulator and has Antioxidant property so it strengthen the body and protects from infection.

3) *Guggulu* has *tridosahar* and *medohar* property and *kapha shamaka* due to *tikshna* and *ushna virya* and *Triphala* has *Tridosahar* property, *Gokshura* has *medohar*, *strotoshodhak* and *shothahar* properties. Due to above properties of *Triphala Guggulu* and *Gokshuradi Guggulu* it helps to remove the obstruction of *Medovaha strotus* so the kidney performs their normal functioning and the urea and creatinine which can easily filtered from kidney. So

these medicine tends to decrease the level of blood urea and serum creatinine within normal range.

4) The main ingredient of *Punarnavadi kwath* is *Punarnava* which derived from the word *Puna* means again and the word *Nava* means new. The herb possess rejuvenating properties and hence, it makes the body new again. *Punarnava* has *Tridoshar*, *Shothahar* and *Mutravirechaka* (Diuretic) properties. It act as a strong diuretic that helps to increase the urine output so that toxins and waste end product gets eliminated. Thus the cardinal feature of CKD that is Uremia is treated. It is great one to reduce swelling too. Thus it relieves the symptom of pitting edema on ankle and feet.

5) *Truna panchamoola kwath* has *Mutravirechaniya* (Diuretic) and *Tridosh shamak* properties. It reduces swelling all over the body and leads to the blood pressure in normal range.

6) *Varun twak* has *Raktashodhak*, *Mutral* and *Ashmaribhedak* properties, so *Varun twak* purify the blood and remove its impurities through urine.

CONCLUSION

In this case study from above discussion it can be concluded that, *Ayurvedic* treatment is very effective in the management of chronic kidney disease. Through the *strotoshodhak* principle the root cause of CKD is treated and improves the normal functioning of kidney. This Ayurvedic treatment is safe, cost effective and having no side effect.

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