AYURVEDIC MANAGEMENT OF DERANGED SERUM CREATININE AND UREA - A CASE STUDY

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ABSTRACT

Sedentary lifestyle and ever-changing food habits had lead a toll on human health. Processed food and day to day piling up of mental stress has long term effects on mind and body affecting physiological process of vital systems. When liver and kidney functions are affected it results in altered serum creatinine and urea levels. According to Ayurveda liver - Yakrut is place of digestive fire and Moolasthana of Rakta dhatu[1], while kidneys are formed by Sara bhaga of this Rakta dhatu and Meda dhatu.[2] By considering this a case was studied for deranged serum creatinine and urea levels and was subjected to Ayurvedic line of management. Varunadi Kwath, Cap. Hemron (Heil German) and Chandraprabha vati were given to subject for one month. Reports taken before and after the study showed satisfactory results.

KEYWORD: Rakta dhatu, Meda dhatu, Varunadi Kwath, Chandraprabha vati.

INTRODUCTION

The process of metabolism in human body is a complex mechanism. According to Ayurveda initial part of intestine - Grahani is the seat for digestive fire - Agni. By virtue of this Agni it has following roles; Annam gruhati - pachati- vivechati- munchati[3] which means to ingest food - to digest it - separate useful and unwanted parts - excretion of unwanted parts. When Agni is not in its optimum functioning it eventually affects above stated roles, thus resulting in various ailments. As stated in Ayurvedic texts Agni mandya results in formation of Aam
which is root cause of all diseases. Formation of good quality *dhatu* thus cannot be achieved resulting in *Dhatvagni mandya*. This *Dhatvagni mandya* forms low quality *dhatus* which are seat for underlying disease condition. In modern science perspective deranged serum creatinine and urea are directly reflecting on improper kidney function. The glomerular filtration is affected resulting in these deranged values in serum. The efficacy of basic kidney unit - Nephron is hampered by idiopathic causes and thus Glomerular filtration rate is altered.

In present case study Ayurvedic management was given to subject by considering his *Agni bala, Aam, Dhatu* quality by *Dhatvagni mandya*, and balancing vitiated Doshas.

**CASE REPORT**

Patient name; xyz  
Age/sex - 65yrs, F  
Date of T/T - 18/01/2019 to 27/02/2019  
c/o -  
- Oliguria (2-3 times in 24 hr)  
- Loss of appetite  
- Nausea  
- General fatigue  
- Puffiness all over the body  

No any significant past history.  
No any addiction.  
O/e -  
G.C. fair, afebrile  
Pulse rate- 86/min  
B.P. - 146/90 mm of Hg  

**Investigation**  
BSL, Sr. creatinine and urea  

**Treatment**  
Following treatment was given to the subject,  
1. *Varunadi Kashaya* - *(B.R. 36/4)*  
(40ml with water - empty stomach in morning)
2. Cap.Hemron* (1 BD after food)

<table>
<thead>
<tr>
<th>Content</th>
<th>Wt. in mg.</th>
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<tbody>
<tr>
<td>Punarnava mandur</td>
<td>200</td>
</tr>
<tr>
<td>Amalki Ghana</td>
<td>100</td>
</tr>
<tr>
<td>Guduchi Ghana</td>
<td>50</td>
</tr>
<tr>
<td>Bhirmgaraj Ghana</td>
<td>50</td>
</tr>
<tr>
<td>Haritaki Ghana</td>
<td>50</td>
</tr>
<tr>
<td>Behada Ghana</td>
<td>50</td>
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</tbody>
</table>

* Ayurvedic proprietary medicine (Heil German)

3. Candraprabha Vati - (Sha.S.M.K. 7/40-44)[5]

(1 B.D. before food)

Above treatment protocol was followed for one month.

RESULT

Objective criteria of assessment - Lab investigation.

Above are the lab reports before the case study.

These are the lab reports taken after one month of Ayurvedic management.
Subjective criteria for assessment

The subjective symptoms such as oligurea, nausea, loss of appetite were decreased satisfactorily, while general fatigue and all body puffiness were not decreased considerably.

DISCUSSION

The difference in before and after results of objective as well as subjective criteria can be discussed on the basis of drug action mechanism.

Varunadi Kwath is mentioned in Bhishajya ratnavali Ashmarirog chikitsa. Its contents such as Varuna, Gokshura, Trun panchamula, Kulith and Musali have direct correcting effect on Vrikka. It improves the nephron function and thus may increase the Glomerular filtration which directly corresponds to serum creatinine levels. Gokshura and Trun panchamula helps to evacuate the unwanted excess waste materials through kidneys. It was advocated to take this empty stomach, as Kwath preparation is heavy to digest and it needs optimum Agni to assimilate it and enhance its functioning.

Cap. Hemron has Punarnava mandur as one of its content. It is a classical Ayurvedic medicine which helps to improve Rakta dhatu qualitatively. The serum is a part of blood and thus improving the quality of it would decrease the load on kidneys filtration. Other contents such as Bhringaraj, Amalki Ghana, Guduchi Ghana, Hiritaki Ghana and Behada Ghana improve the functioning of Yakrut. Its proper functioning tends to rectify the digestive fire - Agni, which in turn produces good quality of Dhatus and also aids Grahani to eliminate waste products. By above combined effect the production of Rakta and Meda dhatu is improved which are moolsthana of Vrikka. Hence is supporting in elevating kidney functions.

Chandraprabha vati is also a classical Ayurvedic medicine. Its contents such as shilajatu, loha bhasma, vacha, musta, triphala it balances the water content - Kleda of body. The regulation of Kleda is done through urination. By virtue of this drug the urine output increases and eventually it supports elimination of unwanted toxic substances through urine. The Snigdhatva of Meda dhatu is also controlled by rectifying dhatvagni mandya of the same. It also has kidney protective effect from various insults which tend to deteriorate its functions.
CONCLUSION

To correct the underlying pathology one has to think about its cause - *Nidana* and factors influencing it. In context of above case study it can be concluded that Ayurvedic way of management helps to identify the *Nidana* and also the factors influencing normal kidney function. Here to manage deranged serum creatinine and urea level the concept of organ development - *Avayav utpatti* is useful. The kidneys - *Vrika* are made up of *Rakta* and *Meda dhatu*. Also there is *Agni mandya* resulting in accumulation of toxic metabolites - *Aam*. Hence holistic treatment protocol of acting on *Rakta* - *Meda Dhatu* along with altering *Agni mandya* had given satisfactory outcome.

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