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Case Report –

An Excellent Results of Nephrotic Syndrome is Cured by Ayurveda Medicine

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INTRODUCTION

Nephrotic syndrome is a neurotic state of glomeruli in the kidney coming about because of increased permeability of glomerular basement membrane to plasma protein and portrayed by excessive proteinuria, hypo- albuminemia, hypercholesterolemia and edema. It is a sickness disorder answerable for around 20% of all reasons for end-stage kidney disease.

Nephrotic conditions are found in each age, regardless of sexual orientation and race. Anyway prevalence is more in grown-ups in contrast with youngsters with a proportion of 26:1. Males are more inclined than females with a proportion of 2:1. Nephrotic syndrome has a frequency of three new cases for every 100000 every year in grown-ups everywhere. Idiopathic Nephrotic syndrome is answerable for around 12% of all reasons for **Chronic kidney disease** (CKD) and up to 20% of **End stage renal disease** (ESRD) in youngsters. One of the essential Nephrotic disorders, **Focal Segmental Glomerulosclerosis** (FSGS) has a high repeat rate following kidney transplantation (30-40%) and is the most well-known intermittent infection prompting allograft loss. Current treatment and its limitations that require setting up a protected and elective routine: Treatment procedures for Nephrotic condition in conventional medication incorporate high portion delayed corticosteroid treatment and other immunosuppressive agents, which all carry huge incidental effects. Failure of the conventional treatment in accomplishing remission, oftentimes results in progression towards ESRD with its related expenses, and mortality. Numerous patients, however, relapse when the cortisone is eased off or halted. They stay disappearing for half a month following discontinuation of treatment, however they foster regular relapses.

If relapses occur more times in 12-months period, these patients are referred to as having **frequent relapsing Nephrotic syndrome (FRNS)**. Steroid dependent, and frequently relapsing

Nephrotic syndrome patients are at increased risk of developing complications of Nephrotic syndrome and complications from frequent use of steroids and other immunosuppressive agents. Inability to react to steroid treatment has significant implications for the risk of developing progressive renal failure later in life. In a multicenter evaluation of 75 cases with Nephrotic syndrome, it was found that within 5 years after diagnosis, 21% had developed ESRD, 23% had developed CKD, and 37% had developed persistent proteinuria, whereas only 11% remained in remission. Patients need immune-suppression to achieve remission, yet many patients either relapse after remission or are resistant to therapy. The better regimen for “frequent relapsers” and “steroid dependent” patients is not established. Therefore this is a need of time to find and establish scientifically a safe regimen for this kind of disease.

What are the indications of Nephrotic syndrome?

Nephrotic syndrome is a chronic health issue which easily gets unnoticed at the beginning. However, you will have some visible signs which may include the following :

- Loss of appetite
- Fatigue
- Weight gain due to excessive fluid retention
- Swelling in legs, ankles, arms, and around your eyes
- Foamy urine

It will be worth it to consult your doctor if you experience more than one of the symptoms. Nephrotic disorder can be relieved with the ayurvedic treatment, however whenever left untreated can likewise bring some serious actual complexities.

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What are the causes of Nephrotic syndrome?

Nephrotic Syndrome basically happens because of several health issues that are answerable for harming the kidneys. Nephrotic disorder for the most part happens when your kidney channels known as Glomeruli get harmed.

Glomeruli are the sifting segment of the body that assist with eliminating byproducts in the form of urine while returning essential substances to the circulatory system. Whenever this kidney segment is harmed, Glomeruli lose the capacity to hold and return fundamental components to the blood, due to which numerous unexpected problems can show up.

Mainly, glomeruli damage results in an excessive amount of protein loss in urine. A strangely high protein loss in urine is a tricky condition as Protein in your circulatory system plays an

essential part in the body. It doesn't permit electrolytes to spill into body cells or tissue and in this manner guarantee the appropriation of a few electrolytes to the necessary body area.

What are the complications of Nephrotic syndrome?

Nephrotic disorder is an unnecessary loss of protein cells which in the end influences your general wellbeing by bring some genuine actual intricacy which incorporate the accompanying

Blood clots

The inability of your kidneys to keep protein from dropping off the body can develop clotting which upset the blood supply to your kidneys or to different pieces of the body.

Hypertension

This issue can also spike your hypertension. This happens when your glomeruli quit working and can't flush out unreasonable liquids from the body. This can raise your circulatory strain which can likewise impede your kidneys' working.

Chronic kidney disease

Nephrotic conditions can disable your kidneys' working that can prompt kidney failure over the long haul. In the event that kidney work falls totally, you may have to go through dialysis treatment or a kidney transplant to live.

Poor nutrition

The excessive loss of blood protein from your body can bring about malnutrition. This condition can further prompt unnecessary weight reduction. You may likewise feel weak because of the loss of red platelets, low protein levels, and loss of nutrient D from the body.

Nephrotic syndrome in Ayurveda:

Nephrotic syndrome isn't straightforwardly mentioned with a name in the Ayurvedic traditional course readings. In view of the primary trademark elements of albuminuria with hyperlipidemia related with oedema it could be incorporated under the title of prameha (a disease of the urinary framework with changed structure, recurrence and amount of urine). Albuminuria makes urine concentrated, viscid or thick. These elements can be connected with sandrameha, a subtype of prameha. According to ayurveda, kapha vata ruling tridosha just as rasa, mutra, udaka, ojas are the segments that get vitiated in this infection. Any infection regardless of whether it isn't portrayed in old content can be overseen by applying the central standards identified with pathogenesis and treatment in Ayurveda. On this premise nephrotic condition demonstrates the exacerbation of kapha dosha alongside vitiation of rasa dhatu, ojas, Mutra and udaka including mutravaha srotas and udakavaha srotas. Ayurveda is a medical system utilizing complex treatment approaches. Mix of various treatment components applies synergistic impacts and is kind for the result. In any case, until now, no clinical examination on nephrotic disorder has been

performed which has adopted the multidimensional strategy of Ayurveda as a complex and entire clinical framework into account.

OBJECTIVES Primary objective of this study is to know about the effectiveness of the multi-modal Ayurvedic treatment in the patients of Nephrotic syndrome.

There are various components that first need to be understood to know the functioning of the kidney. In a KFT(kidney function test) there are different components like Serum creatinine, Blood urea, Albuminuria, Haemoglobin, potassium, sodium, uric acid etc.

1. **SERUM CREATININE:** Creatinine is a breakdown product of a compound called creatine.
 - Creatine is a chemical that the body uses to supply the muscles with energy. Creatinine is a vital component that describes kidney health.
 - A creatinine test decides how well your kidneys are performing their function of filtering waste from the blood.
 - Creatinine is a chemical compound which is left from an energy-producing process in your muscles.
 - In the human body both, high and low creatinine levels can be dangerous for the kidney and cause kidney disorder.
2. **BLOOD UREA:** A blood urea nitrogen (BUN) test measures the amount of urea in a sample of blood. Urea is basically a waste substance that forms as part of the body's natural process of breaking down proteins. It is likewise referred to as urea nitrogen and is filtered from the blood by the kidneys.
3. **ALBUMINURIA:** Albuminuria is a sign of kidney disease and means that you have too much albumin in your urine. A healthy and normal kidney doesn't allow albumin to pass from the blood into the urine. A harmed kidney lets some albumin pass into the urine. The less albumin in your urine, the better it is.
4. **HAEMOGLOBIN:** Haemoglobin is a form of protein that is found in the red blood cells. It carries oxygen with the medium of veins throughout the body and is also accountable for the red color of the blood. Haemoglobin levels vary from person to person. It is noticed that Men have higher levels of haemoglobin than women.
5. **POTASSIUM:** This is called hyperkalemia, or high potassium. A normal range of potassium is between 3.6 and 5.2 millimoles per liter of blood. A potassium level higher than 5.5 mmol/L is high, and a potassium level over 6 mmol/L can be life-threatening.

6. **SODIUM:** A sodium blood test measures the amount of sodium in your blood. Sodium is a type of electrolyte. Electrolytes are electrically charged minerals that assist with keeping up with liquid levels and the balance of synthetic compounds in your body called acids and bases. Sodium maintains your nerves and muscles.

7. **URIC ACID:** Uric acid is a waste product found in blood. It is produced when the body breaks down chemicals called purines. Most uric acid dissolves in the blood, goes through the kidneys and leaves the body in urine. Food that is high in purines additionally increases the degree of uric acid.

These above discussed terms are important to understand before understanding about the functioning of kidneys.

A study on 10 patients has been conducted to know about the effect of Ayurvedic treatment on Nephrotic syndrome. The treatment was given for duration of 2 months. The average age of patients.

(The figures are taken as a mean value of 10 patients). The below conclusion was drawn from the study.)

Laboratory Investigation	Before treatment	During Treatment(follow up) 40 days	Change in %	Normal Range
Albumin	3.43	3.60	4.95%	3.4-5.4 g/dl
S. creatinine	2.01	1.06	47.26%	0.54/1.04 mg/dl
Urea	45	42	6.66%	13-45 mg/dl
Haemoglobin	11.4	11.9	4.38%	13-17 g/dl
Potassium	5.3	5.1	3.77%	3.5-5.5 mEq/l
Uric acid	3.4	3.7	8.82%	3-8.5 mg/dl

The above table shows that there has been a significant improvement in the medical conditions of the patients. The Ayurvedic treatment has been effective in curing the patients.

The below links contain the information given by patients about their condition before treatment from Ayurveda and after treatment. The video also consists of the personal experience of the patients about how they felt after getting diagnosed with kidney disease.