

8th World Nephrology Conference

August 15-16, 2016 Sao Paulo, Brazil

Herbal and tribal drugs are drugs of tomorrow for renal ailments

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Drugs have taken a very important place in the day to day life of man, more so for sick persons. The drug is the end product of all medical disciplines in the term of the patient relief and well being. The important uses of drug include the therapeutic purpose, maintaining the health, preventing diseases and promoting healthy living. The various sources of drug include animal, plant, microbial, chemical and synthetic. Out of various sources mentioned above, herbs play a very important role as a source of drug from the ancient days. Even village tribal medicine is predominately made of herbs. Lot of chemical, synthetic and genomic drugs are presently used in medical practice with no. of beneficial effects. The itrogenic problems are increasing day by day causing increased mortality to the tune of 1 to 2% of all hospital admissions worldwide. The scientific world is looking for more safe and effective drugs which can be tailored with the genetic constitution of the individual. The common drugs used in Indian system of medicine, that is, Ayurveda are mainly in the following groups which are used for treating renal problems. Herbal diuretics: The various indigenous herbs have been used "Arjun" (*Terminalia arjuna*), 'Vajradanti' (*Barleria prionitis*), 'Shrivalika' (*Celosia argentea*), 'Varuna' (*Crataevic negligiosa*), 'Uma' (*Linum usitatissimum*), 'Kutki' (*Loffa amiru*), etc. Herbal Antilithic Drugs: The drugs indentified in these groups are 'Varuna', 'Pasan Bheda', 'Apamarga', 'Shigaru', 'Kulatha', 'Kohurika', etc. They have been grouped as 'Veertavadi', 'Musk a kadi', 'Usakadi', and 'Varunadi' in herbal literature. Herbal Urinary Analgesics: The important drugs in this group are 'Chandan', 'Kumuda', 'Kamla', 'Priyanju', 'Madhulika' and 'Dhataki', which are regularly being used in Indian system. Herbal Renoprotective drugs: Presently popularly used 'Rhubarb' (*Ravendchini*) is one of the important drugs in this group. Similarly, Purnarnava (*Boerhaevia diffusa* Linn.) has been tried as protective agent in acute pyelonephritis in experimental condition where authors have concluded evidence of renoprotection. Antibacterial and antiseptic agents: Important herbs in this group are 'Neem', 'Punarnava', 'Chandan', etc. Anubha et al. 1987 reported antibacterial activity in punarnava in experimental pyelonephritis. Immunopotentiating drugs: Few herbal drugs have been claimed to be very important for immunopotentiating drug like Kutki, Kulchi, Punarnava in this group. However, most of the scientific details have to be worked out for these drugs. Antihypertensive Drugs: The herbal drugs like 'Brahmi', 'Sankhpuspi', etc., are important in this group which are used for centuries. Anti-proteinuric Agents: The important drugs in this group are 'Punarnava', 'Gokhuru', etc. Few studies have been reported with convincing results and which requires further scientific documentation. Miscellaneous drugs: Citrus fruit and 'Saijan' have been used for centuries as renoprotective drug in renal practice. Thus the tailored individualized herbal & tribal drugs have promising role to become the drug of tomorrow in medical practice.

Biography

R.G. Singh after doing his MD in Medicine and DM in Nephrology in 1982 from prestigious central university of Asia i.e. Banaras Hindu University joined as faculty at the institute of medical science where he has served as a Assist Prof., Asso Prof., Prof., Dean of faculty and Director of institute and finally he is serving as a lifelong Distinguished Prof. of nephrology at BHU and also Prof & Head of Nephrology in one of the upcoming institute of medical science, HIMS. Prof. Singh has published more than 350 papers in national and international journals, more than 3 dozen orations and has been conferred one dozen fellowships of different scientific bodies and organisations. He has conducted one and half dozen research projects and guided more than 3 dozen postgraduate students in medicine and nephrology. For last 20 years he has been involved in Tribal and Herbal medicine research.

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