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An appraisal of nephroprotection and the scope of natural products in combating renal disorders

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Although the concept of nephroprotection is relatively new but evidences are accumulating to demonstrate that the drugs described to be useful in various renal disorders because of their nephroprotective and nephrotonic effect as described in Unani or other traditional medicines, have diverse therapeutic uses and can be used to manage many renal diseases and their complications or at least to arrest their progression. The traditional systems of medicines would offer some novel drugs, which may be effective in different pathological conditions of the kidney. The drugs of traditional systems of medicines are frequently used to protect the renal function and to delay the progression of renal diseases to CKD and ESRD. In recent past it has been shown that a number of drugs from herbal medicine possess promising nephroprotective effect. The researchers are keen to develop an effective, safe and low cost drug from alternative medicine. However, the drugs identified to be effective in renal diseases on the basis of age-old practices of traditional medicines and few scientific studies need to be evaluated for their pharmacological profile and wide therapeutic potential. This paper gives a detailed account of the traditional drugs useful in renal diseases and the scientific studies conducted so far to validate them.

Biography

Qazi Zaid Ahmad who is currently working as Assistant Professor in Dept. of Saidla (Unani Pharmacy) has earlier served as Incharge MBP at Hamdard Laboratories, New Delhi, India. He completed BUMS, from AMU, MD from NIUM, Bangalore and MBA, from EIILM University. He possesses experience of nearly 6 years in the domain of academia, research and Unani Pharmaceutical Industry. His areas of interest involve drug design & discovery, formulation development, clinical data management and experimental & clinical research. He has attended about 20 conferences /workshop/CME, programme and has to his credit 12 published research paper in national and international journals

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