

15th World

NEPHROLOGY CONFERENCE

POSTER PRESENTATION

April 16-17, 2025 | Tokyo, Japan

A scientific approach to management of chronic kidney disease through Indian traditional polyherbal formulation

Sanjay Sinha
B.A.M.S, India

Introduction: Indian Traditional herbal Formulation have been used by humans for over 5000 year's. Kidneys are the organs that have innumerable biological role in maintaining homeostatic equilibrium of the body fluid by removing waste material from the body. In CKD, kidney capacity decreases slowly and finally when GFR falls below 30 ml per/min, it leads to chronic renal failure (CRF).

Aims and Objectives: the current study is focused on two objectives: 1) To elevate the effectiveness of Indian Traditional Herbal formulations and niruha vasti in management of CRF. 2) To give the Systematic proof through the study which will show that certain Ayurvedic treatments remarkably correct urea and serum creatinine value and improve the renal function and eGFR.

Materials and methods: The study was conducted in controlled circumstances where 60 patients with CRF were enrolled for 3 months and all the patients were treated at my hospital Kamlesh Ayurvedic hospital and Panchakarma centre. They were given Ayurvedic oral medicine and Niruha Vasti for a period of 3 months. It was an open study under following criteria. 1) 30 patients were under Ayurvedic manage-

ment. 2) 30 patients were under Ayurvedic management with allopathic intervention. The pathological and biochemical investigations were done to find out the evaluation purpose HB, TLC, and platelet count. Serum creatinine, serum urea, serum uric acid, Phosphorus, Sodium, Potassium. Urine microscope, albumin, sugar, RBC, Pus Cells, pH.

Results: On an average eGFR was raised approx 4 x after treatment. Biochemical factors like serum creatinine, serum urea, serum uric acid which was very high before treatment, lowered significantly. In due course of treatment serum creatinine was decreased by 72.29%, serum urea showed a decrease of 54.48%. Serum uric acid decreased by 54.79% electrolytes like Sodium and potassium showed significantly decrease.

Conclusion: The results showed significant improvement in the kidney function of the recruited patients. The results of study will help in developing a very cheap and safe treatment for the management of chronic renal failure that is CRF. Ayurvedic treatment cannot only treat but also can help in repairing the kidney function.

Biography

Dr. Sanjay Sinha is a highly qualified Ayurvedic physician with a diverse academic background in Ayurveda, science, and technology. As a Senior Consultant in Ayurveda and Panchakarma, he blends traditional healing with modern scientific approaches. With degrees in Mathematics, Physics, and Information Technology, Dr. Sinha brings a unique interdisciplinary perspective to holistic healthcare, focusing on integrative and personalized wellness solutions.