NEPHROPATHY PROTECTIVE DRUGS FOR DIABETES TYPE-II: AN AYURVEDIC PROSPECTIVE

Dhananjay V. Patel*

Head and Asso. Prof. of Kayachikitsa, Shri Gulabkuverba Ayurved College, Gujarat Ayurved University, Jamnagar, Gujarat, India.

*Corresponding Author: Dhananjay V. Patel
Head and Asso. Prof. of Kayachikitsa, Shri Gulabkuverba Ayurved College, Gujarat Ayurved University, Jamnagar, Gujarat, India.

INTRODUCTION

A kidney is one of the most active organs of the body. In twenty-four hours, both the kidneys filter about 120 to 150 quarts of blood, out of which about 1 to 2 quarts of urine is formed, composed of wastes or unwanted materials. This way it purifies the blood and forms the urine. It executes its function through the millions of filtering units called as nephrons. When the nephrons are damaged, it is termed as nephropathy, which is a chronic loss of kidney function usually occurs with diabetes mellitus due to hyperglycemia. Nephropathy is a serious complication and cause of death in most of the diabetic cases. That is the reason that diabetic patients have a high rate of mortality and morbidity compare to other chronic disorders. However, there are no specific preventive measures found for the diabetic nephropathy. In the Ayurvedic ancient science of health, few drugs have been described to be effective on *Mutravaha Srotasa*, *Vrikka* or kidney and it also potentiates the therapeutic efficacy to prevent the nephron damage as well improve the renal filtration.


ABSTRACT

A kidney is one of the most active organs of the body. In twenty-four hours, both the kidneys filter about 120 to 150 quarts of blood, out of which about 1 to 2 quarts of urine is formed, composed of wastes or unwanted materials. This way it purifies the blood and forms the urine. It executes its function through the millions of filtering units called as nephrons. When the nephrons are damaged, it is termed as nephropathy, which is a chronic loss of kidney function usually occurs with diabetes mellitus due to hyperglycemia. Nephropathy is a serious complication and cause of death in most of the diabetic cases. That is the reason that diabetic patients have a high rate of mortality and morbidity compare to other chronic disorders. However, there are no specific preventive measures found for the diabetic nephropathy. In the Ayurvedic ancient science of health, few drugs have been described to be effective on *Mutravaha Srotasa*, *Vrikka* or kidney and it also potentiates the therapeutic efficacy to prevent the nephron damage as well improve the renal filtration.


INTRODUCTION

A nephron is a structural and functional unit of the kidney, which filters the blood and forms the urine from it. In diabetic patients due to the high level of sugar in the blood, the function of the unit is likely to hamper and unable to execute the blood filtration. This condition of kidney is known as diabetic nephropathy. It is characterized by increasing frequency of urine while its quantity is reduced along with swelling in the body, most often in the feet and legs.

Epidemiology of Diabetic Nephropathy

Diabetes Mellitus is growing worldwide epidemic. Nephropathy is one of the most prevalent complications of diabetes. It was estimated that in the United State only, diabetic nephropathy affected nearly 6.9 million people from 2005 to 2008. The number of patients with diabetes and related diabetic nephropathy is expected to rise considerably by 2050. As per the survey of World Diabetes Foundation about Diabetic nephropathy: 10-20% of people with diabetes die of kidney failure.

Importance of study

As the diabetic population is increasing, it is likely to increase the patients of its diabetic nephropathy. Therefore, the economic burden is also increased on a patient, its family and subsequently on the entire society. Moreover, the patient becomes more depended and requires assistance for day to day activities from family members due to his or her physical inabilities. This way, diabetic nephropathy not only troubles patient himself but also its family members. Hence, it is needed to take care of the disease. There are no such preventive measures found for the diabetic nephropathy in conventional science, whereas in Ayurvedic system of medicine have some herbo-mineral drugs, can be used to protect the renal disorders including diabetic nephropathy.

Taking into consideration of the epidemiological figure and importance of study, there is an earliest need to get preventive management of the diabetic nephropathy.

Punarnava:
Latin Name: *Boerhavia diffusa* Linn.
Family: *Nyctaginaceae*
Parts used: Whole Plant (*Panchanga*), Root (*Moola*), Leaf (*Patra*)

Ayurveda Properties

*Rasa*: Katu, Tikta, Kashaya
*Guna*: Laghu
*Virya*: Ushna
*Vipaka*: Katu

Effect on Dosha: Kapha Pitta Shamana
DISCUSSION
The nephropathy is a common condition in chronic diabetic type-II patients, in which renal function is hampered critically.\[18\] On the Ayurvedic aspect, Vrika is a term used for the kidney.\[19\] The function of Vrika is affected in diabetic nephropathy. There are some of the drugs having a positive effect on Mutravaha Stortas or renal nephron, explored with their properties, which can be helpful for the prevention of nephropathy in type-II diabetic patients.

CONCLUSION
On the basis of the review article, it can be suggested that Ayurvedic herbo-mineral drugs like Punarnava, Gokshura, Shilajeet, Bhooamalaki, and Varuna have enough scope to prevent the nephropathy in type-II Diabetes.

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