

**Date: 30<sup>th</sup> December, 2025**

To, Manager - Listing Compliance <b>National Stock Exchange of India Limited</b> 'Exchange Plaza'. C-1, Block G, Bandra Kurla Complex, Bandra (E), Mumbai - 400 051 SYMBOL: JSLL	To, Head of the Department, Department of Listing Operation, <b>BSE Limited</b> Phiroze Jeejeebhoy Towers, Dalal Street, Mumbai 400001 SCRIP Code: 544476
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**Subject: Intimation under Regulation 30 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 – Publication of Case studies and Case Report.**

**Dear Sir/Madam,**

Pursuant to Regulation 30 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, we wish to inform you that following academic publications, namely case studies and a case report, have been published in the *International Journal of Ayurveda and Herbal Research* and the *Journal of Applied Science and Education*. These publications have been authored by medical professionals associated with **Jeena Sikho Lifecare Limited**, including our Managing Director, senior consultants, and Ayurvedic experts.

These publications reflect the Company's continued commitment towards advancement of Ayurvedic research and promotion of evidence-based clinical practices. The details of the publications are as under:

S. No.	Type	Name
1.	Case Study	A CASE STUDY ON HEALING KIDNEYS: AN APPROACH TO MANAGE CHRONIC KIDNEY DISEASE
2.	Case Study	IMPACT OF AYURVEDIC THERAPIES ON CHRONIC KIDNEY DISEASE: A CASE STUDY OF IMPROVED RENAL FUNCTION AND SYMPTOMS
3.	Case Report	EFFECT OF CLASSICAL AYURVEDIC TREATMENT IN CHRONIC KIDNEY DISEASE: A CASE REPORT

The above-mentioned case studies and Case Report have been co-authored by **Acharya Manish Grover Ji (Managing Director)** along with the following medical professionals associated with the Company:

### **JEENA SIKHO LIFECARE LIMITED**

120<sup>+</sup> AYURVEDA CLINICS & HOSPITALS | FREEDOM FROM 2D DISEASES & DRUGS

**Registered Office Address:**

SCO-11, Kalgidhar Enclave, Baltana, Zirakpur,  
 Punjab-140604, 01762-513185  
 CIN NO.: L52601PB2017PLC046545

**Corporate Office Address:**

B-26, Opp. Metro Pillar No. 223, Rohtak Road,  
 New Multan Nagar, Delhi - 110056  
 Email ID: cs@jeenasikho.com | www.jeenasikho.com

**Dr. Gitika Chaudhary, Dr. Richa, Dr. Shivani Dhiman, Dr. Tanu Rani, Dr. Priyanka Biswas, Dr. Suyash Pratap Singh, Dr. Shubham Badhan**

Copies of the articles are enclosed as *Annexures A to C* for your records.

This is for your kind information and record.

**Thanking you,  
Yours faithfully,**

**For Jeena Sikho Lifecare Limited**

**Manish Grover  
Managing Director  
DIN: 07557886**

**Place: Zirakpur, Punjab  
Date: 30.12.2025**

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# A CASE STUDY ON HEALING KIDNEYS: AN APPROACH TO MANAGE CHRONIC KIDNEY DISEASE

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## Abstract

*Chronic Kidney Disease (CKD), known in Ayurveda as Vrikka Roga, is a progressive decline in kidney function often associated with Type 2 Diabetes Mellitus (T2DM), hypertension, and Coronary Artery Disease (CAD). These conditions contribute to toxin accumulation, electrolyte imbalances, and cardiovascular complications, necessitating an integrative treatment approach. This study evaluates the impact of Ayurvedic therapies in conjunction with conventional treatments on a 56-year-old male patient with CKD stage V at Jeena Sikho Lifecare Limited Hospital, Prashant Vihar, Delhi, India. Post-treatment outcomes demonstrated significant improvement, including a reduction in blood pressure, serum urea (230.86 mg/dL to 117.39 mg/dL), serum creatinine (6.32 mg/dL to 5.17 mg/dL), uric acid (7.80 mg/dL to 6.36 mg/dL), and fasting blood sugar (130 mg/dL to 90 mg/dL). The patient experienced symptomatic relief, indicating enhanced kidney function and overall well-being. This case highlights the potential of Ayurveda as a complementary approach to CKD management; however, further randomized controlled trials are required to establish standardized treatment guidelines for integrating Ayurvedic therapies with conventional care.*

## Keywords

*Ayurveda, Chronic Kidney Disease (CKD), Hridroga, Hypertension, Madhumeh, Type II Diabetes Mellitus, Vataj pandu, Vrikka Roga.*

\*Corresponding Author

How to Cite this Article

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## 1. Introduction

*Vrikka Roga*, an Ayurvedic term for kidney diseases, encompasses conditions such as Chronic Kidney Disease (CKD), a progressive decline in kidney function <sup>[1]</sup>. The kidneys (*Vrikka*) are responsible for filtering waste and excess fluids from the blood. When impaired, this leads to severe complications <sup>[2]</sup>. CKD has multiple causes, including diabetes mellitus, which progressively damages the kidneys, hypertension, which affects renal blood vessels, recurrent urinary tract infections, kidney obstructions such as stones, and autoimmune disorders like lupus <sup>[3]</sup>. Symptoms vary in severity and may include fluid retention, fatigue, nausea, loss of appetite, changes in urination patterns, hematuria, and hypertension <sup>[4]</sup>.

*Vrikka Roga*, Type 2 Diabetes Mellitus (T2DM), hypertension, and Coronary Artery Disease (CAD) are interrelated conditions with significant global health impacts. *Vrikka Roga* leads to toxin accumulation, electrolyte imbalances, and systemic complications. End-Stage Renal Disease (ESRD) occurs when kidney function declines below 15%, necessitating dialysis or transplantation <sup>[5,6,7]</sup>. Studies indicate that patients with both T2DM and CKD face a 77.2% higher cardiovascular risk than those with a single condition. Hypertension affects 89% of CKD patients with CAD, further exacerbating complications <sup>[8]</sup>. Management strategies, including antihypertensives and glucose-lowering therapies, have shown efficacy in slowing disease progression <sup>[9,10]</sup>. The optimal approach to managing CAD in CKD patients remains debated, with conflicting evidence on aggressive revascularization versus conservative treatment <sup>[11]</sup>.

The management of kidney diseases in modern medicine includes pharmacological and procedural interventions. Medications such as ACE inhibitors, ARBs, SGLT2 inhibitors, and statins play a crucial role in CKD management and cardiovascular risk reduction. ESRD patients require renal replacement therapy, with kidney transplantation being the definitive treatment <sup>[11]</sup>. Given the complexity of CKD and its comorbidities, a multidisciplinary approach is necessary for optimal patient outcomes.

Ayurveda associates *Vrikka Roga* with an imbalance of the *Vata* and *Kapha doshas*, leading to impaired kidney function. Treatment focuses on restoring *doshic* balance through, Ayurvedic management for kidney health encompasses a combination of Ayurvedic medicines, dietary modifications, detoxification therapies, and lifestyle changes. Ayurvedic formulations such as *Punarnava*, *Gokshur*, and *Varuna* are well-known for their nephroprotective properties and are commonly used to support kidney health <sup>[4,12]</sup>. The *Samprapti Ghatak* is mentioned in **Table 1** <sup>[13]</sup>.

**Table 1.** The Samprapti Ghatak

Component	Description
<b>Involved Doshas</b>	Predominantly <b>Vata</b> (body humor responsible for movement and regulation), <b>Kapha</b> (responsible for structure and lubrication); in some cases, <b>Pitta</b> (responsible for metabolism and heat) may also be involved.
<b>Dushya (Affected Tissues)</b>	<b>Rakta</b> (Blood), <b>Mutra</b> (Urine), <b>Mamsa</b> (Muscle tissue), <b>Shukra</b> (Reproductive tissue)
<b>Agni (Digestive Fire)</b>	<b>Mandagni</b> (Weakened or impaired digestive/metabolic fire)
<b>Srotas (Body Channels Involved)</b>	<b>Mutravah Srotas</b> (Urinary system channels)
<b>Srotodushti (Pathology of Channels)</b>	<b>Sanga</b> (Obstruction), <b>Granthi</b> (Cyst/Swelling), <b>Atipravritti</b> (Excessive flow, seen in specific conditions)
<b>Udbhav Sthan (Origin Site)</b>	<b>Amashaya</b> (Stomach/Gastrointestinal tract) and <b>Pakwashaya</b> (Large intestine)
<b>Vyaktisthan (Site of Manifestation)</b>	<b>Vrikka</b> (Kidneys) and <b>Mutrashaya</b> (Urinary bladder)
<b>Rog Marg (Pathway of Disease)</b>	<b>Madhyam Marg</b> (Internal pathway)
<b>Nature of Disease</b>	Generally Chronic and Progressive in nature if untreated
<b>Sadhyा-Asadhyata (Prognosis)</b>	Depends on <b>Dosha Bala</b> (strength of aggravated doshas), <b>Rog Bala</b> (severity of disease), <b>Kala</b> (duration), <b>Aushadha Sevana</b> (timely treatment), and <b>Rogi Bala</b> (strength of the patient)

Alongside Ayurvedic support, dietary adjustments play a crucial role, with a low-salt and low-protein diet being recommended to reduce the metabolic burden on the kidneys. *Panchakarma* therapies, particularly *Basti* (medicated enema) and *Virechana* (purgation), are advocated for their role in systemic detoxification and enhancing renal function <sup>[14,15,16]</sup>. Lifestyle modifications, including regular exercise, stress management, and adequate hydration, further contribute to maintaining kidney health. Additionally, considering the close link between renal and cardiovascular health, Ayurvedic interventions such as *Virechana* and *Basti* assist in detoxification, while herbs like *Arjun*, *Guggulu*, and *Punarnava* are known to support heart function, lower cholesterol levels, and help prevent arterial blockages <sup>[17]</sup>. An Ayurvedic approach may enhance patient outcomes by addressing both symptomatic relief and root causes. While Ayurvedic therapies show promise in managing kidney diseases, further clinical research is needed to validate their efficacy as complementary therapeutic options.

## 2. Objective

This study aims to assess the impact of Ayurvedic interventions for *Vrikka Roga* with a history of hypertension, T2DM and CAD in a 56-year-old male patient.

## 3. Materials and Methods

### 3.1. Case Report

A 56-year-old male who had a history of Chronic Kidney Disease (CKD) stage V for 1 year, hypertension for 9 years, Type 2 diabetes mellitus for 9 years and Coronary artery disease (CAD) for 1 year visited Jeena Sikho Lifecare Limited Hospital in Prashant Vihar, North Delhi, India on January 11, 2025. A comprehensive medical history, family history, physical examination and diagnostic evaluations were all part of the methodical and thorough examination. He experienced intermittent pedal oedema and general weakness. The initial assessment along with *Ashta-Vidh Pariksha* during the visits are detailed in **Table 2**. The laboratory investigation reports during the treatment is mentioned in **Table 3**.

**Table 2.** The initial assessment along with Ashta-Vidh Pariksha during the visits

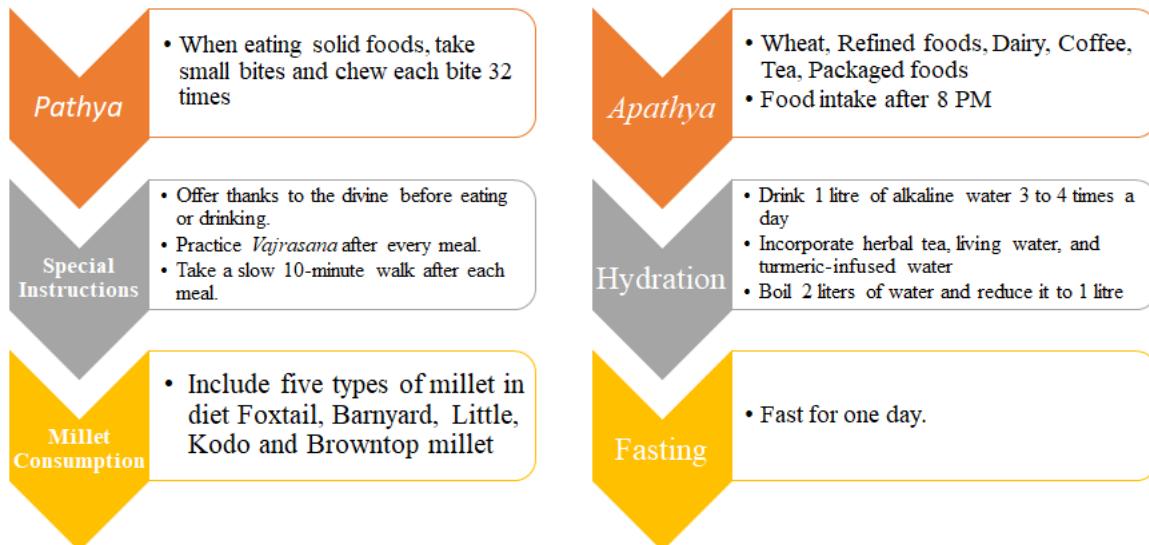
Parameter	Findings	
Date	11-01-2025	22-02-2025
Blood Pressure	180/100 mm of Hg	150/70 mm of Hg
Sugar	F-130 mg/dl	F-90 mg/dl
Weight	60.6 Kg	61.3 Kg
<i>Naadi</i> (Pulse)	<i>Pittaj Vataj</i>	<i>Pittaj Vataj</i>
<i>Mala</i> (Stool)	<i>Avikrit</i> (Normal)	<i>Avikrit</i> (Normal)
<i>Mutra</i> (Urine)	<i>Avikrit</i> (Normal)	<i>Avikrit</i> (Normal)
<i>Jiwha</i> (Tongue)	<i>Saam</i> (Coated)	<i>Saam</i> (Mild coated)
<i>Shabda</i> (Voice)	<i>Spashta</i> (Clear)	<i>Spashta</i> (Clear)
<i>Sparsha</i> (Touch)	<i>Anushna sheet</i> (Normal)	<i>Anushna sheet</i> (Normal)
<i>Drik</i> (Eye)	<i>Avikrit</i> (Normal)	<i>Avikrit</i> (Normal)
<i>Akriti</i> (Physique)	<i>Madhyam</i>	<i>Madhyam</i>

**Table 3.** The laboratory investigations during the treatment period (Fig 1)

Parameter	Findings	
Date	02-01-2025	04-02-2025
Blood urea	230.86 mg/dL	117.39 mg/dL
Serum creatinine	6.32 mg/dL	5.17 mg/dL
Uric acid	7.80 mg/dL	6.36 mg/dL
BUN	107.81 mg/dL	54.82 mg/dL
Sodium	133.0 mEq/L	134 mEq/L
Potassium	4.8 mEq/L	4.88 mEq/L
Phosphorus	8.52 mEq/L	4.0 mEq/L
Chloride	97.40 mEq/L	102 mEq/L
Calcium	8.70 mEq/L	8.40 mEq/L

#### 4. Treatment Plan

A personalized Ayurvedic and Disciplined Intelligent Person's (DIP) Diet was provided to the patient to complement the Ayurvedic treatments administered for CKD [18,19]. Dietary Guidelines from Jeena Sikho Lifecare Limited Hospital:



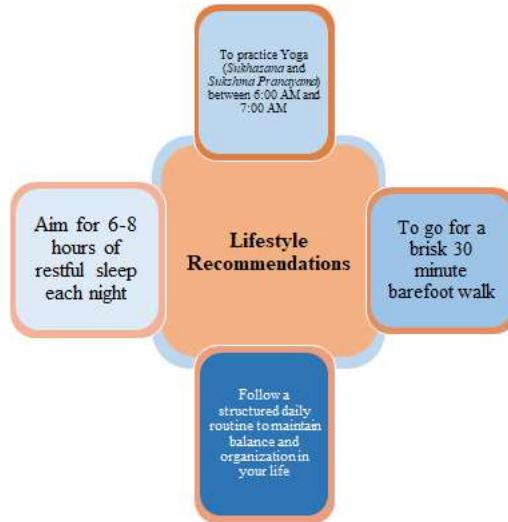
## Figure 2. Diet Plan and Lifestyle recommendations

\* Preparation of Alkaline water: Add a few slices of carrot, cucumber, lemon to the water, two slices of ginger, one or two green chilli slices, and some coriander and mint leaves

\*Herbal tea: Gauzaban (*Echium amoenum*), Kulanjan (*Alpinia galanga*), Choti Elaichi (*Elettaria cardamomum*), Laung (*Syzygium aromaticum*), Badi Elaichi (*Amomum subulatum*), Badiyan Khtay (*Illicium verum*), Banafsha (*Viola odorata*), Jufa (*Clerodendrum serratum*), Ashwagandha (*Withania somnifera*), Mulethi (*Glycyrrhiza glabra*), Punarnava (*Boerhavia diffusa*), Brahmi (*Bacopa monnieri*), Chitrak (*Plumbago zeylanica*), Kali Mirch (*Piper nigrum*), Adoosa (*Adhatoda vasica*), Saunf (*Foeniculum vulgare*), Shankh Pushp (*Evolvulus alsinoides*), Tulsi (*Ocimum sanctum*), Arjuna (*Terminalia arjuna*), Motha (*Cyperus rotundus*), Senaye (*Cuscuta reflexa*), Sonth (*Zingiber officinale*), Majeeth (*Rubia cordifolia*), Sarfoka (*Sphaeranthus indicus*), Dalchini (*Cinnamomum verum*), Gulab (*Rosa spp.*), Green Tea (*Camellia sinensis*), Giloy (*Tinospora cordifolia*), Tej Patta (*Cinnamomum tamala*), Lal Chandan (*Pterocarpus santalinus*), White Chandan (*Santalum album*), Pudina (*Mentha spicata*)

\*Green Juice: The preparation of this green juice involves a combination of medicinal leaves and vegetables. To make the juice, take 2 banyan leaves, 2 *peepal* leaves, 2 guava leaves, 4 to 5 betel leaves (*paan*), 15 to 20 mint leaves, 15 to 20 coriander leaves, and 15 to 20 curry leaves. In addition, select 50 to 70 grams of one green leafy vegetable such as fenugreek (*methi*), spinach, bathua (*Chenopodium*), or amaranth (*chaulai*). Add 1 small piece of ginger, 1 slightly larger piece of raw turmeric, 1 *amla* (Indian gooseberry), and 1 small piece of beetroot. Wash all the herbs and vegetables thoroughly. Place all the ingredients in a juicer and grind them, adding water slowly as needed. Once the mixture is ground into a paste, strain the juice using a fine sieve to obtain a clear, nutritious green juice ready for consumption.





### Medicinal Interventions

#### (a) Allopathic Medication

**Table 4.** The previously prescribed necessary allopathic medicines

Medicine	Initial Dose	After Treatment Dose
<b>Sevelamer</b>	40 mg BD	Reduced to 40 mg OD
<b>Artemisinin</b>	U.I – 1 BD	Discontinued
<b>Metoprolol Succinate</b>	23.75 mg BD	Reduced to 23.75 mg OD
<b>Sodium Bicarbonate</b>	1000 mg OD	Reduced to 500 mg OD
<b>Linagliptin</b>	5 mg OD	Discontinued
<b>Cilnidipine</b>	10 mg OD	Discontinued
<b>Dapagliflozin</b>	10 mg OD	Discontinued
<b>Gliclazide (60 mg) + Pioglitazone (15 mg) + Metformin (500 mg)</b>	1 BD	Discontinued
<b>Torasemide</b>	10 mg OD	Reduced to 5 mg OD
<b>Ferronomic Plus</b>	1 OD	Continued at same dose
<b>Clonidine</b>	100 mcg TDS	Reduced to 100 mcg BD
<b>Calcium acetate USP</b>	1 TDS	Reduced to 1 BD
<b>Recombinant Human Erythropoietin Alfa</b>	10000 IU weekly	Reduced to biweekly (under supervision)

#### (b) Ayurvedic medication

The Ayurvedic medicines employed in this case were, Relivon powder, Nefron plus capsules, CKD Tablet, Renal Support Capsule, Vrik Care Tonic, JS BP cure and Mutravardhak Vati. The medicines advised during the treatment is mentioned in **Table 5**. The description of the medicines is detailed in **Table 6**.

**Table 5.** Medications taken during the treatment period

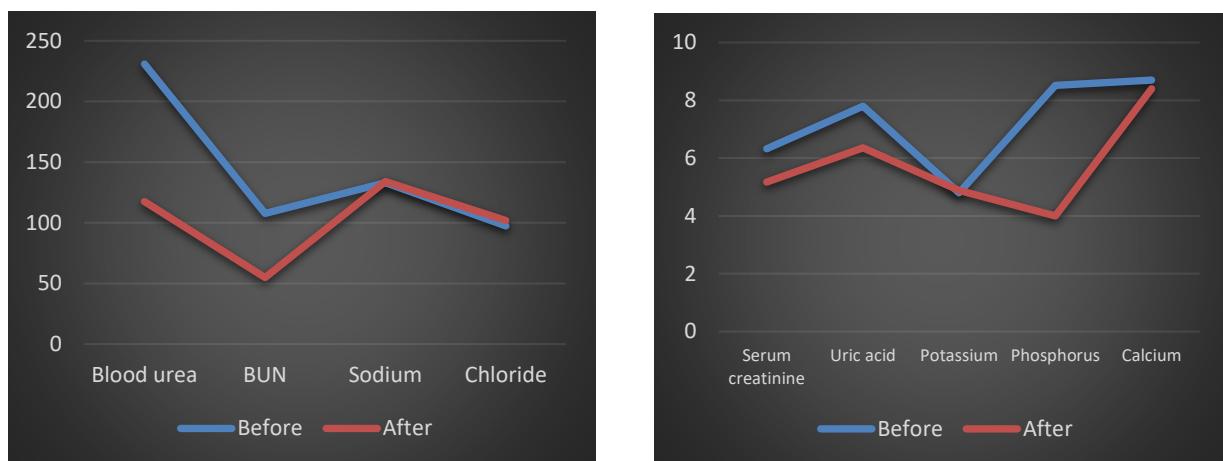
Date	Medicines	Dosage
11-01-2025	Relivon Powder	Half a teaspoon HS ( <i>Nishikal</i> with <i>koshna jala</i> - Before bed with lukewarm water)
	Nefron Plus Capsules	1 CAP BD ( <i>Adhobhakta</i> with <i>koshna jala</i> - After meal with lukewarm water)
	CKD Tablet	1 TAB BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
	Renal support capsule	1 CAP BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
	Vrikk care tonic	20 ml BD ( <i>Adhobhakta</i> with <i>sama matra koshna jala</i> - After meal with equal amount of lukewarm water)
	JS BP cure	1 CAP BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
22-02-2025	Nefron Plus Capsules	1 CAP BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
	Mutravardhak Vati	1 TAB BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
	CKD Tablet	1 TAB BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
	Renal support capsule	1 CAP BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )
	Vrikk care tonic	20 ml BD ( <i>Adhobhakta</i> with <i>sama matra koshna jala</i> )
	JS BP cure	1 CAP BD ( <i>Adhobhakta</i> with <i>koshna jala</i> )

**Table 6.** Description of the medications taken during the treatment period

Medicine name	Ingredients	Therapeutic Effects
Relivon Powder	<i>Sawarna Patri</i> ( <i>Luffa aegyptiaca</i> ), <i>Misreya</i> , <i>Sendha Namak</i> , <i>Sonth</i> ( <i>Zingiber officinale</i> ), <i>Jang Harar</i> ( <i>Chebulic Myrobalan</i> ) and <i>Erand Oil</i> ( <i>Ricinus communis</i> )	<i>Deepan</i> (digestive stimulant), <i>Pachan</i> (digestive/assimilation), <i>Anuloman</i> (promotes downward movement of doshas), <i>Shodhan</i> (cleansing/purification), <i>Rasayan</i> (rejuvenation), and <i>Balya</i> (strengthening).
Nephron plus	<i>Hazrool yahood</i> ( <i>Lapis judaicus</i> ) <b>bhasm</b> , <i>Chandraprabha powder</i> and <i>pashanbheda</i> ( <i>Bergenia ligulata</i> )	<i>Raktashodhak</i> (Blood purifier), <i>Mutral</i> (Diuretic), <i>Vishagna</i> (Detoxifier), <i>Agnideepan</i> (Digestive stimulant), <i>Shoth har</i> (Anti-inflammatory), <i>Rasayana</i> (Rejuvenator), <i>Vatanulomana</i> ( <i>Vata</i> regulator)
CKD Tablet	<i>Pashanbheda</i> ( <i>Bergenia ciliata</i> ), <i>Varun</i> ( <i>Crataeva nurvala</i> ), <i>Punarnava</i> ( <i>Boerhavia diffusa</i> ), <i>Gokhru</i> ( <i>Tribulus terrestris</i> ), <i>Apamarg</i> ( <i>Achyranthes aspera</i> ), <i>Haldi</i> ( <i>Curcuma longa</i> ), <i>Charila</i> ( <i>Embelia ribes</i> ), <i>Kutthi</i> ( <i>Dolichos biflorus</i> ), <i>Harad</i> ( <i>Terminalia chebula</i> ), <i>Bhumiawla</i> ( <i>Pyrrosia piloselloides</i> ), <i>Giloy</i> ( <i>Tinospora cordifolia</i> ), <i>Shitalchini</i> ( <i>Vernonia cinerea</i> ), <i>Anantmool</i> ( <i>Hemidesmus indicus</i> ), <i>Khas</i> ( <i>Vetiveria zizanioides</i> ), <i>Yab Kshar</i> (Alkaline substance, botanical origin unclear), <i>Muli Kshar</i> ( <i>Raphanus sativus</i> ), <i>Kalmi Shora</i> ( <i>Sodium bicarbonate</i> ), <i>Sajji Kshar</i> (Traditional alkaline substance, botanical origin unclear), <i>Shilajit</i> ( <i>Asphaltum</i> ), <i>Hajral Yahud</i> ( <i>Silicon dioxide</i> ), <i>Shwet Parpati</i> (Mercury-based preparation in Ayurvedic medicine).	<i>Vata-Pitta Shaman</i> (Dosha pacifier), <i>Raktashodhana</i> (Blood purifier), <i>Vrikkadhrara</i> (Kidney tonic), <i>Shoth har</i> (Anti-inflammatory), <i>Mutral</i> (Diuretic)
JS BP cure	<i>Sarpagandha</i> ( <i>Rauvolfia serpentina</i> ), <i>Arjun</i> ( <i>Terminalia arjuna</i> ), <i>Shigru</i> ( <i>Moringa oleifera</i> ), <i>Haritaki</i> ( <i>Terminalia chebula</i> ), <i>Vibhitaki</i> ( <i>Terminalia bellirica</i> ), <i>Amla</i> ( <i>Emblica officinalis</i> ), <i>Godanti Bhasm</i> ( <i>Gypsum</i> ).	<i>Raktashodhana</i> (Blood purifier), <i>Vatanulomana</i> ( <i>Vata</i> regulator), <i>Shoth har</i> (Anti-inflammatory), <i>Anulomana</i> (Bowel regulator), <i>Pitta Shaman</i> (Pitta pacifier), <i>Raktavardhak</i> (Blood builder), <i>Vishagna</i> (Detoxifier), <i>Deepan</i> (Appetizer)
Mutra Vardhak Vati	<i>Gokshur</i> ( <i>Tribulus terrestris</i> ), <i>Guggul</i> ( <i>Commiphora wightii</i> ), <i>Sonth</i> ( <i>Zingiber officinale</i> ), <i>Kalimirch</i> ( <i>Piper nigrum</i> ), <i>Pippal</i> ( <i>Piper longum</i> ), <i>Bahera</i> ( <i>Terminalia bellerica</i> ), <i>Harad</i> ( <i>Terminalia chebula</i> ), <i>Amla</i> ( <i>Phyllanthus emblica</i> ), <i>Motha</i> ( <i>Cyperus rotundus</i> ).	<i>Mutravardhaka</i> (Diuretic), <i>Srotoshadaka</i> (Channel cleanser), <i>Deepan</i> (Appetizer), <i>Lekhan</i> (Scraping), <i>Anulomana</i> (Pacifier of <i>Vata</i> and promoting elimination)
Vrikcare Tonic	<i>Chandan White</i> ( <i>Santalum album</i> ), <i>Aamchaat</i> ( <i>Mangifera indica</i> ), <i>Suhandbla</i> ( <i>Vetiveria zizanioides</i> ), <i>Kachoor</i> ( <i>Curcuma zedoaria</i> ), <i>Nagarmotha</i> ( <i>Cyperus rotundus</i> ), <i>Pitrapatra</i> ( <i>Fumaria indica</i> ), <i>Gambhari</i> ( <i>Gmelina arborea</i> ), <i>Mulethi</i> ( <i>Glycyrrhiza glabra</i> ), <i>Nilofer</i> ( <i>Nymphaea alba</i> or <i>Nymphaea nouchali</i> ), <i>Rasna</i> ( <i>Pluchea lanceolata</i> ), <i>Punarnava</i> ( <i>Boerhavia diffusa</i> ), <i>Priyangu</i> ( <i>Callicarpa macrophylla</i> ), <i>Majeeth</i> ( <i>Rubia cordifolia</i> ), <i>Lal Chandan</i> ( <i>Pterocarpus santalinus</i> ), <i>Patha</i> ( <i>Cyclaea peltata</i> or <i>Cissampelos pareira</i> ), <i>Chiraita</i> ( <i>Swertia chirayita</i> ), <i>Bad Chaal</i> ( <i>Terminalia arjuna</i> ), <i>Gokshur</i> ( <i>Tribulus terrestris</i> ), <i>Peepal Chaal</i> ( <i>Ficus religiosa</i> ), <i>Kachnar Chaal</i> ( <i>Bauhinia variegata</i> ), <i>Mahuwa</i> ( <i>Madhuca longifolia</i> ), <i>Madhu</i> ( <i>Apis species - Honey</i> ), <i>Shaker</i> ( <i>Saccharum officinarum</i> - Sugar).	<i>Mutravirajaniya</i> (Urine purifier), <i>Raktashodhak</i> (Blood purifier), <i>Shoth har</i> (Anti-inflammatory), <i>Rasayana</i> (Rejuvenator), <i>Deepan</i> (Appetite stimulant), <i>Pachan</i> (Digestive).
Renal Support Capsule	<i>Punarnava</i> ( <i>Boerhavia diffusa</i> ), <i>Arjun</i> ( <i>Terminalia arjuna</i> ), <i>Gokshur</i> ( <i>Tribulus terrestris</i> ), <i>Guduchi</i> ( <i>Tinospora cordifolia</i> ), <i>Amalaki</i> ( <i>Emblica officinalis</i> or <i>Phyllanthus emblica</i> ).	<i>Mutral</i> (Diuretic), <i>Raktashodhak</i> (Blood purifier), <i>Shoth har</i> (Anti-inflammatory), <i>Rasayana</i> (Rejuvenator), <i>Vata-pitta Shaman</i> ( <i>Vata-Pitta</i> pacifier), <i>Mutra Vaha srotas rakshana</i> (Urinary channel protector)

## 5. Result

After 1 month of medication, the patient experienced noteworthy development in symptoms, which denotes the interventions used in the study are effective against CKD. The laboratory investigations showed a noticeable change in the conditions which is depicted in **Fig 3**. The conditions before and after treatment is mentioned in **Table 7**.



**Figure 3.** The laboratory investigation results

**Table 7.** The conditions before and after treatment

Conditions	Before treatment	After treatment
Pedal oedema <sup>[20]</sup>	3°	1°
Weakness <sup>[21]</sup>	Severe	Relief

## 6. Future Research

This study focused on a 56-year-old male patient diagnosed with *Vrikka roga* with a history of hypertension, T2DM, and CAD. Although the findings were promising, further evaluation is needed due to the single-patient design. Larger randomized controlled trials are crucial to confirm the efficacy, safety, and reliability of the integrated *Ayurvedic* therapies, aiding in the development of standardized clinical protocols and guidelines.

## 7. Discussion

This case report is about the procedure of integrating *Ayurvedic* medications with conventional methods works in a 56-year-old male, diagnosed with *Vrikka roga* with a history of T2DM, CAD and hypertension. The patient presented symptoms such as pedal oedema (on/off), and generalized weakness. The patient underwent medication for 1 month. The *sam-prapti*<sup>[22-26]</sup> for this study is depicted in **Fig 4**.

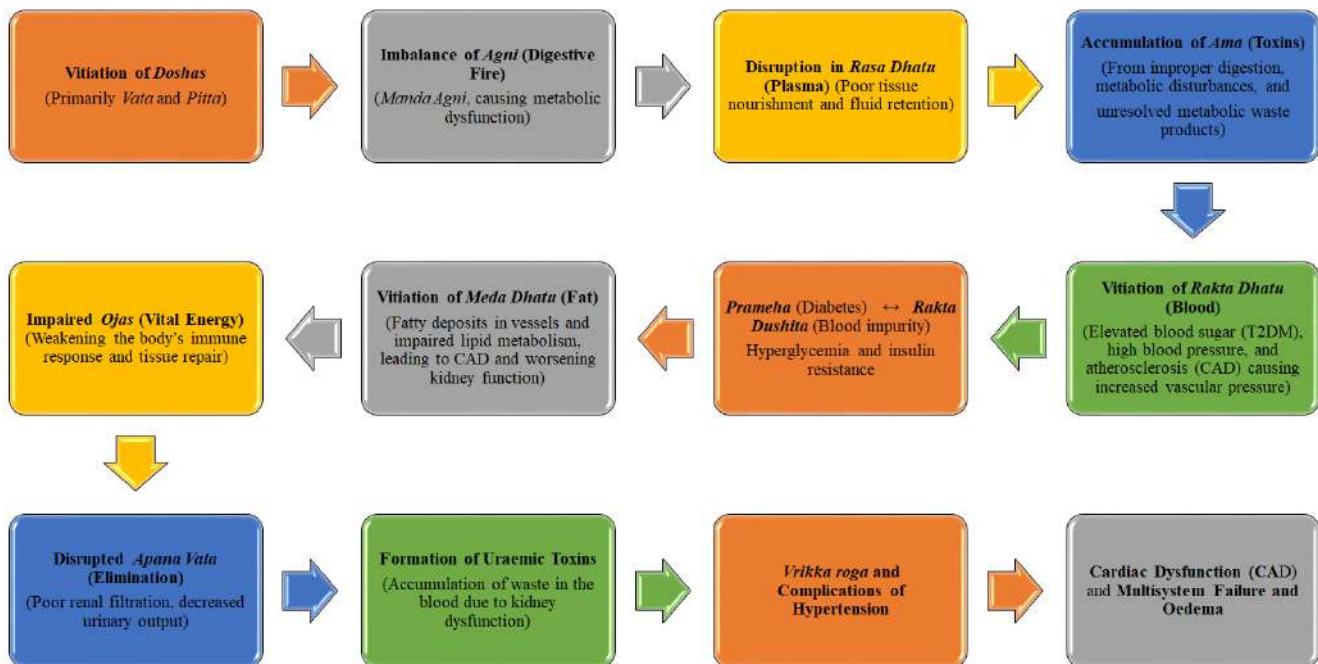


Figure 4. The Samprapti for this study

### 1. The Samprapti and Nidan Parivarjana

The *Samprapti* of CKD with a history of T2DM, HTN, and CAD is a progressive, multi-system involvement that primarily affects the urinary and cardiovascular systems. Long-standing *Madhumeha* leads to microvascular damage, impairing the glomerular filtration capacity of the kidneys [26]. Similarly, *Uccha Raktachapa* causes increased intraglomerular pressure, resulting in glomerular sclerosis and nephron loss [27]. The presence of *Hridaya Roga* further compromises renal perfusion due to reduced cardiac output [28]. Aggravation of *Vata* and *Doshas* disturbs the normal functioning of the *Mutravah Srotas* (urinary system channels), leading to obstruction (*Sanga*) and impaired urine formation [29]. In some cases, *Pitta dosha* also contributes by inducing inflammatory damage to renal tissues [30]. The affected tissues (*Dushyas*) include *Rakta* (blood), *Mamsa* (muscle), *Meda* (fat tissue), *Shukra* (reproductive tissue), and *Mutra* (urine), leading to systemic weakness and reduced renal function [31]. Dysfunction in *Raktavaha* (blood-carrying channels) and *Medovaha Srotas* (fat metabolism channels) further aggravates the pathology by contributing to atherosclerosis and dyslipidemia, worsening CAD and renal perfusion [32]. Over time, obstruction of the urinary channels, formation of structural renal changes (*Granthi*), and depletion of vitality (*Ojas Kshaya*) lead to progressive renal failure.

To prevent or delay disease progression, *Nidan Parivarjana* (avoidance of causative factors) is crucial. This includes strict control of blood sugar levels through appropriate diet, exercise, and medications, along with salt restriction to manage hypertension [33]. The patient must avoid oily, heavy, high-fat foods that aggravate cardiac complications and refrain from alcohol, smoking, and nephrotoxic drugs such as NSAIDs [34]. Regular monitoring of blood pressure, blood sugar, lipid profile, and renal function is essential. Early detection and timely management of urinary tract infections can prevent further renal damage. Lifestyle modifications such as stress management through yoga, meditation, adequate hydration, and maintaining proper sleep hygiene are beneficial [35]. Suppression of natural urges like urination or defecation must be avoided, as they aggravate *Vata* and disturb urinary function [36]. The judicious use of mild *Mutravirechaka* (diuretics), *Raktashodhak* (blood purifiers), and *Rasayana* (rejuvenative therapies) as per Ayurvedic advice can further support renal health and overall well-being.

## 2. The effects of Ayurvedic medicines

The *Samprapti* of CKD involves *Tridoshic* imbalance, primarily *Vata* and *Kapha* vitiation, along with *Dhatukshaya*, *Srotodushti*, and *Ama*. Ayurvedic formulations such as Relivon Powder, Nefron Plus Capsules, CKD Tablet, Renal Support Capsule, Vrik Care Tonic, JS BP Cure, and Mutravardhak Vati help break this pathological process at various levels. Relivon Powder acts as a *Rasayana*, supporting renal function and reducing oxidative stress. Nefron Plus Capsules work on the *Mutravaha Srotas*, improving kidney filtration and reducing *Kapha-Vata* aggravation. CKD Tablets aid in *Rakta* and *Meda Dhatus* metabolism, addressing hyperlipidemia and insulin resistance, while also reducing *Agnimandya* and *Ama* accumulation. Renal Support Capsules function as *Mutrala* and *Vrikashodhana*, helping maintain electrolyte balance and reduce uremia in CKD. Vrik Care Tonic acts as a *Medhya Rasayana*, alleviating stress, improving blood circulation (*Vyana Vayu* balance). JS BP Cure balances *Vyana Vayu* and *Avalambaka Kapha*, helping regulate blood pressure. Mutravardhak Vati serves as a *Mutrala* (diuretic), enhancing urine output and reducing fluid retention and hypertension by pacifying *Apana Vayu* and *Kapha*. These formulations work together to pacify aggravated *Doshas*, clear *Srotorodha*, reduce *Ama*, restore *Agni*, and strengthen the affected *Srotas*, ultimately preventing disease progression and supporting overall cardiovascular and renal health. The *Ras Panchak* of the common ingredients are mentioned in **Table 7**.

**Table 7.** The *Ras Panchak* of the common ingredients <sup>[37-41]</sup>

Ingredient	Rasa (Taste)	Guna (Quality)	Veerya (Potency)	Vipaka (Post-Digestive Effect)	Prabhava (Specific Action)	Present In
<b>Punarnava</b> ( <i>Boerhavia Diffusa</i> )	Tikta (Bitter), Kashaya (Astringent)	Laghu (Light), Ruksha (Dry)	Ushna (Hot)	Katu (Pungent)	<i>Mutral</i> (Diuretic), <i>Rasayana</i> (Rejuvenator)	CKD Tablet, Vrikcare Tonic, Renal Support Capsule
<b>Gokshur</b> ( <i>Tribulus Terrestris</i> )	Madhura (Sweet)	Guru (Heavy), Snigdha (Unctuous)	Sheeta (Cold)	Madhura (Sweet)	<i>Mutravirajaniya</i> (Urine Purifier)	CKD Tablet, Mutra Vardhak Vati, Vrikcare Tonic, Renal Support Capsule
<b>Haritaki</b> ( <i>Terminalia Chebula</i> )	Kashaya (Astringent Predominant)	Laghu (Light), Ruksha (Dry)	Ushna (Hot)	Madhura (Sweet)	<i>Tridosaghna</i> (Pacifies All Doshas)	CKD Tablet, JS BP Cure, Mutra Vardhak Vati
<b>Amla / Amalaki</b> ( <i>Phyllanthus Emblica</i> )	Amla (Sour), Kashaya (Astringent), Madhura (Sweet)	Laghu (Light), Ruksha (Dry)	Sheeta (Cold)	Madhura (Sweet)	<i>Rasayana</i> (Rejuvenator)	JS BP Cure, Mutra Vardhak Vati, Renal Support Capsule
<b>Arjun</b> ( <i>Terminalia Arjuna</i> )	Kashaya (Astringent)	Laghu (Light), Ruksha (Dry)	Sheeta (Cold)	Katu (Pungent)	<i>Hridya</i> (Cardio-Protective)	JS BP Cure, Vrikcare Tonic, Renal Support Capsule

## 3. The effects of Ahar-Vihar

*Ahar* (diet) and *Vihar* (lifestyle) play a crucial role in the management and prevention of the progression of CKD. A light, easily digestible diet that includes steamed seasonal fruits, sprouts, millets, and green juices helps reduce the digestive burden and supports metabolic functioning, which is essential in CKD where *Agni* (digestive fire) is often impaired <sup>[42]</sup>. The avoidance of refined foods, dairy products, packaged items, and late-night meals prevents the formation of *Ama* (metabolic

toxins) that can aggravate kidney damage [43]. The incorporation of digestive stimulants like raw ginger, turmeric, and herbal tea enhances *Deepan* (appetite stimulation) and *Pachan* (digestion), improving nutrient assimilation and reducing metabolic stress on the kidneys [44,45,46]. Regular intake of alkaline water and green juices helps in detoxification, maintaining acid-base balance, and supporting renal function [47]. Millets, being low in glycemic index and rich in nutrients, are beneficial in managing associated conditions like diabetes and hypertension, thus reducing the risk factors contributing to CKD progression [48].

Following a structured daily routine and ensuring adequate, restful sleep for 6-8 hours promotes hormonal balance and reduces oxidative stress, both of which are crucial in slowing kidney deterioration [49]. Simple yogic practices such as *Vajrasana* and a slow 10-minute walk after meals improve digestion and prevent postprandial metabolic load on the kidneys [50]. A regular 30-minute barefoot walk enhances circulation and grounding, indirectly supporting renal health [51]. Fasting once a week, under medical supervision, aids in metabolic detoxification and helps prevent the accumulation of *Ama*, offering rejuvenation to renal tissues [52]. Together, a carefully planned diet and disciplined lifestyle form the foundation for preserving kidney function and improving the overall quality of life in CKD patients.

## 8. Conclusion

The following conclusions can be drawn from this case study on treating *Vrikka Roga*, T2DM, CAD with hypertension using *Ayurvedic* interventions:

**Symptoms:** The treatment results indicated remarkable improvement in the patient's condition. Pedal oedema, which was recorded as grade 3 before treatment, was reduced to grade 1 after treatment. Similarly, the severe weakness experienced earlier was alleviated, with the patient reporting considerable relief.

**Vitals:** The blood pressure reduced from 180/95 mmHg to 150/70 mmHg after the medications, which shows the positive management of blood pressure by medications, diet and lifestyle modifications during treatment.

**Investigations:** Laboratory tests conducted during the treatment period represented the overall health improvement. The Serum urea level before treatment was 230.86 mg/dL and it reduced to 117.39 mg/dL, indicating enhanced kidney function. The serum creatinine level also reduced from 6.32 mg/dL to 5.17 mg/dL. The uric acid reduced from 7.80 mg/dL to 6.36 mg/dL. There was a reduction in Fasting Blood Sugar from 130 mg/dL to 90 mg/dL. These investigation supports the reliability of *Ayurvedic* treatment methods for *Vrikka Roga*.

This study concludes that *Ayurvedic* treatments for *Vrikka Roga* yielded positive outcomes, including symptom alleviation, improved vital signs, and better laboratory test results. This approach seems to support kidney function and enhance overall patient health. However, additional research with larger, controlled trials is necessary to confirm these findings and develop standardized treatment guidelines.

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**Figure 1.** Laboratory investigations during the treatment period

Test Report

Test Name	Results	Units	Bio. Ref. Interval
KIDNEY PANEL; KFT, SERUM			
Creatinine (Modified Jaffe Kinetic)	8.32	mg/dL	0.70 - 1.30
GFR Estimated (CKD EPI Equation 2021)	10	mL/min/1.73m <sup>2</sup>	>59
GFR Category (KDIGO Guideline 2012)	G5		
Urea (Urease UV)	230.06	mg/dL	13.00 - 45.00
Urea Nitrogen, Blood (Calculated)	107.81	mg/dL	6.00 - 20.00
BUN/Creatinine Ratio (Calculated)	17		
Uric Acid (Uricase)	7.80	mg/dL	3.50 - 7.20
Total Protein (Bunet)	7.60	g/dL	5.70 - 8.20
Albumin (BCG)	4.53	g/dL	3.20 - 4.80
A/G Ratio (Calculated)	1.48		0.90 - 2.00
Globulin (Calculated)	3.07	gm/dL	2.0 - 3.5
Calcium, Total (Arzenzo II)	8.70	mg/dL	8.70 - 10.40
Phosphorus (Molybdate UV)	8.52	mg/dL	2.40 - 5.10
Sodium (Indirect (SE))	133.00	mEq/L	136.00 - 145.00
Potassium (Indirect (SE))	4.60	mEq/L	3.50 - 5.10
Chloride (Indirect (SE))	97.40	mEq/L	98.00 - 107.00

BEFORE

*Dr Lal PathLabs*

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Name : <span style="border: 1px solid black; display: inline-block; width: 100px; height: 15px;"></span>	Age : 57 Years
Lab No. : 182210706	Gender : Male
Ref By : DR ILBS	Reported : 4/2/2025 5:51:11PM
Collected : 4/2/2025 1:14:00PM	Report Status : Final
A/c Status : P	Processed at : LPL-NATIONAL REFERENCE LAB
Collected at : LPL-ROHINI (NATIONAL REFERENCE LAB) National Reference laboratory, Block E, Sector 18, ROHINI DELHI 110085	National Reference laboratory, Block E, Sector 18, Rohini, New Delhi -110085

**Test Report**

Test Name	Results	Units	Bio. Ref. Interval
<b>KIDNEY PANEL; KFT, SERUM</b>			
Creatinine (Modified Jaffe Kinetic)	5.17	mg/dL	0.70 - 1.30
GFR Estimated (CKD EPI Equation 2021)	42	ml/min/1.73m <sup>2</sup>	>59
GFR Category (KDIGO Guideline 2012)	G5		
Urea (Urease UV)	117.39	mg/dL	13.00 - 43.00
Urea Nitrogen Blood (Calculated)	54.82	mg/dL	6.00 - 20.00
BUN/Creatinine Ratio (Calculated)	11		
Uric Acid (Uricase)	6.36	mg/dL	3.50 - 7.20
Total Protein (Biuret)	6.88	g/dL	5.70 - 8.20
Albumin (BCG)	4.07	g/dL	3.20 - 4.80
Globulin(Calculated)	2.81	gm/dL	2.0 - 3.5
A : G Ratio (Calculated)	1.45		0.90 - 2.00
Calcium, Total (Arsenazo III)	8.40	mg/dL	8.70 - 10.40
Phosphorus (Molybdate UV)	4.00	mg/dL	2.40 - 5.10
Sodium (Indirect ISE)	134.00	mEq/L	136.00 - 145.00
Potassium (Indirect ISE)	4.88	mEq/L	3.50 - 5.10
Chloride (Indirect ISE)	102.00	mEq/L	98.00 - 107.00

**Advise**

1. CKD Risk Map (Z1014)
2. Cystatin C, serum (B173)

**AFTER****Note**

1. Estimated GFR (eGFR) calculated using the 2021 CKD-EPI creatinine equation and GFR Category reported as per KDIGO guideline 2012.

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If Test results are alarming or unexpected, client is advised to contact the Customer Care immediately for possible remedial action.  
Tel: 011-4988-5050, Fax: +91-11-2788-2134. E-mail: [customerservice@lalpathlabs.com](mailto:customerservice@lalpathlabs.com)



# IMPACT OF AYURVEDIC THERAPIES ON CHRONIC KIDNEY DISEASE: A CASE STUDY OF IMPROVED RENAL FUNCTION AND SYMPTOMS

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## Abstract

*Chronic Kidney Disease (CKD) is characterized by a decline in kidney function and structural damage, leading to complications like hypertension, fluid retention, and hypothyroidism. Conventional treatments for CKD often focus on managing symptoms and slowing disease progression, but Ayurvedic therapies offer a holistic approach by balancing Tridoshas and promoting kidney health. This study examines the impact of Ayurvedic treatments in a 50-year-old female with CKD and hypertension who visited Jeena Sikho Lifecare Limited Hospital, Lucknow, Uttar Pradesh, India. After 7 days of Panchakarma therapies, including Awagaha Swedan, Snehana, Shiropichu and Matra Basti, the patient showed significant improvement in renal function, vital signs, and symptoms. Laboratory tests indicated reduced serum creatinine levels and an improved Glomerular Filtration Rate (GFR), highlighting the potential of Ayurvedic therapies in supporting kidney health. The combination of Ayurvedic treatments may offer promising results in managing CKD, warranting further investigation in larger, controlled clinical trials.*

## Keywords

*Chronic Kidney Disease (CKD), Glomerular Filtration Rate (GFR), Ayurveda, Panchakarma, Hypertension, Vataj Pandu, Vrikka vikar*



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## 1. Introduction

Chronic kidney disease (CKD) is diagnosed by a decline in kidney function, with a GFR (Glomerular Filtration Rate) of less than 60 mL/min per 1.73 m<sup>2</sup> or kidney damage for at least three months [1]. CKD impacts quality of life, causing hypertension, fluid retention, bone pain, and sleep disturbances [2,3]. Factors like serum phosphorus and CKD duration predict outcomes, increase mortality risk in end-stage renal disease (ESRD) [4,5].

In *Ayurveda*, the treatment of CKD and Hypertension, focuses on balancing the *Tridoshas* and promoting *Ojas* for overall health. For CKD, the emphasis is on detoxification, improving kidney function, and supporting *Agni*. *Punarnava*, *Gokshura*, and *Varun* help enhance *Mutra* and cleanse *Mala*, while *Rasayana* such as *Ashwagandha* and *Shilajeet* maintain *Prakriti* and *Ojas*. A *Tridoshic* diet low in *Sara*, *Snigdha*, and *Amla* foods, along with therapies like *Virechana* and *Basti*, is advised for eliminating *Ama* [6-11]. In managing *Rakta-Vata*, *Ayurveda* balances *Vata* and *Pitta doshas* to influence *Rasa* and circulation. *Brahmi* and *Ashwagandha* regulate *Rakta*, while garlic and *Jatamansi* reduce *Rakta-Vikriti* and pressure [12-14]. A *Pitta-Kapha* balancing diet with whole grains, *Vata*-pacifying vegetables, and *Pranayama* is suggested [15].

For *Mandagni*, *Ashwagandha*, *Guggulu*, and *Kanchanar* promote *Shodhana* and support *Srotas* [16-18]. This study aims to assess the impact of *Ayurvedic* interventions combined with conventional treatments for CKD with hypertension in a 50-year-old female patient.

## 2. Case Report

A 50-year-old female with a history of CKD and hypertension (22 years) visited Jeena Sikho Lifecare Limited Hospital, Lucknow, Uttar Pradesh, on March 22, 2024. She presented with pedal oedema, generalized pain, loss of appetite, constipation, and piles mass with pain. Additionally, she reported decreased urine output and bloating. Diagnosed with UTI and swelling on January 24, 2024, her serum creatinine was 1.27 mg/dL. The vital signs along with *Ashta-sthana pariksha* examination report during the first day of visit is detailed in **Table 1**.

**Table 1.** Vitals during the initial examination on first day of the visit

Parameters	Findings
Temperature	98°F
Blood Pressure	110/80 mmHg
Pulse rate	80/min
Weight	79 Kg
<i>Nadi</i>	<i>Vaataj Pittaj</i>
<i>Jihwa</i>	<i>Saam</i>
<i>Agni</i>	<i>Mandagni</i>
<i>Mala</i>	<i>Vibandha</i>
<i>Mutra</i>	<i>Ishatpeeta</i>
<i>Shabda</i>	<i>Spashta</i>
<i>Sparsha</i>	<i>Anushmasheeta</i>
<i>Akriti</i>	<i>Madhyam</i>
<i>Drikka</i>	<i>Samanya</i>

She was admitted on March 26, 2024, the patient was on IPD for 7 days, during that period she received consolidated Ayurvedic treatments. This treatment procedure encompassed *Panchakarma* therapies such as *Awagaha Swedan*, *Snehana* with *Ksheerabala oil*, *Matra Basti* with *Gokshura* and *Punarnava*, and *Shirodhara* with *Brahmi oil*. Postural therapy was also performed. The medications advised during the IPD is described in **Table 2**. After 7 days of treatment, the patient experienced significant improvement, including relief from itching, backache and gastric issues.

**Table 2.** The medications advised during the IPD treatment

Medicine Name	Ingredients	Dosage	Therapeutic Effects
LIV-DS Capsules	<b>Bhumiamla Ext.</b> ( <i>Barleria prionitis</i> ), <b>Kasani Ext.</b> ( <i>Cichorium intybus</i> ), <b>Himsra</b> ( <i>Leptadenia reticulata</i> ), <b>Punarnava Ext.</b> ( <i>Boerhavia diffusa</i> ), <b>Guduchi Ext.</b> ( <i>Tinospora cordifolia</i> ), <b>Kakamachi</b> ( <i>Solanum nigrum</i> ), <b>Arjuna</b> ( <i>Terminalia arjuna</i> ), <b>Biranjasipha</b> ( <i>Berberis aristata</i> ), <b>Kasamarda Jhavuka</b> ( <i>Solanum xanthocarpum</i> ), <b>Vidanga</b> ( <i>Embelia ribes</i> ), <b>Chitraka</b> ( <i>Plumbago zeylanica</i> ), <b>Kutki</b> ( <i>Picrorhiza kurroa</i> ), <b>Haritaki</b> ( <i>Terminalia chebula</i> ), <b>Bhringraj</b> ( <i>Eclipta prostrata</i> ).	2 CAP BD ( <i>Adhobhakta with koshna jala</i> )	Improves Liver Function, Detoxification and Improves Digestion
Divya Shakti Powder	<b>Trikatu</b> , <b>Triphala</b> , <b>Nagarmotha</b> ( <i>Cyperus rotundus</i> ), <b>Vay Vidang</b> ( <i>Embelia ribes</i> ), <b>Chhoti Elaichi</b> ( <i>Elettaria cardamomum</i> ), <b>Tej Patta</b> ( <i>Cinnamomum tamala</i> ), <b>Laung</b> ( <i>Syzygium aromaticum</i> ), <b>Nishoth</b> ( <i>Operculina turpethum</i> ), <b>Sendha Namak Dhaniya</b> ( <i>Coriandrum sativum</i> ), <b>Pipla Mool</b> ( <i>Piper longum</i> root), <b>Jeera</b> ( <i>Cuminum cyminum</i> ), <b>Nagkesar</b> ( <i>Mesua ferrea</i> ), <b>Amaravati</b> ( <i>Achyranthes aspera</i> ), <b>Anardana</b> ( <i>Punica granatum</i> ), <b>Badi Elaichi</b> ( <i>Amomum subulatum</i> ), <b>Hing</b> ( <i>Ferula assafoetida</i> ), <b>Kachnar</b> ( <i>Bauhinia variegata</i> ), <b>Ajmod</b> ( <i>Trachyspermum ammi</i> ), <b>Sazzikhar</b> , <b>Pushkarmool</b> ( <i>Inula racemosa</i> ), <b>Mishri</b> ( <i>Saccharum officinarum</i> ).	Half a teaspoon HS ( <i>Nishikal with koshna jala</i> )	Enhances overall vitality and energy levels, addressing fatigue and weakness.
Yakrit Shoth Har Vati	<b>Punarnava</b> ( <i>Boerhavia diffusa</i> ), <b>Kalimirch</b> ( <i>Piper nigrum</i> ), <b>Pippali</b> ( <i>Piper longum</i> ), <b>Vayavidanga</b> ( <i>Embelia ribes</i> ), <b>Devdaru</b> ( <i>Cedrus deodara</i> ), <b>Kutha Haldi</b> ( <i>Picrorhiza kurroa</i> ), <b>Chitraka</b> ( <i>Plumbago zeylanica</i> ), <b>Herad Bahera</b> ( <i>Terminalia chebula</i> , <i>Terminalia bellirica</i> ), <b>Amla</b> ( <i>Emblica officinalis</i> ), <b>Danti</b> ( <i>Baliospermum montanum</i> ), <b>Chavya</b> ( <i>Piper chaba</i> ), <b>Indra Jon</b> ( <i>Taraxacum officinale</i> ), <b>Pippali Mool</b> ( <i>Piper longum</i> ), <b>Motha Kalajira</b> ( <i>Nigella sativa</i> ), <b>Kayphal</b> ( <i>Myrica esculenta</i> ), <b>Kutki</b> ( <i>Picrorhiza kurroa</i> ), <b>Nisoth</b> ( <i>Operculina turpethum</i> ), <b>Sonth</b> ( <i>Zingiber officinale</i> ), <b>Kakd Singh</b> ( <i>Cucumis sativus</i> ), <b>Ajwaen</b> ( <i>Trachyspermum ammi</i> ), <b>Mandur Bhasma</b> ( <i>Ferrum</i> ).	1 TAB TDS ( <i>Adhobhakta with koshna jala</i> )	Deepan and pachana
Pilefree Capsule	<b>Alvua</b> ( <i>Aloe Barbadensis</i> ), <b>Rasont</b> ( <i>Allium sativum</i> ), <b>Neem Ext.</b> ( <i>Azadirachta indica</i> ), <b>Haritaki Ext.</b> ( <i>Terminalia chebula</i> ), <b>Mooli</b> ( <i>Raphanus sativus</i> ), <b>Bakayan Ext.</b> ( <i>Melia azadirachta</i> ), <b>Papita Ext.</b> ( <i>Carica papaya</i> ), <b>Amla Tas Ext.</b> ( <i>Phyllanthus emblica</i> ) and <b>Kaharvapisti Pishti</b>	1 CAP BD ( <i>Adhobhakta with koshna jala</i> )	Used for piles, constipation, fistula and fissure
Kidney Care Syrup	<b>Punarnavarishta</b> , <b>Chandanasaava</b> , <b>Ushirasava</b> and <b>Gokshuradi Kadha</b>	10 ml TDS ( <i>Adhobhakta with sama matra koshna jala</i> )	Relieves dysuria
Skin Cure Capsule	<b>Anant</b> ( <i>Tylophora indica</i> ), <b>Neem</b> ( <i>Azadirachta indica</i> ), <b>Gulab</b> ( <i>Rosa damascena</i> ), <b>Haldi</b> ( <i>Curcuma longa</i> ), <b>Gilloy</b> ( <i>Tinospora cordifolia</i> ), <b>Mulathi</b> ( <i>Glycyrrhiza glabra</i> ), <b>Chirayta</b> ( <i>Andrographis paniculata</i> ), <b>Baboot</b> ( <i>Vachellia nilotica</i> or <i>Acacia nilotica</i> ), <b>Manjith</b> ( <i>Rubia cordifolia</i> ), <b>Vidang</b> ( <i>Embelia ribes</i> ), <b>Sharpunkha</b> ( <i>Tribulus terrestris</i> ), <b>Khadir</b> ( <i>Senegalia catechu</i> or <i>Acacia catechu</i> ), <b>Sanay</b> ( <i>Senna alexandrina</i> or <i>Cassia angustifolia</i> ), <b>Gandhak</b> ( <i>Sulfur</i> ), <b>Yashad</b> ( <i>Zinc</i> ).	1 CAP BD ( <i>Adhobhakta with koshna jala</i> )	Manages skin disease, blood purifier, anti inflammatory and relieve itching
Sama vati	<b>Gokru</b> ( <i>Tribulus terrestris</i> ), <b>Kaunch</b> ( <i>Mucuna pruriens</i> ), <b>Shatawar</b> ( <i>Asparagus racemosus</i> ), <b>Ashwagandha</b> ( <i>Withania somnifera</i> ), <b>Vidarikand</b> ( <i>Pueraria tuberosa</i> ), <b>Beej Band Lal</b> ( <i>Sida cordifolia</i> ), <b>Akarkara</b> ( <i>Anacyclus pyrethrum</i> ), <b>Talmakhana</b> ( <i>Hygrophila auriculata</i> ), <b>Musli</b> ( <i>Chlorophytum borivilianum</i> ), <b>Aawla</b> ( <i>Emblica officinalis</i> ), <b>Sonth</b> ( <i>Zingiber officinale</i> ), <b>Jaiphal</b> ( <i>Myristica fragrans</i> ), <b>Swarn Makshik</b> ( <i>Chalcopyrite</i> ), <b>Shilajit Shudh</b> ( <i>Asphaltum punjabianum</i> ).	1 TAB BD ( <i>Adhobhakta with koshna jala</i> )	Assist in cell rejuvenation

Medh Capsule	<b>Kahu Ext.</b> ( <i>Cucumis sativus</i> ), <b>Shankpushpi</b> ( <i>Convolvulus pluricaulis</i> ), <b>Gul Chandani Ext.</b> ( <i>Jasminum grandiflorum</i> ), <b>Ajwain</b> ( <i>Trachyspermum ammi</i> ), <b>Champa Ext.</b> ( <i>Michelia champaca</i> ), <b>Choti Elaichi</b> ( <i>Elettaria cardamomum</i> ), <b>Taj Ext.</b> ( <i>Syzygium aromaticum</i> ), <b>Moti</b> ( <i>Pinctada maxima</i> ), <b>Vacha Ext.</b> ( <i>Acorus calamus</i> ), <b>Shudh Shilajeet, Sarpagandha Ext.</b> ( <i>Rauvolfia serpentina</i> ), <b>Jatamansi</b> ( <i>Nardostachys jatamansi</i> ), <b>Aam Ext.</b> ( <i>Mangifera indica</i> ), <b>Gawzwan</b> ( <i>Withania somnifera</i> ), <b>Arjun Ext.</b> ( <i>Terminalia arjuna</i> ), <b>Ashwagandha</b> ( <i>Withania somnifera</i> ), <b>Brahmi Ext.</b> ( <i>Bacopa monnieri</i> ), <b>Safed Musli</b> ( <i>Chlorophytum borivilianum</i> ), <b>Jyotishmati</b> ( <i>Celastrus paniculatus</i> ).	1 stat HS on 26/03/2024	Used to alleviate brain disorders, stress, anxiety, sleeplessness and blood pressure
Dr. Shuddhi Powder	<b>Trikatu, Triphala, Nagarmotha</b> ( <i>Cyperus rotundus</i> ), <b>Vay Vidang</b> ( <i>Embelia ribes</i> ), <b>Chhoti Elaichi</b> ( <i>Elettaria cardamomum</i> ), <b>Tej Patta</b> ( <i>Cinnamomum tamala</i> ), <b>Laung</b> ( <i>Syzygium aromaticum</i> ), <b>Nishoth</b> ( <i>Operculina turpethum</i> ), <b>Sendha Namak, Dhaniya</b> ( <i>Coriandrum sativum</i> ), <b>Pipla Mool</b> ( <i>Piper longum root</i> ), <b>Jeera</b> ( <i>Cuminum cyminum</i> ), <b>Nagkesar</b> ( <i>Mesua ferrea</i> ), <b>Amarvati</b> ( <i>Achyranthes aspera</i> ), <b>Anardana</b> ( <i>Punica granatum</i> ), <b>Badi Elaichi</b> ( <i>Amomum subulatum</i> ), <b>Hing</b> ( <i>Ferula assafoetida</i> ), <b>Kachnar</b> ( <i>Bauhinia variegata</i> ), <b>Ajmod</b> ( <i>Trachyspermum ammi</i> ), <b>Sazzikhar, Pushkarmool</b> ( <i>Inula racemosa</i> ), <b>Mishri</b> ( <i>Saccharum officinarum</i> )	1/2 TSF HS on 26/03/2024	Helps in detoxification, deepan and pachana
Brahmi Vati Tablet	<b>Brahmi</b> ( <i>Bacopa monnieri</i> ), <b>Rasindur, Shilajeet, Kalimirch</b> ( <i>Piper nigrum</i> ), <b>Vayavidanga</b> ( <i>Embelia ribes</i> ), <b>Pippal</b> ( <i>Piper longum</i> ), <b>Abrak Bhasam, Vang Bhasam.</b>	1 stat HS on 27/03/2024 and 29/03/2024	Used for Brain related disorder, depression, psychiatric disorder, insomnia, BP maintain and anxiety
Gandhak Rasayan tablet	<b>Sudh Gandhak, Misri, Dalcini</b> ( <i>Cinnamomum verum</i> ), <b>Choti Elaichi</b> ( <i>Elettaria cardamomum</i> ), <b>Tejpatta</b> ( <i>Cinnamomum tamala</i> ), <b>Nagkeshar</b> ( <i>Mesua ferrea</i> ), <b>Giloy</b> ( <i>Tinospora cordifolia</i> ), <b>Haritaki</b> ( <i>Terminalia chebula</i> ), <b>Baheda</b> ( <i>Terminalia bellirica</i> ), <b>Amla</b> ( <i>Phyllanthus emblica</i> ), <b>Sonth</b> ( <i>Zingiber officinale</i> ), <b>Adrak Ras or Kwath</b> ( <i>Zingiber officinale</i> ).	2 TAB BD ( <i>Adhobhakta</i> with <i>koshna jala</i> ) from 29/03/2024	helps deal with scabies, colic, prameh, loss of appetite, scabies, rheumatism, gout, and boils
Go Flexi Capsule	<b>Paneer Dodi Powder</b> ( <i>Caralluma fimbriata</i> ), <b>Ashwagandha Powder</b> ( <i>Withania somnifera</i> ), <b>Amla Rasayan</b> ( <i>Phyllanthus emblica</i> ), <b>Yograj Guggul Powder</b> ( <i>Commiphora wightii</i> ), <b>Methi Powder</b> ( <i>Trigonella foenum-graecum</i> ), <b>Shankh Bhasma Powder</b> , <b>Gokshura Powder</b> ( <i>Tribulus terrestris</i> ), <b>Punarnava Powder</b> ( <i>Boerhavia diffusa</i> ), <b>Nirgundi Powder</b> ( <i>Vitex negundo</i> ), <b>Haldi Powder</b> ( <i>Curcuma longa</i> ), <b>Neem Powder</b> ( <i>Azadirachta indica</i> ).	1 CAP TDS ( <i>Adhobhakta</i> with <i>koshna jala</i> ) from 29/03/2024	Used as analgesic, anti inflammatory, immunity booster and pain killer
Sarpagandha Tablet	<b>Sarpagandha churna and Babool niryas</b>	1 stat HS on 31/03/2024	Used for CAD, HTN, improve cardiac function, arrhythmia, myocardial infarction and congestive heart failure

Laboratory investigations during the treatment period including follow ups are mentioned in **Table 3**. The patient was afterward discharged on April 01, 2024. Vital signs during the time of discharge is given in **Table 4**. Medications administered during the discharge is mentioned in **Table 5**.

**Table 3.** Vitals signs observed during the treatment period including follow ups

Parameter	Findings									
Date	15-03-2024	26-03-2024	02-05-2024	25-05-2024	06-07-2024	14-08-2024	27-08-2024	21-09-2024	09-11-2024	
Haemoglobin	10.9 gm/dL	10 gm/dL	10.6 gm/dL	10 gm/dL	11.1 gm/dL	10 gm/dL	11.1 gm/dL	11.1 gm/dL	10.4 gm/dL	
Urea	63.6 mg/dL	61 mg/dL	62 mg/dL	32 mg/dL	31 mg/dL	42 mg/dL	39 mg/dL	39 mg/dL	42 mg/dL	
Creatinine	2.30 mg/dL	2.0 mg/dL	1.44 mg/dL	1.40 mg/dL	1.27 mg/dL	1.45 mg/dL	1.47 mg/dL	1.47 mg/dL	1.23 mg/dL	
BUN	29.7 mg/dL	28.46 mg/dL	28.93 mg/dL	15 mg/dL	-	-	-	18.20 mg/dL	21.30 mg/dL	
Phosphorus	4.90mEq/L	3.20 mEq/L	7.10 mEq/L	-	-	-	-	7.60 mEq/L	7.10 mEq/L	
Potassium	6.0 mEq/L	3.52 mEq/L	4.01 mEq/L	4.7 mEq/L	4.2 mEq/L	4.5 mEq/L	-	3.20 mEq/L	4.01 mEq/L	
Total RBC	3.96 mill/cumm	4.10 mill/cumm	2.04 mill/cumm	-	4.10 mill/cumm	3.67 mill/cumm	-	2.04 mill/cumm	3.50 mill/cumm	
Platelet count	18400 cells/cumm	1.16 lacs/cub.mm	1.30 lacs/cumm	1.16 lacs/cub.mm	1.50 lacs/cumm	1.30 lacs/cumm	-	1.35 lacs/cumm	2.50 lacs/cumm	
PCV	32.80%	29.40%	18.20%	-	34.30%	31.20%	-	18.20%	18.20%	
RDW	14.9 fl	13.9 fl	18.4 fl	-	-	-	-	18.4 fl	20.4 fl	
Neutrophils	65%	70%	77%	73%	70%	68%	-	75%	80%	
Lymphocytes	28%	24%	16%	23%	24%	26%	-	25%	15%	

**Table 4.** Vital signs during the time of discharge

Parameter	Findings
Temperature	98.6°F
Blood Pressure	120/70 mm of Hg
Pulse Rate	76/min
Weight	78.65 Kg
<i>Nadi</i>	<i>Vataj Pittaj</i>
<i>Mala</i>	<i>Avikrita</i>
<i>Mutra</i>	<i>Samanya</i>
<i>Jivha</i>	<i>Niraam</i>
<i>Shabda</i>	<i>Spashta</i>
<i>Sparsha</i>	<i>Anushnasheeta</i>
<i>Akriti</i>	<i>Madhyam</i>
<i>Drika</i>	<i>Avikrita</i>

**Table 5.** Medications advised during the time of discharge

The patient visited the hospital on May 02, 2024 with the conditions like on and off pedal oedema, pain and lethargy. Afterwards, she returned on July 07, 2024. During the visit Yakrit shoth har vati was replaced by Amal pitt har powder. The medications advised on the follow-ups are described in **Table 7**.

**Table 7.** Medications advised during the follow-ups on May 02, June 02 and July 07, 2024

Medicine Name	Ingredients	Dosage	Therapeutic Effects
<b>Nefron Plus Capsules</b>	<b>Hazrool Yahood Bhasma powder</b> , <b>Chandraprabha powder</b> , <b>Pashanbheda</b> ( <i>Bergenia ligulata</i> ), <b>MulakKshar powder</b> ( <i>Raphanus sativus</i> ), <b>YavaKshar powder</b> ( <i>Hordeum vulgare</i> ), <b>Amalaki Rasayan powder</b> ( <i>Phyllanthus emblica</i> ), <b>Trivikram Rasa powder</b> , <b>Navasara powder</b> ( <i>Ammonium chloride</i> ), <b>Nimbu Satva powder</b> ( <i>Citrus limon</i> ), <b>Gokshur</b> ( <i>Tribulus terrestris</i> ), <b>Durbhamool</b> ( <i>Chlorophytum borivilianum</i> ), <b>Shila Pushpa</b> ( <i>Dolichos biflorus</i> ), <b>Black Salt powder</b> ( <i>Kala Namak</i> ), and <b>Hing powder</b> ( <i>Ferula asafoetida</i> ).	2 CAP BD ( <i>Adhobhakta with koshna jala</i> )	Used for the treatment of kidney disease, as well as conditions such as burning micturition, urinary tract infections (UTI), and CA bladder.
<b>Mutra Vardhak Vati</b>	<b>Gokshura</b> ( <i>Tribulus terrestris</i> ), <b>Guggul</b> ( <i>Commiphora wightii</i> ), <b>Sonth</b> ( <i>Zingiber officinale</i> ), <b>Kalimirch</b> ( <i>Piper nigrum</i> ), <b>Pippal</b> ( <i>Piper longum</i> ), <b>Bahera</b> ( <i>Terminalia bellerica</i> ), <b>Harad</b> ( <i>Terminalia chebula</i> ), <b>Amla</b> ( <i>Phyllanthus emblica</i> ), <b>Motha</b> ( <i>Cyperus rotundus</i> ).	2 TAB BD ( <i>Adhobhakta with koshna jala</i> )	Used for treating kidney stones, dysuria, painful micturition, high blood pressure, and inflammatory conditions.
<b>Yakrit Shoth Har Vati</b>	<b>Punarnava</b> ( <i>Boerhavia diffusa</i> ), <b>Kalimirch</b> ( <i>Piper nigrum</i> ), <b>Pippali</b> ( <i>Piper longum</i> ), <b>Vayavidanga</b> ( <i>Embelia ribes</i> ), <b>Devdaru</b> ( <i>Cedrus deodara</i> ), <b>Kutha Haldi</b> ( <i>Picrorhiza kurroa</i> ), <b>Chitrake</b> ( <i>Plumbago zeylanica</i> ), <b>Herad Bahera</b> ( <i>Terminalia chebula</i> , <i>Terminalia bellirica</i> ), <b>Amla</b> ( <i>Emblica officinalis</i> ), <b>Danti</b> ( <i>Baliospermum montanum</i> ), <b>Chavya</b> ( <i>Piper chaba</i> ), <b>Indra Jon</b> ( <i>Taraxacum officinale</i> ), <b>Pippala Mool</b> ( <i>Piper longum</i> ), <b>Motha Kalajira</b> ( <i>Nigella sativa</i> ), <b>Kayphal</b> ( <i>Myrica esculenta</i> ), <b>Kutki</b> ( <i>Picrorhiza kurroa</i> ), <b>Nisoth</b> ( <i>Operculina turpethum</i> ), <b>Sonth</b> ( <i>Zingiber officinale</i> ), <b>Kakd Singhi</b> ( <i>Cucumis sativus</i> ), <b>Ajwaen</b> ( <i>Trachyspermum ammi</i> ), <b>Mandur Bhasma</b> ( <i>Ferrum</i> ).	1 TAB BD ( <i>Adhobhakta with koshna jala</i> )	Helps in better liver function .Strengthen digestion process and Helps in Detoxification
<b>Pilefree Capsule</b>	<b>Alvua</b> ( <i>Aloe Barbadensis</i> ), <b>Rasont</b> ( <i>Allium sativum</i> ), <b>Neem Ext.</b> ( <i>Azadirachta indica</i> ), <b>Haritaki Ext.</b> ( <i>Terminalia chebula</i> ), <b>Mooli</b> ( <i>Raphanus sativus</i> ), <b>Bakayan Ext.</b> ( <i>Melia azadirachta</i> ), <b>Papita Ext.</b> ( <i>Carica papaya</i> ), <b>Amla Tas Ext.</b> ( <i>Phyllanthus emblica</i> ) and <b>Kaharvapisti Pishti</b>	1 CAP BD ( <i>Adhobhakta with koshna jala</i> )	Used for piles, constipation, fistula and fissure
<b>Kidney Care Syrup</b>	<b>Punarnavarishta</b> , <b>Chandanasava</b> , <b>Ushirasava</b> and <b>Gokshuradi Kadha</b>	15 ml BD ( <i>Adhobhakta with sama matra koshna jala</i> )	Used for the management of kidney disorder and UTI
<b>Dr. Shuddhi Powder</b>	<b>Trikatu</b> , <b>Triphala</b> , <b>Nagarmotha</b> ( <i>Cyperus rotundus</i> ), <b>Vay Vidang</b> ( <i>Embelia ribes</i> ), <b>Chhoti Elaichi</b> ( <i>Elettaria cardamomum</i> ), <b>Tej Patta</b> ( <i>Cinnamomum tamala</i> ), <b>Laung</b> ( <i>Syzygium aromaticum</i> ), <b>Nishoth</b> ( <i>Operculina turpethum</i> ), <b>Sendha Namak</b> , <b>Dhaniya</b> ( <i>Coriandrum sativum</i> ), <b>Pipla Mool</b> ( <i>Piper longum root</i> ), <b>Jeera</b> ( <i>Cuminum cyminum</i> ), <b>Nagkesar</b> ( <i>Mesua ferrea</i> ), <b>Amarvati</b> ( <i>Achyranthes aspera</i> ), <b>Anardana</b> ( <i>Punica granatum</i> ), <b>Badi Elaichi</b> ( <i>Amomum subulatum</i> ), <b>Hing</b> ( <i>Ferula assafoetida</i> ), <b>Kachnar</b> ( <i>Bauhinia variegata</i> ), <b>Ajmod</b> ( <i>Trachyspermum ammi</i> ), <b>Sazzikhar</b> , <b>Pushkarmool</b> ( <i>Imula racemosa</i> ), <b>Mishri</b> ( <i>Saccharum officinarum</i> )	1/2 TSF HS ( <i>Nishikal with koshna jala</i> )	Helps to manage constipation, piles, fistula and fissure

Medicine Name	Ingredients	Dosage	Therapeutic Effects
Nefron Plus Capsules	<b>Hazrool Yahood Bhasma powder, Chandraprabha powder, Pashanbhedha (Bergenia ligulata), MulakKshar powder (Raphanus sativus), YavaKshar powder (Hordeum vulgare), Amalaki Rasayan powder (Phyllanthus emblica), Trivikram Rasa powder, Navasara powder (Ammonium chloride), Nimbu Satva powder (Citrus limon), Gokshur (Tribulus terrestris), Durbhamool (Chlorophytum borivilianum), Shila Pushpa (Dolichos biflorus), Black Salt powder (Kala Namak), and Hing powder (Ferula asafoetida).</b>	2 CAP BD ( <i>Adhobhakta with koshna jala</i> )	Used for the treatment of kidney disease, as well as conditions such as burning micturition, urinary tract infections (UTI), and CA bladder.
Mutra Vardhak Vati	<b>Gokshura (Tribulus terrestris), Guggul (Commiphora wightii), Sonth (Zingiber officinale), Kalimirch (Piper nigrum), Pippal (Piper longum), Bahera (Terminalia bellerica), Harad (Terminalia chebula), Amla (Phyllanthus emblica), Motha (Cyperus rotundus).</b>	2 TAB BD ( <i>Adhobhakta with koshna jala</i> )	Used for treating kidney stones, dysuria, painful micturition, high blood pressure, and inflammatory conditions
Nephro care syrup	<b>Gokharu (Tribulus terrestris), Dab (Calotropis gigantea), Kush (Desmostachya bipinnata), Kash (Saccharum spontaneum), Punarnava (Boerhavia diffusa), Varun tvak (Crataeva religiosa), Pashanbhed (Bergenia ligulata), Kamalpushp (Nelumbo nucifera), Priyangu (Callicarpa macrophylla), Giloy (Tinospora cordifolia), Apamarg (Achyranthes aspera), Jambu Tvak (Syzygium cumini), Sugar Syrup (Saccharum officinarum).</b>	15 ml BD ( <i>Adhobhakta with sama matra koshna jala</i> )	Cell rejuvenation, improve kidney function
Go Flexi Capsule	<b>Paneer Dodi Powder (Caralluma fimbriata), Ashwagandha Powder (Withania somnifera), Amla Rasayan (Phyllanthus emblica), Yograj Guggul Powder (Commiphora wightii), Methi Powder (Trigonella foenum-graecum), Shankh Bhasma Powder, Gokshura Powder (Tribulus terrestris), Punarnava Powder (Boerhavia diffusa), Nirgundi Powder (Vitex negundo), Haldi Powder (Curcuma longa), Neem Powder (Azadirachta indica).</b>	1 CAP BD ( <i>Adhobhakta with koshna jala</i> )	Used as analgesic, anti inflammatory, immunity booster and pain killer
Yakrit Shoth Har Vati	<b>Punarnava (Boerhavia diffusa), Kalimirch (Piper nigrum), Pippali (Piper longum), Vayavidanga (Embelia ribes), Devdaru (Cedrus deodara), Kutha Haldi (Picrorhiza kurroa), Chitrake (Plumbago zeylanica), Herad Bahera (Terminalia chebula, Terminalia bellirica), Amla (Emblica officinalis), Danti (Baliospermum montanum), Chavya (Piper chaba), Indra Jon (Taraxacum officinale), Pippla Mool (Piper longum), Motha Kalajira (Nigella sativa), Kayphal (Myrica esculenta), Kutki (Picrorhiza kurroa), Nisoth (Operculina turpethum), Sonth (Zingiber officinale), Kakk Singh (Cucumis sativus), Ajwaen (Trachyspermum ammi), Mandur Bhasma (Ferrum).</b>	1 TAB BD ( <i>Adhobhakta with koshna jala</i> )	Helps in better liver function ,Strengthen digestion process and Helps in Detoxification
Dr. Shuddhi Powder	<b>Trikatu, Triphala, Nagarmotha (Cyperus rotundus), Vay Vidang (Embelia ribes), Chhoti Elaichi (Elettaria cardamomum), Tej Patta (Cinnamomum tamala), Laung (Syzygium aromaticum), Nishoth (Operculina turpethum), Sendha Namak, Dhaniya (Coriandrum sativum), Pipla Mool (Piper longum root), Jeera (Cuminum cyminum), Nagkesar (Mesua ferrea), Amarvat (Achyranthes aspera), Anardana (Punica granatum), Badi Elaichi (Amomum subulatum), Hing (Ferula assafoetida), Kachnar (Bauhinia variegata), Ajmod (Trachyspermum ammi), Sazzikhar, Pushkarmool (Inula racemosa), Mishri (Saccharum officinarum)</b>	1/2 TSF HS ( <i>Nishikal with koshna jala</i> )	Helps to manage constipation, piles, fistula and fissure
Amal Pitt Har Powder	<b>Shunti (Zingiber officinale), Maricha (Piper nigrum), Pippali (Piper longum), Amalki (Phyllanthus emblica), Bibhitaki (Terminalia bellerica), Haritaki (Terminalia chebula), Musta (Cyperus rotundus), Sulshmaila (Sida cordifolia), Tvak patra (Cinnamomum verum), Vidanga (Embelia ribes), Bid lavana (Sodium chloride), Lavanga (Syzygium aromaticum), Trivita (Tribulus terrestris), Sharkara (Saccharum officinarum).</b>	1/2 TSF HS ( <i>Nishikal with koshna jala</i> ) on 07/07/2024	Relieves gastric issues

On August 15, 2024, the patient return for regular follow up with conditions like loss of appetite, BP fluctuation and gastritis problem. The medications advised during the follow up are detailed in **Table 8**.

**Table 8.** The medications advised during the follow-up on August 15, 2024

Medicine Name	Ingredients	Dosage	Therapeutic Effects
Nefron Plus Capsules	<b>Hazrool Yahood Bhasma powder, Chandraprabha powder, Pashanbheda (Bergenia ligulata), MulakKshar powder (Raphanus sativus), YavaKshar powder (Hordeum vulgare), Amalaki Rasayan powder (Phyllanthus emblica), Trivikram Rasa powder, Navasara powder (Ammonium chloride), Nimbu Satva powder (Citrus limon), Gokshur (Tribulus terrestris), Durbhamool (Chlorophytum borivilianum), Shila Pushpa (Dolichos biflorus), Black Salt powder (Kala Namak), and Hing powder (Ferula asafoetida).</b>	2 CAP BD (Adhobhakta with koshna jala)	Used for the treatment of kidney disease, as well as conditions such as burning micturition, urinary tract infections (UTI), and CA bladder.
Mutra Vardhak Vati	<b>Gokshura (Tribulus terrestris), Guggul (Commiphora wightii), Sonth (Zingiber officinale), Kalimirch (Piper nigrum), Pippal (Piper longum), Bahera (Terminalia bellerica), Harad (Terminalia chebula), Amla (Phyllanthus emblica), Motha (Cyperus rotundus).</b>	2 TAB BD (Adhobhakta with koshna jala)	Used for treating kidney stones, dysuria, painful micturition, high blood pressure, and inflammatory conditions.
Nephro care syrup	<b>Gokharu (Tribulus terrestris), Dabh (Calotropis gigantea), Kush (Desmostachya bipinnata), Kash (Saccharum spontaneum), Punarnava (Boerhavia diffusa), Varun tvak (Crataeva religiosa), Pashanbhed (Bergenia ligulata), Kamalpushp (Nelumbo nucifera), Priyangu (Callicarpa macrophylla), Giloy (Tinospora cordifolia), Apamarg (Achyranthes aspera), Jambu Tvak (Syzygium cumini), Sugar Syrup (Saccharum officinarum).</b>	15 ml BD (Adhobhakta with sama matra koshna jala)	Cell rejuvenation and improve kidney functioning
Go Flexi Capsule	<b>Paneer Dodi Powder (Caralluma fimbriata), Ashwagandha Powder (Withania somnifera), Amla Rasayan (Phyllanthus emblica), Yograj Guggul Powder (Commiphora wightii), Methi Powder (Trigonella foenum-graecum), Shankh Bhasma Powder, Gokshura Powder (Tribulus terrestris), Punarnava Powder (Boerhavia diffusa), Nirgundi Powder (Vitex negundo), Haldi Powder (Curcuma longa), Neem Powder (Azadirachta indica).</b>	1 CAP BD (Adhobhakta with koshna jala)	Used as analgesic, anti inflammatory, immunity booster and pain killer
Amal Pitt Har Powder	<b>Shunti (Zingiber officinale), Maricha (Piper nigrum), Pippali (Piper longum), Amalki (Phyllanthus emblica), Bibhitaki (Terminalia bellerica), Haritaki (Terminalia chebula), Musta (Cyperus rotundus), Sulshmaila (Sida cordifolia), Tvak patra (Cinnamomum verum), Vidanga (Embelia ribes), Bid lavana (Sodium chloride), Lavanga (Syzygium aromaticum), Trivita (Tribulus terrestris), Sharkara (Saccharum officinarum).</b>	1/2 TSF HS (Nishikal with koshna jala)	Relieves gastris issues
LIV-DS Capsules	<b>Bhumiamla Ext. (Barleria prionitis), Kasani Ext. (Cichorium intybus), Himsra (Leptadenia reticulata), Punarnava Ext. (Boerhavia diffusa), Guduchi Ext. (Tinospora cordifolia), Kakamachi (Solanum nigrum), Arjuna (Terminalia arjuna), Biranjasipha (Berberis aristata), Kasamarda Jhavuka (Solanum xanthocarpum), Vidanga (Embelia ribes), Chitraka (Plumbago zeylanica), Kutki (Picrorhiza kurroa), Haritaki (Terminalia chebula), Bhringraj (Eclipta prostrata).</b>	1 CAP BD (Adhobhakta with koshna jala)	Improves Liver Function, Detoxification and Improves Digestion

DTPA scan was done on August 11, 2024 which showed left kidney and right kidney GFR 20 ml/min and 16 ml/min respectively and the global GFR 36 ml/min. The patient revisited the hospital for regular follow-up on September 09, 2024, presenting the complaints like anorexia, unclear bowel and bloating due to gastritis. The medications prescribed during the visit is detailed in **Table 9**.

**Table 9.** The medications advised during the follow-up on September 09, 2024

Medicine Name	Ingredients	Dosage	Therapeutic Effects
Nefron Plus Capsules	<b>Hazrool Yahood Bhasma powder, Chandraprabha powder, Pashanbheda</b> ( <i>Bergenia ligulata</i> ), <b>MulakKshar powder</b> ( <i>Raphanus sativus</i> ), <b>YavaKshar powder</b> ( <i>Hordeum vulgare</i> ), <b>Amalaki Rasayan powder</b> ( <i>Phyllanthus emblica</i> ), <b>Trivikram Rasa powder, Navasara powder</b> ( <i>Ammonium chloride</i> ), <b>Nimbu Satva powder</b> ( <i>Citrus limon</i> ), <b>Gokshur</b> ( <i>Tribulus terrestris</i> ), <b>Durbhamool</b> ( <i>Chlorophytum borivilianum</i> ), <b>Shila Pushpa</b> ( <i>Dolichos biflorus</i> ), <b>Black Salt powder</b> ( <i>Kala Namak</i> ), and <b>Hing powder</b> ( <i>Ferula asafoetida</i> ).	1 CAP BD ( <i>Adhobhakta with koshna jala</i> )	Used for the treatment of kidney disease, as well as conditions such as burning micturition, urinary tract infections (UTI), and CA bladder.
Nephro care syrup	<b>Gokharu</b> ( <i>Tribulus terrestris</i> ), <b>Dabh</b> ( <i>Calotropis gigantea</i> ), <b>Kush</b> ( <i>Desmostachya bipinnata</i> ), <b>Kash</b> ( <i>Saccharum spontaneum</i> ), <b>Punarnava</b> ( <i>Boerhavia diffusa</i> ), <b>Varun tvak</b> ( <i>Crataeva religiosa</i> ), <b>Pashanbhed</b> ( <i>Bergenia ligulata</i> ), <b>Kamalpushp</b> ( <i>Nelumbo nucifera</i> ), <b>Priyangu</b> ( <i>Callicarpa macrophylla</i> ), <b>Giloy</b> ( <i>Tinospora cordifolia</i> ), <b>Apamarg</b> ( <i>Achyranthes aspera</i> ), <b>Jambu Tvak</b> ( <i>Syzygium cumini</i> ), <b>Sugar Syrup</b> ( <i>Saccharum officinarum</i> ).	15 ml BD ( <i>Adhobhakta with sama matra koshna jala</i> )	Cell rejuvenation, improve kidney functioning
Mutra Vardhak Vati	<b>Gokshura</b> ( <i>Tribulus terrestris</i> ), <b>Guggul</b> ( <i>Commiphora wightii</i> ), <b>Sonth</b> ( <i>Zingiber officinale</i> ), <b>Kalimirch</b> ( <i>Piper nigrum</i> ), <b>Pippal</b> ( <i>Piper longum</i> ), <b>Bahera</b> ( <i>Terminalia bellerica</i> ), <b>Harad</b> ( <i>Terminalia chebula</i> ), <b>Amla</b> ( <i>Phyllanthus emblica</i> ), <b>Motha</b> ( <i>Cyperus rotundus</i> ).	1 TAB BD ( <i>Adhobhakta with koshna jala</i> )	Used for treating kidney stones, dysuria, painful micturition, high blood pressure, and inflammatory conditions.
Go Flexi Capsule	<b>Paneer Dodi Powder</b> ( <i>Caralluma fimbriata</i> ), <b>Ashwagandha Powder</b> ( <i>Withania somnifera</i> ), <b>Amla Rasayan</b> ( <i>Phyllanthus emblica</i> ), <b>Yograj Guggul Powder</b> ( <i>Commiphora wightii</i> ), <b>Methi Powder</b> ( <i>Trigonella foenum-graecum</i> ), <b>Shankh Bhasma Powder, Gokshura Powder</b> ( <i>Tribulus terrestris</i> ), <b>Punarnava Powder</b> ( <i>Boerhavia diffusa</i> ), <b>Nirgundi Powder</b> ( <i>Vitex negundo</i> ), <b>Haldi Powder</b> ( <i>Curcuma longa</i> ), <b>Neem Powder</b> ( <i>Azadirachta indica</i> ).	1 CAP BD ( <i>Adhobhakta with koshna jala</i> )	Used as analgesic, anti inflammatory, immunity booster and pain killer
LIV Shuddhi Tablet	<b>Milk Thistle</b> ( <i>Silybum marianum</i> ), <b>Guduchi</b> ( <i>Tinospora cordifolia</i> ), <b>Dandelion</b> ( <i>Taraxacum officinale</i> ), <b>Tulsi</b> ( <i>Ocimum sanctum</i> ), <b>Punarnava</b> ( <i>Boerhavia diffusa</i> ), <b>Amla</b> ( <i>Phyllanthus emblica</i> ) and <b>Arjuna</b> ( <i>Terminalia arjuna</i> )	1 TAB BD ( <i>Adhobhakta with koshna jala</i> )	Helps with natural liver detox, digestion, and overall wellness
Sootshekhar Ras Tablet	<b>Suddha Parada, Suddha Gandhaka, Suddha Tankana, Tamra Bhasma, Sankha Bhasma</b> ( <i>Turbinella pyrum</i> ), <b>Suddha Vatsanbha</b> ( <i>Aconitum ferox</i> ), <b>Suddha Dhattura</b> ( <i>Datura stramonium</i> ), <b>Sunthi</b> ( <i>Zingiber officinale</i> ), <b>Maricha</b> ( <i>Piper nigrum</i> ), <b>Pippali</b> ( <i>Piper longum</i> ).	1 TAB BD ( <i>Pargbhakta with koshna jala</i> )	Pacifies the disruption of pitta and vata doshas, Alleviates heartburn and indigestion and Maintains a healthy balance of gastric juices

The patient returned for regular follow-up on November 11, 2024, presenting the complaints like piles mass with pain. The medications prescribed during the visit is detailed in **Table 10**.

**Table 10.** The medications prescribed during the visit on November 11, 2024

Medicine Name	Ingredients	Dosage	Therapeutic Effects
Nefron Plus Capsules	<b>Hazrool Yahood Bhasma powder</b> , <b>Chandraprabha powder</b> , <b>Pashanbheda</b> ( <i>Bergenia ligulata</i> ), <b>MulakKshar powder</b> ( <i>Raphanus sativus</i> ), <b>YavaKshar powder</b> ( <i>Hordeum vulgare</i> ), <b>Amalaki Rasayan powder</b> ( <i>Phyllanthus emblica</i> ), <b>Trivikram Rasa powder</b> , <b>Navasara powder</b> ( <i>Ammonium chloride</i> ), <b>Nimbu Satva powder</b> ( <i>Citrus limon</i> ), <b>Gokshur</b> ( <i>Tribulus terrestris</i> ), <b>Durbhamool</b> ( <i>Chlorophytum borivilianum</i> ), <b>Shila Pushpa</b> ( <i>Dolichos biflorus</i> ), <b>Black Salt powder</b> ( <i>Kala Namak</i> ), and <b>Hing powder</b> ( <i>Ferula asafoetida</i> ).	1 CAP BD ( <i>Adhobhakta with koshnajala</i> )	Used for the treatment of kidney disease, as well as conditions such as burning micturition, urinary tract infections (UTI), and CA bladder.
Vrikk care tonic	<b>Punarnava</b> ( <i>Boerhavia diffusa</i> ), <b>Gokshura</b> ( <i>Tribulus terrestris</i> ), <b>Varuna</b> ( <i>Crataeva nurvala</i> ) and <b>Shilajeet</b>	15 ml BD ( <i>Adhobhakta with sama matra koshnajala</i> )	Supports kidney function, Promotes healthy urine flow, Manages water retention and edema and Helps with urinary tract infections (UTIs)
Sootshekhar Ras Tablet	<b>Suddha Parada</b> , <b>Suddha Gandhaka</b> , <b>Suddha Tankana</b> , <b>Tamra Bhasma</b> , <b>Sankha Bhasma</b> ( <i>Turbinella pyrum</i> ), <b>Suddha Vatsanbha</b> ( <i>Aconitum ferox</i> ), <b>Suddha Dhattura</b> ( <i>Datura stramonium</i> ), <b>Sunthi</b> ( <i>Zingiber officinale</i> ), <b>Maricha</b> ( <i>Piper nigrum</i> ), <b>Pippali</b> ( <i>Piper longum</i> ).	1 TAB BD ( <i>Pragbhakta with koshnajala</i> )	Pacifies the disruption of pitta and vata doshas, Alleviates heartburn and indigestion and Maintains a healthy balance of gastric juices
Go Flexi Capsule	<b>Paneer Dodi Powder</b> ( <i>Caralluma fimbriata</i> ), <b>Ashwagandha Powder</b> ( <i>Withania somnifera</i> ), <b>Amla Rasayan</b> ( <i>Phyllanthus emblica</i> ), <b>Yograj Guggul Powder</b> ( <i>Commiphora wightii</i> ), <b>Methi Powder</b> ( <i>Trigonella foenum-graecum</i> ), <b>Shankh Bhasma Powder</b> , <b>Gokshura Powder</b> ( <i>Tribulus terrestris</i> ), <b>Punarnava Powder</b> ( <i>Boerhavia diffusa</i> ), <b>Nirgundi Powder</b> ( <i>Vitex negundo</i> ), <b>Haldi Powder</b> ( <i>Curcuma longa</i> ), <b>Neem Powder</b> ( <i>Azadirachta indica</i> ).	1 CAP BD ( <i>Adhobhakta with koshnajala</i> )	Used as analgesic, anti inflammatory, immunity booster and pain killer
Pilefree Capsule	<b>Alvua</b> ( <i>Aloe Barbadensis</i> ), <b>Rason</b> ( <i>Allium sativum</i> ), <b>Neem Ext.</b> ( <i>Azadirachta indica</i> ), <b>Haritaki Ext.</b> ( <i>Terminalia chebula</i> ), <b>Mooli</b> ( <i>Raphanus sativus</i> ), <b>Bakayan Ext.</b> ( <i>Melia azadirachta</i> ), <b>Papita Ext.</b> ( <i>Carica papaya</i> ), <b>Amla Tas Ext.</b> ( <i>Phyllanthus emblica</i> ) and <b>Kaharvapisti Pishti</b>	1 CAP BD ( <i>Adhobhakta with koshnajala</i> )	Used for piles, constipation, fistula and fissure
Sandhi Arogya Vati	<b>Sonth</b> ( <i>Zingiber officinale</i> ), <b>Syah Jeera</b> ( <i>Carum carvi</i> ), <b>Shilajeet</b> ( <i>Asphalatum</i> ), <b>Abhrak Bhasma</b> ( <i>Muscovite</i> ), <b>Ashwagandh</b> ( <i>Withania somnifera</i> ), <b>Shallaki</b> ( <i>Boswellia serrata</i> ), <b>Guggul</b> ( <i>Commiphora wightii</i> ), <b>Yavani</b> ( <i>Trachyspermum ammi</i> ), <b>Chandrasoor</b> ( <i>Lepidium sativum</i> ), <b>Rason</b> ( <i>Allium sativum</i> ), <b>Nirgundi</b> ( <i>Vitex negundo</i> ), <b>Hemvati</b> ( <i>Berberis aristata</i> ), <b>Suranjan</b> ( <i>Colchicum autumnale</i> ), <b>Parijat</b> ( <i>Nyctanthes arbor-tristis</i> ), <b>Vaya Vidang</b> ( <i>Embelia ribes</i> ).	1 TAB BD ( <i>Adhobhakta with koshnajala</i> )	Used for arthritis, joint pain, gout and vaat vyadhi

The patient come back for regular follow-up on December 16, 2024, presenting the complaints of gastritis. The medications prescribed during the visit is detailed in **Table 11**.

**Table 11.** The medications prescribed during the visit on December 16, 2024

Medicine Name	Ingredients	Dosage	Therapeutic Effects
<b>Nefron Plus Capsules</b>	<b>Hazrool Yahood Bhasma powder, Chandraprabha powder, Pashanbheda (<i>Bergenia ligulata</i>), MulakKshar powder (<i>Raphanus sativus</i>), YavaKshar powder (<i>Hordeum vulgare</i>), Amalaki Rasayan powder (<i>Phyllanthus emblica</i>), Trivikram Rasa powder, Navasara powder (<i>Ammonium chloride</i>), Nimbu Satva powder (<i>Citrus limon</i>), Gokshur (<i>Tribulus terrestris</i>), Durbhamool (<i>Chlorophytum borivilianum</i>), Shila Pushpa (<i>Dolichos biflorus</i>), Black Salt powder (<i>Kala Namak</i>), and Hing powder (<i>Ferula asafoetida</i>).</b>	1 CAP BD ( <i>Adhobhakta with koshna jala</i> )	Used for the treatment of kidney disease, as well as conditions such as burning micturition, urinary tract infections (UTI), and CA bladder.
<b>Vrik care tonic</b>	<b>Punarnava (<i>Boerhavia diffusa</i>), Gokshura (<i>Tribulus terrestris</i>), Varuna (<i>Crataeva nurvala</i>) and Shilajeet</b>	15 ml BD ( <i>Adhobhakta with sama matra koshna jala</i> )	Supports kidney function, Promots healthy urine flow, Manages water retention and edema and Helps with urinary tract infections (UTIs)
<b>Amal Pitt Har Powder</b>	<b>Shunti (<i>Zingiber officinale</i>), Maricha (<i>Piper nigrum</i>), Pippali (<i>Piper longum</i>), Amalki (<i>Phyllanthus emblica</i>), Bibhitaki (<i>Terminalia belerica</i>), Haritaki (<i>Terminalia chebula</i>), Musta (<i>Cyperus rotundus</i>), Sulshmaila (<i>Sida cordifolia</i>), Tvak patra (<i>Cinnamomum verum</i>), Vidanga (<i>Embelia ribes</i>), Bid lavana (<i>Sodium chloride</i>), Lavanga (<i>Syzygium aromaticum</i>), Trivita (<i>Tribulus terrestris</i>), Sharkara (<i>Saccharum officinarum</i>).</b>	1/2 TSF BD ( <i>Pragbhakta with koshna jala</i> )	Relives gastric issues
<b>Sandhi Arogya Vati</b>	<b>Sonth (<i>Zingiber officinale</i>), Syah Jeera (<i>Carum carvi</i>), Shilajeet (<i>Asphaltum</i>), Abhrak Bhasma (<i>Muscovite</i>), Ashwagandh (<i>Withania somnifera</i>), Shallaki (<i>Boswellia serrata</i>), Guggul (<i>Commiphora wightii</i>), Yavani (<i>Trachyspermum ammi</i>), Chandrasoor (<i>Lepidium sativum</i>), Rason (<i>Allium sativum</i>), Nirgundi (<i>Vitex negundo</i>), Hemvati (<i>Berberis aristata</i>), Suranjan (<i>Colchicum autumnale</i>), Parijat (<i>Nyctanthes arbortristis</i>), Vaya Vidang (<i>Embelia ribes</i>).</b>	1 TAB BD ( <i>Adhobhakta with koshna jala</i> )	Used for arthritis, joint pain, gout and vaat vyadhi

An accurately designed DIP Diet was provided to the patient to complement the Ayurvedic treatments administered for CKD [19,20,21].

#### Treatment Plan

##### I. Diet Plan:

###### Dietary Guidelines from Jeena Sikho Lifecare Limited Hospital:

- Avoid wheat, refined foods, dairy, coffee, tea, and packaged foods.
- Do not eat after 8 PM.

###### Hydration:

- Sip water slowly, mindful of the amount consumed each time.

- Aim to drink 1 litre of alkaline water 3 to 4 times a day.
- Incorporate herbal tea, living water, and turmeric-infused water into your daily routine.
- Boil 2 litres of water and reduce it to 1 litre before drinking.

#### **Millet Consumption:**

- Include millet in your diet: Foxtail, Little and Kodo.
- Cook the millets in mustard oil using stainless steel cookware.

#### **Meal Timing and Structure:**

- Early Morning (5:45 AM): *Dhania* water and Herbal tea.
- Breakfast (8:30-9:30 AM): Have steamed fruits (mix) and sprouts with red juice.
- Lunch (12:30 PM - 2:00 PM): Two plates—Plate 1: salad; Plate 2: cooked millet-based dish.
- Evening Snacks: Green juice (100-150 ml) and 4-5 almonds.
- Dinner (6:15-7:30 PM): Plate 1: raw salad; Plate 2: millet khichdi/ fermented millets/ millet chapatti.

#### **Fasting:**

- It is recommended to fast for one day.

#### **Special Instructions:**

- Offer thanks to the divine before eating or drinking.
- Practice *Vajrasana* after every meal.
- Take a slow 10-minute walk after each meal.

#### **Diet Types:**

- The diet includes low salt solid, semi-solid, and smoothie options.
- Suggested foods include herbal tea, red juice, green juice, a variety of steamed fruits, fermented millet shakes, soaked almonds, and steamed salads.

## **II. Lifestyle Recommendations**

1. Include meditation as a method for relieving stress.
2. Practice Yoga (*Sukhasana* and *Sukshma Pranayama*) between 6:00 AM and 7:00 AM.
3. Go for a brisk 30-minute barefoot walk.
4. Aim for 6-8 hours of restful sleep each night.
5. Follow a structured daily routine to maintain balance and organization in your life.

## **III. Panchakarma procedures administered to patients**

### **1. Awagah Swedan (After monitoring the vitals)<sup>[20]</sup>**

#### **Procedure:**

- The patient was immersed in a tub of warm water up to the navel.
- A carefully selected blend of *Ayurvedic* medicines was added to the water.
- The water temperature was maintained at 42°C to promote sweating.
- The procedure lasted for 45 to 60 minutes.

#### **Physiology and Mode of Action:**

- Warm water causes blood vessels to expand, improving circulation and flushing out toxins through perspiration, promoting detoxification.
- It opens pores, allowing the absorption of bioactive compounds from *Ayurvedic* medicines that reduce inflammation and fight oxidative stress.
- The heat relaxes the body, easing muscle tension and lowering cortisol levels, enhancing relaxation.

- Sweating and improved circulation stimulate the lymphatic system, boosting detoxification and supporting immunity.
- Warm water increases nitric oxide production, enhancing circulation and nutrient delivery while removing metabolic waste.

## 2. HDT<sup>[20]</sup>

### Procedure

- *Patient is made to lie at 10° angle down of the head.*
- *The patient lies on a tilted surface with their head and upper body lower than their legs.*
- *This position is continued for about 40 minutes.*

### Physiology and Mode of action

- HDT therapy improves kidney function by enhancing blood flow to the kidneys, promoting self-dialysis, and reducing harmful hormone levels like Plasma Aldosterone and Renin.
- It regulates blood pressure by controlling the baroreceptor reflex, increasing thoracic blood volume, and activating the parasympathetic system.
- This improves circulation and kidney function, aiding detoxification.
- Blood shifts toward the upper body, increasing central blood volume, and baroreceptors trigger hormonal changes, activating the Renin-Angiotensin-Aldosterone System.
- Aldosterone and antidiuretic hormone regulate fluid retention and blood pressure.
- Increased pressure on vascular endothelial cells stimulates nitric oxide production, aiding vasodilation and blood pressure regulation.

## 3. Matra Basti with Gokshuru and punarnava (90 ml)

### Procedure

- The patient was positioned on their left side with knees slightly bent.
- 1-2 teaspoons of *Gokshuru* and *Punarnava* powders were boiled in oil for 10-15 minutes, strained.
- 90 ml of lukewarm medicated oil was administered into the rectum.
- The patient retained it for 20 minutes to allow absorption.

### Physiology and mode of action

- The rectal mucosa, rich in blood vessels, allows direct absorption of the medicinal solution into the bloodstream, facilitating deeper penetration of medications into tissues.
- *Matra Basti* targets *Vata dosha*, which governs dryness and elimination, by lubricating and nourishing the body, especially the colon and joints.
- It also supports *Pitta* and *Kapha* balance. *Gokshuru* and *Punarnava* enhance kidney function, promote fluid balance, and detoxify the body.
- *Gokshura* increases urine output, while *Punarnava* reduces fluid retention, aiding circulation and reducing edema.
- Both medications have anti-inflammatory effects, promoting kidney health, tissue rejuvenation, and detoxification [21].

## 4. Snehana with Ksheerabala oil (100 ml)

**Procedure**

- *Ksheerabala oil* was warmed to a comfortable temperature.
- The patient was positioned comfortably, either on their stomach or on their back.
- 100 ml of the oil was applied using long strokes from the extremities towards the heart, with circular motions on joints or muscles.
- The massage was performed with gentle to medium pressure to stimulate circulation and relieve tension.
- After 40 minutes, the oil was left for 20-30 minutes to absorb, followed by gentle steam, towel rub, or warm bath to remove excess oil.

**Physiology and mode of action**

- *Snehana* therapy works through the skin, allowing medicinal properties to be absorbed into the bloodstream.
- The oil penetrates the epidermis, nourishing and lubricating tissues, especially beneficial for *Vata* imbalances causing dryness and stiffness.
- Rhythmic strokes relieve muscle tension and joint stiffness, common in conditions like arthritis and sciatica.
- It stimulates circulation, improving blood flow and toxin removal.
- *Ksheerabala oil*, made from *Bala* and milk, balances *Vata*, alleviates pain, reduces inflammation, and promotes tissue regeneration.
- It strengthens the nervous system, reduces symptoms of neuropathy, and offers antioxidant, detoxifying, and stress-relieving benefits <sup>[22,23]</sup>.

**5. *Shirodhara with Brahmi oil (40 ml)*****Procedure**

- *Brahmi oil* was warmed to a comfortable temperature.
- 40 ml of warmed *Brahmi oil* was gently applied to the forehead and scalp.
- A cloth pad soaked in the oil was placed on the forehead, covering the *Ajna Chakra* and crown, and left in place for 20 minutes.
- The patient was encouraged to remain still, focus on deep breathing.
- After the oil was retained, the cloth was removed, and the patient was advised to massage the scalp gently.

**Physiology**

- *Brahmi oil* enhances brain function by supporting neurotransmission and improving cognitive clarity.
- Its active compounds, like bacosides, rejuvenate the nervous system, reduce mental fatigue, and boost focus.
- The oil has adaptogenic properties that lower cortisol, alleviating anxiety, promoting relaxation, and calming the central nervous system.
- Applying warm *Brahmi oil* to the scalp improves blood circulation, delivering oxygen and nutrients to the brain, reducing brain fog, and promoting mental sharpness.
- The lipophilic nature of the oil allows active compounds to penetrate the scalp, improve memory, prevent neuronal damage, and reduce stress while optimizing brain function and rejuvenation <sup>[24,25]</sup>.

**Medicinal Interventions**

The Ayurvedic treatment employed in this case included Nefron Plus Capsules, Mutra Vardhak Vati, Yakrit Shoth Har Vati, Pilfree Capsule, Kidney Care Syrup, Skin Cure Capsule, Sama vati, Medh Capsule, Dr. Shuddhi Powder, Brahmi Vati Tablet, Gandhak Rasayan tablet, Go Flexi Capsule, Sarpagandha Tablet, Nephro care syrup, Amal Pitt Har Powder, LIV-DS Capsules, LIV Shuddhi Tablet, Vrikk care tonic, Sootshekhar Ras Tablet and Sandhi Arogya Vati along with *Panchakarma* therapies.

### 3. Result

**Effectiveness of Ayurvedic Treatments:** The patient underwent IPD for 7 days, after the treatment she experienced noteworthy development in symptoms, which denotes the interventions used in the study are effective against CKD with hypertension. At the time of discharge, the patient was well oriented and there was relief from pedal oedema, constipation, loss of appetite and bloating which shows that the *Ayurvedic* interventions used in the case study are effective for CKD.

#### Implications for Future Research

A CKD patient with hypertension was the subject of the current investigation, which produced encouraging findings. However, a more thorough assessment is necessary because of the small sample size of just one case. Future studies should use randomized controlled trials and bigger sample sizes to verify the safety, effectiveness, and dependability of the integrated *Ayurvedic* treatments. These kinds of investigations will be essential for creating standardized therapeutic standards and methods.

### 4. Discussion

*Ayurvedic* treatment integration for CKD offers a viable substitute for conventional medical methods. This case study describes the application of several *Ayurvedic* treatments to a 50-year-old female who has been diagnosed with CKD who has the history of hypertension for 22 years. The patient's symptoms included pedal oedema, generalized pain, incomplete evacuation, loss of appetite, pile mass with pain, low micturition and gas formation. The *samprapti* [26,27] for this study is mentioned in **Fig 3**. During her 7-day IPD sessions, she underwent *Panchakarma* treatments as part of the *Ayurvedic* therapy regimen.



**Figure 3.** The samprapti for this study

1. **Awagaha Swedan:** This therapy involves immersing a patient in warm water with *Ayurvedic* medications, promoting blood vessel growth, enhancing circulation, and reducing inflammation. The warmth relaxes the body, while sweat stimulates the lymphatic system, aiding detoxification and immune function.
2. **HDT Therapy:** The patient lies at a 10° angle for 1-2 hours, improving kidney function and blood circulation. This position reduces harmful hormone levels, regulates blood pressure, and triggers hormonal changes like aldosterone and ADH release, enhancing detoxification.
3. **Matra Basti with Gokshura and Punarnava:** This therapy involves administering medicated oil into the rectum after boiling Gokshura and Punarnava powders. It targets Vata dosha, improves kidney function, reduces fluid retention, and supports detoxification and anti-inflammatory benefits.
4. **Snehana with Ksheerabala Oil:** This therapy uses 100 ml of warmed *Ksheerabala oil* to stimulate circulation, relieve tension, nourish tissues, and reduce pain, inflammation, and stress.
5. **Shiropichu with Brahmi Oil:** *Brahmi oil* is applied to the scalp and forehead to enhance cognitive function, reduce stress, and improve blood circulation to the brain, promoting clarity and restful sleep.

The treatments were intended to reduce symptoms and enhance kidney function. Along with *Panchakarma* these medications were also included in the treatment regimen. Nefron Plus Capsules support kidney health by enhancing renal function, improving filtration, and reducing fluid retention. Mutra Vardhak Vati promotes healthy urine production, strengthens kidneys, and supports the urinary system. Yakrit Shoth Har Vati helps reduce liver inflammation and detoxifies the organ. Pilfree Capsule aids in managing hemorrhoids and alleviates pain. Kidney Care Syrup supports kidney function and cleanses the kidneys. Skin Cure Capsule treats skin conditions like acne. Sama Vati aids digestion, relieves bloating. Medh Capsules boost brain function. Dr. Shuddhi Powder detoxifies and boosts immunity. Brahmi Vati Tablets improve cognitive function. Gandhak Rasayan detoxifies blood, Go Flexi relieves joint pain. Sarpagandha Tablets calm hypertension, Nephro Care Syrup improves kidney health. Amal Pitt Har balances pitta, LIV-DS Capsules and LIV Shuddhi Tablets support liver detox. Vrik Care Tonic promotes kidney health, Sootshekhar Ras treats digestive issues, and Sandhi Arogya Vati relieves arthritis symptoms.

For many people with CKD, *Ayurvedic* treatments, especially those that use *Ayurvedic* medicines, offer a more accessible and cost-effective option. These therapies target underlying bodily imbalances that contribute to renal dysfunction with an emphasis on holistic rehabilitation. Additionally, this aids in the management of concomitant diseases like diabetes and hypertension, which accelerate the course of CKD. However, more thorough and organized research is required to confirm the effectiveness, security, and dependability of *Ayurvedic* treatments in the treatment of CKD.

## 5. Conclusion

This case study evaluating the treatment of CKD with hypertension through *Ayurvedic* interventions yields the following findings:

**Symptoms:** Upon admission, the patient presented with general weakness, lower back ache, itching, and frothy urine. After day care *Ayurvedic* treatment and follow-up care, significant improvements were observed. The patient reported relief from generalized pain, pedal oedema, loss of appetite, constipation, low urine output and bloating, with no new symptoms emerging, suggesting a marked improvement in kidney function and overall health.

**Vitals:** The patient's vital signs fluctuated during the treatment period. Blood pressure stabilized at varying levels throughout day care treatment. The patient's weight remained stable throughout the treatment, and there was a notable reduction in pedal oedema, piles mass with pain and loss of appetite, reflecting positive changes in both lifestyle and diet.

**Investigations:** Laboratory tests conducted during the treatment showed significant improvements in renal function. Serum urea levels oscillated throughout the treatment but later decreased from 61 mg/dL to 42 mg/dL, indicating enhanced

kidney function. Similarly, serum creatinine levels reduced from 2 mg/dL to 1.23 mg/dL. The DTPA results show that the GFR increased from 18.0 ml/min/2.09 sqm BSA to 36 ml/min/1.93 sq m BSA mentioned in **Fig 1** and **Fig 2** and **Table 12**. These results underscore the potential efficacy of *Ayurvedic* therapies in managing CKD.

**Table 12.** DTPA scans on March 22, 2024 and August 08, 2024

Date	22-03-2024		11-08-2024	
	Left kidney	Right kidney	Left kidney	Right kidney
Vascular flow	Impaired	Impaired	Impaired	Impaired
Extraction	Inadequate	Inadequate	Inadequate	Inadequate
GFR	10 ml/min	8 ml/min	20 ml/min	16 ml/min
Global GFR	18 ml/min		36 ml/min	
Split function	56%	44%	55%	45%

The *Ayurvedic* therapies for CKD showed promising results, improving lab tests, vital signs, and symptoms. *Ayurvedic* treatments, alongside prescription medications, appeared to enhance renal function, alleviate CKD symptoms, and boost overall health by addressing underlying imbalances. However, further research with well-controlled clinical trials is needed to validate these findings and establish standardized treatment protocols, providing scientific support for integrating *Ayurveda* into conventional medical practice.

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# Effect of Classical Ayurvedic Treatment in Chronic Kidney Disease: A Case Report

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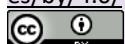
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## Abstract

*Chronic Kidney Disease (CKD) is a progressive disorder marked by a sustained decline in kidney function, leading to impaired waste filtration and fluid retention. The interplay between CKD, hypertension, Type 2 Diabetes Mellitus (T2DM), and Coronary Artery Disease (CAD) significantly increases cardiovascular risk and accelerates disease progression. Conventional treatment approaches focus on blood pressure and glycemic control, with pharmacological interventions showing promise in slowing CKD progression. However, Ayurveda offers a holistic approach to managing CKD and its comorbidities by addressing root causes rather than merely alleviating symptoms. This case study at Jeena Sikho Lifecare Limited Hospital, Derabassi, Punjab, India, evaluates the impact of Ayurvedic interventions in a 57-year-old male with CKD stage V, hypertension, T2DM, and CAD. The patient underwent Panchakarma therapies, including Awagaha Swedana, Sneha Basti, Kashaya Basti, Shirodhara with Brahmi Oil, Vrikk Basti with Punarnavadi Oil, and Abhyanga with Bala Oil followed by Sarvanga Swedana, alongside Ayurvedic formulations. These interventions aimed to detoxify, restore balance, improve renal function, regulate metabolism, and enhance cardiovascular health. Following seven days of inpatient treatment, the patient reported significant symptomatic relief, including reduced backache, improved energy levels, and stabilized blood pressure. Investigations showed a reduction in serum urea and creatinine levels, reflecting improved renal function. The study suggests that Ayurvedic therapies may serve as a complementary approach to conventional treatments for CKD and associated conditions, offering promising outcomes. However, further large-scale research is needed to validate these findings and establish standardized treatment protocols.*

## Keywords

*Chronic Kidney Disease (CKD), Ayurveda, Panchakarma, Hypertension, Type II Diabetes Mellitus (T2DM), Vataj pandu, Madhumeha, Hridroga, Vrikka Vikar*

## 1. Introduction

Chronic kidney disease (CKD) is a progressive disorder characterized by a sustained decline in kidney function, leading to impaired filtration of waste and excess fluids. It is diagnosed when kidney damage persists for at least three months or when the glomerular filtration rate (GFR) falls below 60 mL/min per 1.73 m<sup>2</sup>. In its advanced stage, termed end-stage kidney disease (ESKD), renal function deteriorates to a point where dialysis or a kidney transplant becomes necessary for survival <sup>[1]</sup>. CKD often develops silently, with symptoms such as hypertension, fluid retention, bone pain, and neuropathy emerging as the disease advances <sup>[2,3]</sup>.

The interplay between CKD, hypertension, T2DM, and CAD significantly increases the risk of cardiovascular events, creating a compounded disease burden. Approximately 40% of individuals with diabetes develop CKD, which serves as a key mediator for cardiovascular disease (CVD) risk <sup>[4]</sup>. Uncontrolled hypertension further accelerates CKD progression and increases the likelihood of ESKD, particularly in T2DM patients who have undergone percutaneous coronary intervention (PCI) <sup>[5]</sup>. The coexistence of CKD and T2DM elevates the incidence of cardiovascular events to 77.2%, markedly higher than in patients with only one of these conditions <sup>[6]</sup>.

Given these interrelated risks, effective management strategies focus on blood pressure and glycemic control, with sodium-glucose co-transporter 2 (SGLT2) inhibitors and glucagon-like peptide-1 (GLP-1) receptor agonists showing promise in reducing CKD progression and mortality <sup>[4]</sup>. Routine monitoring of renal and cardiovascular health remains critical for patients with these comorbidities to mitigate complications <sup>[6]</sup>.

CKD is increasingly recognized as a major global health issue, particularly given the high cardiovascular mortality rate among dialysis patients <sup>[7]</sup>. The pathophysiological link between obesity, hypertension, and diabetes accelerates CKD progression, while anemia further exacerbates the condition, particularly in diabetic individuals <sup>[8]</sup>. Early diagnosis and comprehensive disease management are crucial in slowing CKD progression and alleviating symptoms. Current therapeutic strategies involve optimizing blood pressure, glycemic control, lipid management, and anemia treatment to reduce CKD-related morbidity and mortality.

*Ayurveda* provides a holistic and personalized approach to managing CKD and its associated conditions by addressing the root causes rather than merely alleviating symptoms. It conceptualizes CKD as a disorder arising from *Srotas* and *Dosha* imbalances, with anemia resembling *Vataj Pandu* <sup>[9]</sup>.

- *Ayurvedic* medical therapy: *Punarnava*, *Arjuna*, and *Guduchi* possess nephroprotective, cardioprotective, and anti-inflammatory properties that support kidney function and cardiovascular health <sup>[10]</sup>.
- *Panchakarma* Therapy: Detoxification practices such as *Virechana* (therapeutic purgation) and *Basti* (medicated enema) help eliminate toxins, improve metabolism, and potentially slow CKD progression <sup>[11-17]</sup>.
- Lifestyle Modifications: Yoga, meditation, and stress management techniques aid in reducing hypertension and metabolic imbalances that contribute to CKD and CAD.

Emerging evidence suggests that *Panchakarma* therapy may effectively manage metabolic disorders, improve renal health, and reduce CKD-related complications <sup>[18,19]</sup>. With its individualized and holistic approach, *Ayurveda* presents a promising complementary treatment modality alongside modern medical interventions for CKD and associated conditions. This

study aims to assess the impact of *Ayurvedic* interventions combined with conventional treatments for CKD with hypertension, T2DM and CAD in a 57-year-old male patient.

## 2. Case Report

On February 07, 2025, a 57-year-old male who had a known case of CKD stage V (3 months), hypertension (2016), Type 2 diabetes mellitus (2016) and Coronary artery disease (CAD) (2016) visited Jeena Sikho Lifecare Limited Hospital in Derabassi, Punjab. He was admitted for 7 days. A comprehensive medical history, family history, physical examination and diagnostic evaluations were all part of the methodical and thorough examination. He experienced dyspnea on exertion, lower back ache and weakness. The vital signs (**Table 1**) along with *Ashta-vidh pareeksha* (**Table 2**) report during the first day of visit and discharge is detailed in following tables.

**Table 1.** Vitals during the first day of the visit and discharge

Parameter	Findings	
	Date	07-02-2025
Blood Pressure	150/80 mm of Hg	140/80 mm of Hg
Pulse Rate	86/min	84/min
Weight	70 Kg	69 Kg

**Table 2.** Ashta-vidh pareeksha during first day of the visit and discharge

Parameter	Findings	
	Date	07-02-2025
<i>Naadi</i>	<i>Vaataj pittaj</i>	<i>Vaataj Pittaj</i>
<i>Sparsh</i>	<i>Snigdh</i>	<i>Prakrita</i>
<i>Shabda</i>	<i>Spashta</i>	<i>Spashta</i>
<i>Akritis</i>	<i>Prakrita</i>	<i>Prakrita</i>
<i>Drika</i>	<i>Prakrita</i>	<i>Prakrita</i>
<i>Jiwha</i>	<i>Saam</i>	<i>Niraam</i>
<i>Mutra</i>	<i>Prakrita</i>	<i>Prakrita</i>
<i>Mala</i>	<i>Vibandh</i>	<i>Niraam</i>

The patient was in IPD for 7 days, during that period he received consolidated *Ayurvedic* treatments. This treatment procedure encompassed *Panchakarma* therapies such as *Awagaha swedan* (up to navel), *Punarnava* and *Gokshuru Siddha Sneha Basti*, *Punarnava* and *Gokshuru Siddha Kashaya Basti*, *Shirodhara* with *Brahmi* oil, *Vrikk Basti* with *Punarnavadi* oil and *Abhyanga* and *Sarwang Swedan* with *Bala* oil. The laboratory investigations during the treatment period is mentioned in **Table 3**.

**Table 3.** The laboratory investigations during the treatment period

Parameter	Findings		
	Date	27-01-2025	07-02-2025
Hemoglobin	9.4 gm/dL	11.2 gm/dL	10.9 gm/dL
Blood urea	127 mg/dL	91.79 mg/dL	72.50 mg/dL
Serum creatinine	5.0 mg/dL	5.25 mg/dL	4.84 mg/dL
Uric acid	4.9 mg/dL	3.88 mg/dL	5.20 mg/dL
Sodium	140 mEq/L	138.4 mEq/L	138.7 mEq/L
Potassium	4.6 mEq/L	3.91 mEq/L	4.74 mEq/L

The daily vitals during the IPD are in **Table 4**. The patient was discharged on February 13, 2025. The vitals at the discharge are mentioned in **Table 1** and the *Ashta-vidh pareeksha* is mentioned

in Table 2.

**Table 4.** The daily vitals during the IPD

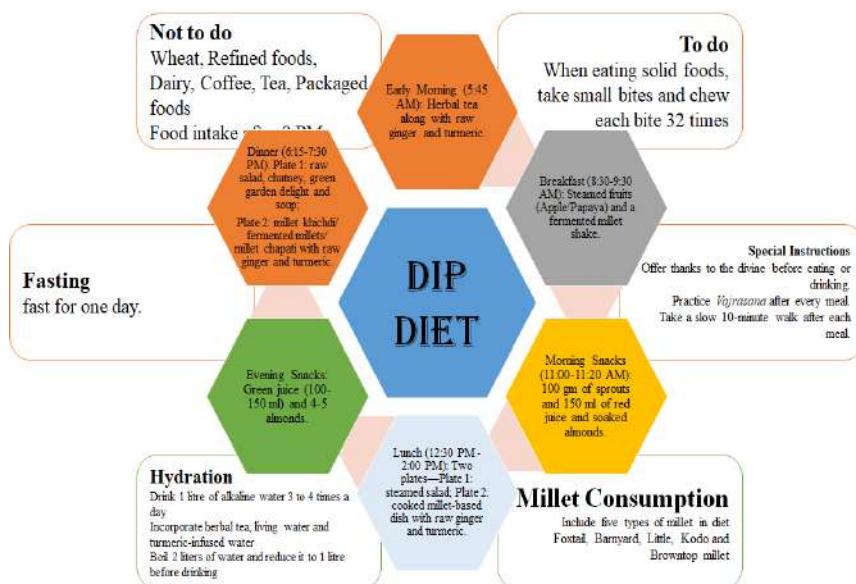
Date	Time	Weight in Kg	Temperature in F	Blood Pressure (mmHg)	Pulse/min	Respiration/min	Sugar	SpO2
07-Feb-25	5:00 PM	70 Kg	98 ° F	140/90	80	18	R-103 mg/dl	98%
	8:00 PM	-	96 ° F	130/90	74	16	R-118 mg/dl	99%
08-Feb-25	10:00 AM	-	96 ° F	130/80	80	18	F-106 mg/dl	99%
	5:00 PM	-	-	-	-	-	R-104 mg/dl	-
09-Feb-25	8:00 PM	-	98 ° F	140/90	76	20	R-198 mg/dl	98%
	5:00 AM	-	-	-	-	-	-	-
10-Feb-25	6:00 AM	-	97.6 ° F	130/80	86	20	F-119 mg/dl	98%
	10:00 AM	-	98.2 ° F	130/80	70	18	R-190 mg/dl	98%
10-Feb-25	5:00 AM	-	96 ° F	130/80	70	18	F-103 mg/dl	99%
	10:00 AM	69 Kg	98 ° F	140/80	62	20	-	99%
	6:00 PM	-	-	-	-	-	R-106 mg/dl	-
	8:00 PM	70 Kg	98 ° F	130/80	74	16	R-184 mg/dl	99%
11-Feb-25	5:00 AM	-	98 ° F	130/80	70	18	F-111 mg/dl	99%
	9:45 AM	69 Kg	98.4 ° F	120/80	74	20	-	98%
	6:00 PM	-	-	-	-	-	R-116 mg/dl	-
	8:00 PM	-	96 ° F	130/80	74	18	R-144 mg/dl	99%
12-Feb-25	5:00 AM	-	98 ° F	130/80	74	16	F-108 mg/dl	99%
	10:40 AM	-	98 ° F	140/90	65	20	-	98%
	5:00 PM	-	-	-	-	-	R-128 mg/dl	-
	8:00 PM	-	96 ° F	140/80	70	16	R-120 mg/dl	99%
13-Feb-25	5:00 AM	-	96 ° F	130/80	74	18	F-94 mg/dl	99%

An accurately designed DIP Diet was provided to the patient to complement the *Ayurvedic* treatments administered for CKD

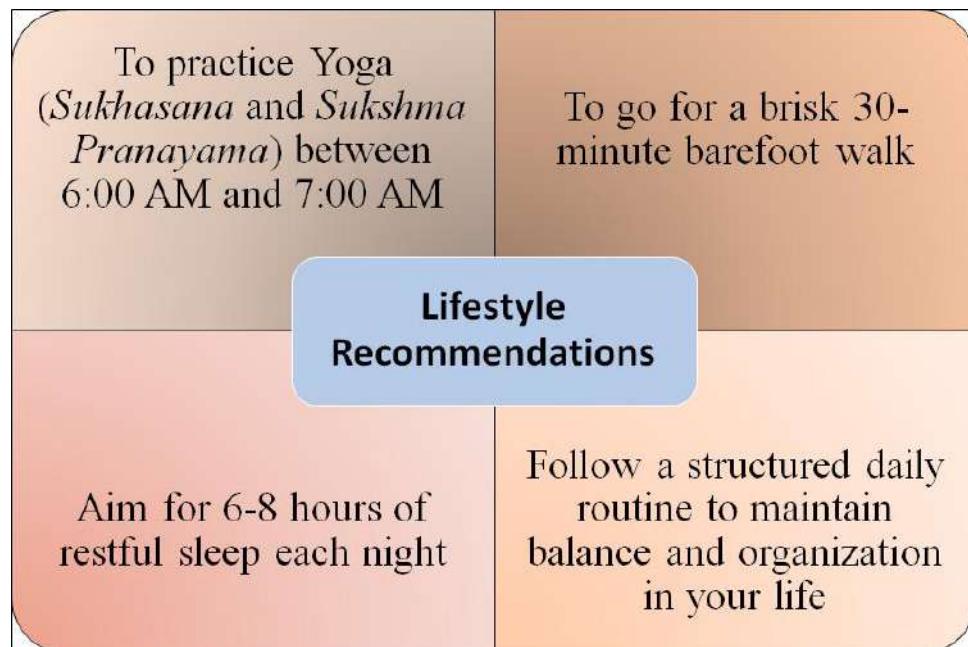
[18]:

**Treatment Plan****I. Diet Plan:**

Dietary Guidelines from Jeena Sikho Lifecare Limited Hospital:



## II. Lifestyle Recommendations



## III. Panchakarma procedures administered to patients

### 1. Awagah Swedan (Up to navel) <sup>[19]</sup>

#### Procedure:

- The patient was submerged up to the navel in a tub of warm water.
- The temperature of water was maintained at 42°C.
- The patient spent 40 minutes under the conditions provided.

#### Physiology and mode of action

- Immersion in warm water causes vasodilation, increasing blood flow to the skin and stimulating sweating (*Swedana*), which helps to eliminate toxins and metabolic waste, while improving oxygen and nutrient delivery to tissues.
- The heat opens skin pores, allowing better absorption of *Ayurvedic* components that reduce inflammation, fight oxidative stress and promote healing by modulating pathways like NF- $\kappa$ B.
- The warmth activates the parasympathetic nervous system, lowering cortisol levels, relaxing muscles and enhancing vagal tone to reduce stress and promote a sense of calm and overall body balance.
- Improved circulation and sweating stimulate the lymphatic system, aiding detoxification and supporting immune function to eliminate accumulated toxins and enhance overall health.

### 2. Punarnava and Gokshuru Siddha Sneha Basti

#### Procedure

- A homogenous mixture of *Punarnava* and *Gokshuru* was prepared and mixed with oil.
- *Abhyanga* and *Swedana* were performed, and the patient was positioned in the left lateral posture.
- 90 ml of oil was warmed to body temperature and introduced into the rectum using a *Basti Netra*, with proper retention ensured based on the type of *Basti*.
- The patient was advised to follow a light diet (*Peyam*, *Vilepi*), avoid incompatible foods, and the evacuation response was monitored for therapeutic effectiveness.

### Physiology and Mode of action

- *Basti* balances *Apana Vata*, improving elimination and circulation. The rectal mucosa absorbs both lipid-soluble (*Sneha*) and water-soluble (*Kwatha*) components, allowing systemic action on the urinary and renal systems.
- *Punarnava* and *Gokshuru* act as *Mutrala* (diuretics), promoting urine formation and reducing fluid retention. They also have *Shothahara* (anti-inflammatory) properties, benefiting kidney function and urinary health.
- *Taila* lubricates the colon, counteracting *Vata Rukshata* (dryness), while *Saindhava Lavana* and *Madhu* enhance absorption and aid in removing accumulated toxins (*Ama*).
- Through rectal absorption, active compounds reach the bloodstream, exerting effects on kidney function, bladder health, and inflammatory pathways, restoring balance and improving metabolism <sup>[20]</sup>

### 3. *Punarnava and Gokshuru Siddha Kashaya Basti*

#### Procedure

- A decoction of *Punarnava* and *Gokshuru* was prepared by indirect boiling in water and reducing it to one-fourth.
- The patient underwent *Abhyanga* and *Swedana* to relax muscles and facilitate *Vata* regulation. The patient was positioned in the left lateral posture for ease of administration.
- 380 ml of prepared *Kashaya Basti* was warmed to body temperature and introduced into the rectum using a *Basti Netra*. The patient was instructed to retain the *Basti* for an appropriate duration to allow absorption.
- The patient was advised to follow a light diet (*Peyya*, *Vilepi*, or *Laghu Ahara*) and avoid incompatible foods.

#### Physiology and Mode of action

- *Kashaya Basti* primarily pacifies *Apana Vata*, which governs the elimination of urine and feces. *Punarnava* and *Gokshuru* act as *Mutrala*, promoting urine formation and reducing fluid retention, making it beneficial in conditions like edema (*Shotha*) and urinary disorders.
- The *Kashaya* form enhances the elimination of *Ama* from the colon, purifying the *Mutravaha Srotas* and regulating kidney function. *Saindhava Lavana* aids in loosening accumulated toxins, while *Madhu* enhances absorption.
- *Punarnava*'s anti-inflammatory properties reduce swelling and congestion in the kidneys and bladder, while *Gokshuru* supports renal health by preventing urinary tract infections and promoting smooth urine flow.
- The active compounds are absorbed through the rectal mucosa, entering systemic circulation and improving blood flow, reducing oxidative stress, and modulating inflammatory pathways. This contributes to overall renal, urinary, and metabolic balance <sup>[21,22,23]</sup>.

### 4. *Shirodhara with Brahmi oil*

#### Procedure

- The patient lay down on a table with their head slightly elevated.
- Warm *Brahmi* oil was poured in a continuous stream over the forehead, focusing on the third eye area, for about 80 minutes while the patient relaxed.
- After the oil application, the patient rested briefly to absorb the effects.

#### Physiology and Mode of action

- *Shirodhara* with *Brahmi* oil calms the nervous system, reducing stress and anxiety by inducing deep relaxation and mental clarity.
- The properties of the oil improve memory, focus, and cognitive function while reducing mental fatigue. It helps lower cortisol levels, promoting calmness and aiding restful sleep.
- The therapy also nourishes the scalp and skin, improves circulation, stimulates lymphatic drainage, and reduces tension, promoting both physical and mental rejuvenation and overall well-being. <sup>[24,25]</sup>

## 5. *Vrikk Basti* with *Punarnavadi Oil*

### Procedure

- The patient was positioned in a prone posture, and the lumbar region was cleaned. A leak-proof dough ring (*Basti Kunda*) was prepared and placed over the kidney region.
- Warm *Punarnavadi Oil* was carefully poured into the reservoir, ensuring even coverage over the kidney area.
- The oil was retained for 20 minutes, allowing deep absorption.
- The oil was removed using sterile cotton pads, and the dough ring was dismantled.

### Physiology and Mode of action

- The warmth of *Punarnavadi Oil* promotes vasodilation, improving blood flow to the kidneys, enhancing oxygenation, and aiding in the elimination of metabolic waste through the *Mutravaha Srotas*.
- *Punarnava* and *Haridra* exhibit diuretic and anti-inflammatory properties, helping to reduce fluid retention (*Shotha*), swelling, and oxidative stress, thereby protecting kidney function and slowing CKD progression.
- The therapy pacifies *Vata*, preventing degenerative changes, and reduces *Kapha*, aiding in fluid balance and metabolic waste clearance, crucial for CKD and associated conditions.
- The *Rasayana* effect of *Punarnavadi Oil* supports cellular repair, protects against fibrosis, and strengthens kidney function, making it beneficial in chronic kidney disorders. <sup>[26]</sup>

## 6. *Abhyanga* with *Bala oil* with *Sarwanga swedan*

### Procedure

- The patient was positioned comfortably, and *Bala Oil* was indirectly warmed to a suitable temperature before application.
- Warm *Bala Oil* was applied over the entire body, followed by a rhythmic massage using long strokes, circular motions over joints, and deep pressure along muscles for 30–45 minutes.
- After *Abhyanga*, the patient underwent *Ayurvedic* steam therapy for 10–15 minutes, inducing sweating to enhance detoxification and absorption of the oil.

### Physiology and Mode of action

- *Bala Oil* penetrates the skin, improving blood circulation and lymphatic drainage, while *Sarvanga Swedana* induces sweating, helping to expel toxins (*Ama*) and excess *Kapha*.
- The unctuous and strengthening properties of *Bala Oil* nourish nerves, reduce stiffness, and enhance neuromuscular coordination, helping to pacify *Vata Dosha*.
- The therapy lubricates joints, relaxes muscles, and reduces inflammation, making it beneficial for arthritis, muscle fatigue, and stiffness.
- The warmth from the oil and steam calms the nervous system, relieves stress, and enhances overall physical and mental well-being. <sup>[27]</sup>

## 7. *Patra Pinda Sweda*

### Procedure:

- *Erand*, *Nirgundi* and *Arka* leaves wrapped in a cloth to form a poultice.
- The poultice was heated until warm and then applied to the body.
- Gentle pressure and circular motions were used during the application.
- The heated poultice was massaged into the body for 30-45 minutes.

### Physiology and Mode of action

- Warm Ayurvedic medications promote blood flow, reduce muscle stiffness, and alleviate pain by relaxing muscles and reducing spasms.
- The anti-inflammatory properties of the Ayurvedic herbs reduce swelling, while heat promotes sweating and toxin elimination.
- The treatment balances *Vata dosha*, enhances tissue repair, and improves mobility, especially in neurological conditions [28]

### Medicinal Interventions

The Ayurvedic treatment employed in this case, Dr CKD tablet, GFR Powder, Chander Vati Tablet, Divya Shakti Powder and Liv Shuddhi Tablet along with *Panchakarma* therapies. The description of the medicines advised during the IPD and discharge is mentioned in **Table 5**.

**Table 5.** Medications taken during the treatment period

Medicine name	Ingredients	Dosage	Therapeutic Effects
Dr. CKD	<b>Apamarga</b> ( <i>Achyranthes aspera</i> ), <b>Gokshuru</b> ( <i>Tribulus terrestris</i> ), <b>Punarnava</b> ( <i>Boerhavia diffusa</i> ), <b>Varun Chaal</b> ( <i>Crataeva nurvala</i> ), <b>Mulethi</b> ( <i>Glycyrrhiza glabra</i> ), <b>Sheetal Chini</b> ( <i>Stevia rebaudiana</i> ).	1 TAB TDS ( <i>Adhobhakta</i> with <i>Koshma jala</i> )	Increase urine outflow, manages dysuria
GFR Powder	<b>Bhoomi Amla</b> ( <i>Phyllanthus niruri</i> ), <b>Badi Harad</b> ( <i>Terminalia chebula</i> ), <b>Bahera</b> ( <i>Terminalia bellirica</i> ), <b>Kasni</b> ( <i>Cichorium intybus</i> ), <b>Makay</b> ( <i>Zea mays</i> ), <b>Punarnava</b> ( <i>Boerhavia diffusa</i> ), <b>Gokshur</b> ( <i>Tribulus terrestris</i> ).	Half TSF BD ( <i>Adhobhakta</i> with <i>Koshma jala</i> )	Supports kidney function and increase Glomerular Filtration Rate
Chander Vati Tablet	<b>Kapoor Kachri</b> ( <i>Hedychium spicatum</i> ), <b>Vacha</b> ( <i>Acorus calamus</i> ), <b>Motha</b> ( <i>Cyperus rotundus</i> ), <b>Kalmegh</b> ( <i>Andrographis paniculata</i> ), <b>Giloy</b> ( <i>Tinospora cordifolia</i> ), <b>Devdaru</b> ( <i>Cedrus deodara</i> ), <b>Desi Haldi</b> ( <i>Curcuma longa</i> ), <b>Atees</b> ( <i>Aconitum heterophyllum</i> ), <b>Daru Haldi</b> ( <i>Berberis aristata</i> ), <b>Pipla Mool</b> ( <i>Piper longum</i> ), <b>Chitraka</b> ( <i>Plumbago zeylanica</i> ), <b>Dhaniya</b> ( <i>Coriandrum sativum</i> ), <b>Harad</b> ( <i>Terminalia chebula</i> ), <b>Bahera</b> ( <i>Terminalia bellirica</i> ), <b>Amla</b> ( <i>Phyllanthus emblica</i> ), <b>Chavya</b> ( <i>Piper chaba</i> ), <b>Vayavidang</b> ( <i>Embelia ribes</i> ), <b>Pippal</b> ( <i>Piper longum</i> ), <b>Kalimirch</b> ( <i>Piper nigrum</i> ), <b>Sonth</b> ( <i>Zingiber officinale</i> dried ginger), <b>Gaj Pipal</b> ( <i>Scindapsus officinalis</i> ), <b>Swarn Makshik Bhasma</b> (Gold iron pyrite ash - Ayurvedic preparation), <b>Suji Kshar</b> (Potassium carbonate - traditional alkali preparation), <b>Sendha Namak</b> (Rock salt), <b>Kala Namak</b> (Black salt), <b>Chhoti elaichi</b> ( <i>Elettaria cardamomum</i> - small cardamom), <b>Dalchini</b> ( <i>Cinnamomum verum</i> ), <b>Tejpatra</b> ( <i>Cinnamomum tamala</i> ), <b>Danti</b> ( <i>Baliospermum montanum</i> ), <b>Nishothra</b> ( <i>Operculina turpethum</i> ), <b>Banslochan</b> (Bamboo silica), <b>Loh Bhasam</b> (Iron ash - Ayurvedic preparation), <b>Shilajeet</b> ( <i>Asphaltum punjabium</i> ), <b>Guggal</b> ( <i>Commiphora wightii</i> ).	2 TAB BD ( <i>Adhobhakta</i> with <i>koshma jala</i> )	Used for liver disease, GIT, GERD and loss of appetite

Divya Shakti Powder	Trikatu , Triphala , Nagarmotha ( <i>Cyperus rotundus</i> ), <b>Vay Vidang</b> ( <i>Embelia ribes</i> ), <b>Chhoti Elaichi</b> ( <i>Elettaria cardamomum</i> ), <b>Tej Patta</b> ( <i>Cinnamomum tamala</i> ), <b>Laung</b> ( <i>Syzygium aromaticum</i> ), <b>Nishoth</b> ( <i>Operculina turpethum</i> ), <b>Sendha Namak</b> , <b>Dhaniya</b> ( <i>Coriandrum sativum</i> ), <b>Pipla Mool</b> ( <i>Piper longum</i> root), <b>Jeera</b> ( <i>Cuminum cyminum</i> ), <b>Nagkesar</b> ( <i>Mesua ferrea</i> ), <b>Amarvati</b> ( <i>Achyranthes aspera</i> ), <b>Anardana</b> ( <i>Punica granatum</i> ), <b>Badi Elaichi</b> ( <i>Amomum subulatum</i> ), <b>Hing</b> ( <i>Ferula assa-foetida</i> ), <b>Kachnar</b> ( <i>Bauhinia variegata</i> ), <b>Ajmod</b> ( <i>Trachyspermum ammi</i> ), <b>Sazzikhar</b> , <b>Pushkarmool</b> ( <i>Imularacemosa</i> ), <b>Mishri</b> ( <i>Saccharum officinarum</i> )	Half a teaspoon HS ( <i>Nishikal with koshna jala</i> )	Enhances overall vitality and energy levels, addressing fatigue, weakness and detoxification
LIV Shuddhi Tablet	<b>Milk Thistle</b> ( <i>Silybum marianum</i> ), <b>Guduchi</b> ( <i>Tinospora cordifolia</i> ), <b>Dandelion</b> ( <i>Taraxacum officinale</i> ), <b>Tulsi</b> ( <i>Ocimum sanctum</i> ), <b>Punarnava</b> ( <i>Boerhavia diffusa</i> ), <b>Amla</b> ( <i>Phyllanthus emblica</i> ) and <b>Arjuna</b> ( <i>Terminalia arjuna</i> )	2 TAB BD ( <i>Adhobhakta with koshna jala</i> )	Helps with natural liver detox, digestion, and overall wellness

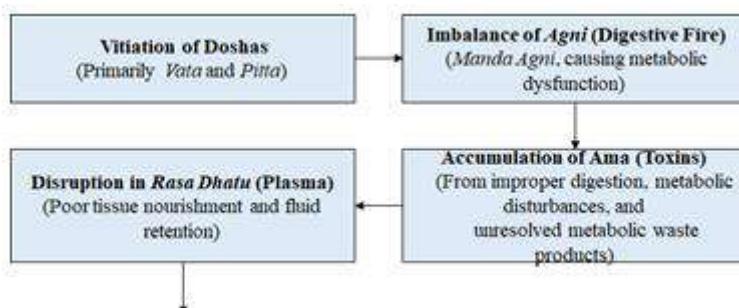
### 3. Result

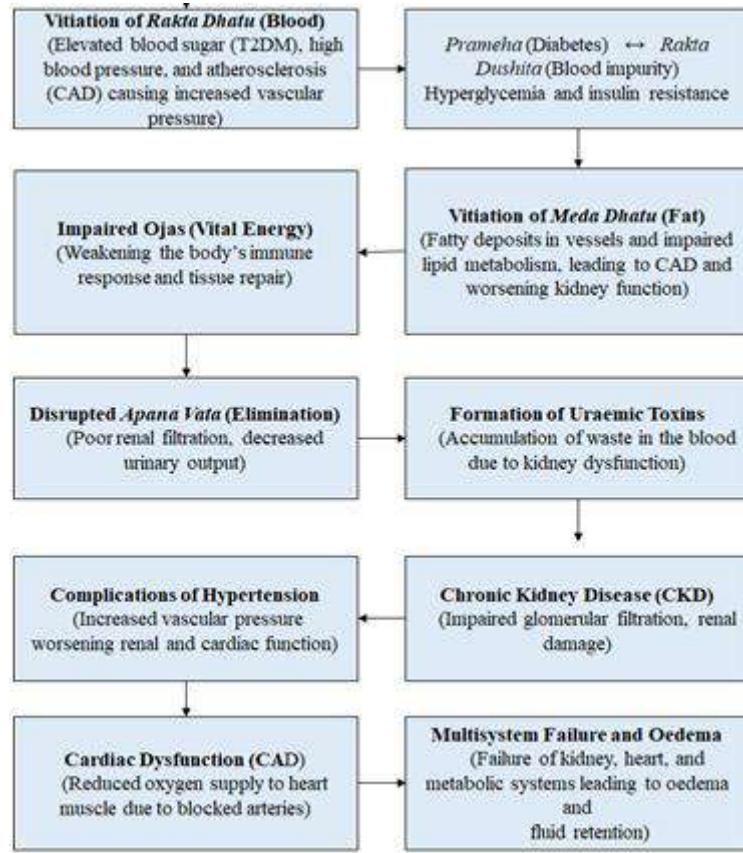
After 7 days of IPD, the patient experienced noteworthy development in symptoms, which denotes the interventions used in the study are effective against CKD, T2DM, CAD and hypertension. Also the relief back ache and weakness shows that the Ayurvedic interventions used in the case study are effective for CKD. The pain score before therapy was 2/10 and after therapy was 1/10. The laboratory findings mentioned in **Table 3** were done during the treatment period.

**Future Research perspectives:** This study was conducted on a 57-year-old male patient with CKD, hypertension, T2DM and CAD. While the results were promising, thorough evaluation and further investigation are necessary as the study involved only a single patient. Larger randomized controlled trials are essential to validate the reliability, efficacy, and safety of the integrated Ayurvedic therapies used in this study, ultimately aiming to establish standardized protocols and guidelines for clinical practice.

### 4. Discussion

Managing CKD with Ayurvedic interventions for the treatment of CKD assures a promising alternative for conventionally practicing expensive treatment methods. This case report is about the procedure of Ayurvedic therapies and medications works in a 57-year-old male, diagnosed with CKD, T2DM, CAD and hypertension. The patient presented symptoms such as weakness, dyspnea on exertion and lower back ache. The patient underwent IPD for 7 days. The *samprapti*<sup>[29-33]</sup> for this study is depicted in **Fig 1**.





**Figure 1.** The samprapti for this study

The Ayurvedic treatment involved following *Panchakarma* procedures:

The *Samprapti* of CKD, Type 2 Diabetes Mellitus, CAD, and Hypertension involves the vitiation of *Vata*, *Pitta*, and *Kapha doshas*, leading to disturbances in *Raktavaha*, *Mutravaha*, *Medovaha*, and *Manovaha Srotas*. Ayurvedic therapies help break this cycle by detoxifying, nourishing, and restoring balance. *Awagaha Swedana* induces sweating, clears *Srotas*, and reduces toxin accumulation, benefiting hypertension and CAD. *Punarnava* and *Gokshura Siddha Sneha Basti* pacifies *Apana Vata*, improves renal function, and reduces congestion in *Mutravaha Srotas*, while *Kashaya Basti* detoxifies the intestines, enhances diuresis, and regulates metabolism, aiding in diabetes and CKD. *Shirodhara* with *Brahmi* Oil calms the nervous system, reducing stress-induced hypertension and metabolic disturbances. *Vrikka Basti* with *Punarnavadi* Oil directly nourishes and detoxifies the kidneys, improving renal circulation and filtration. *Abhyanga* with *Bala* Oil followed by *Sarvanga Swedana* pacifies *Vata Dosha*, enhances circulation, promotes detoxification, and strengthens the nervous and musculoskeletal systems. Together, these therapies support kidney function, regulate blood sugar, improve cardiovascular health, and manage hypertension, breaking the disease cycle at multiple levels.

Ayurvedic formulations help break this pathological cycle by detoxifying, nourishing, and restoring balance. Dr. CKD Tablet supports renal function by improving filtration efficiency, reducing inflammation in *Mutravaha Srotas*, and balancing *Apana Vata*. GFR Powder enhances glomerular filtration rate, improves kidney perfusion, and regulates fluid balance. Chanderbati Tablet acts as a natural diuretic, eliminating excess fluids and toxins, thereby reducing *Kapha*-related edema and blood pressure. Divya Shakti Powder strengthens immunity, reduces oxidative stress, and supports liver and kidney detoxification. Liv Shuddhi Tablet enhances liver function, bile secretion, and fat metabolism, reducing dyslipidemia and insulin re-

sistance. These formulations detoxify the body, regulate metabolism, improve kidney and liver function, enhance circulation, and restore *doshic* balance, thereby breaking the *Samprapti* of CKD, diabetes, hypertension, and CAD at multiple levels.

## 5. Conclusion

The following conclusions can be drawn from this case study on treating CKD, T2DM, CAD with hypertension using *Ayurvedic* interventions:

**Symptoms:** At the time of admission, the patient presented with symptoms such as weakness, lower back ache and dyspnea on exertion. After the treatments followed by *Ayurvedic* care, the patient showed significant improvement. The conditions and symptoms were reduced, and no new symptoms were reported, indicating notable improvement in kidney function and overall well-being.

**Vitals:** Blood pressure reduced from 150/80 mmHg to 140/80 mmHg during discharge. The investigations during the discharge showed *Niram Mala*, *Prakrita Mutra*, *Niraam Jiwha* and *Sparsha*, *Drika* and *Akriti* were normal which reflects the healthy lifestyle and diet changes.

**Investigations:** Laboratory tests conducted during the treatment period represented the overall health improvement. The Serum urea level before treatment was 127 mg/dL and it reduced to 72.50 mg/dL after IPD, indicating enhanced kidney function. The serum creatinine level also reduced from 5.0 mg/dL to 4.84 mg/dL. These investigation supports the reliability of *Ayurvedic* treatment methods for CKD.

This study concludes that *Ayurvedic* treatments for CKD yielded positive outcomes, including symptom alleviation, improved vital signs, and better laboratory test results. This approach seems to support kidney function and enhance overall patient health. However, additional research with larger, controlled trials is necessary to confirm these findings and develop standardized treatment guidelines.

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