

Recipient of Dr. Prabir Kumar Lahiri Memorial Ayureshana Young Researcher Gold Medal

STANDARD AYURVEDIC MANAGEMENT FOR CHRONIC KIDNEY DISEASE

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Chronic kidney disease (CKD) is a global problem and it is reported that the prevalence of CKD in different regions ranges from <1% to 13% in India and recently data from the International Society of Nephrology's Kidney Disease Data Center Study reported a prevalence of 17% in our county. CKD, i.e., Chronic Kidney Disease itself indicates chronicity with irreversible damage to the kidneys due to main leading factor in many cases nowadays as a major cause which are hypertension and diabetes mellitus type 2. The disease can be compared partially with Mutraghata and Mutrakriccha but close resemblance is found with 'Vrikkva Roga' as mentioned in Bhaisajya Ratnavali. Treatment of CKD ranges between diuretics and dialysis in modern medicine according to the involvement of stages. In Ayurveda, description is found vividly for management of Vrikkva Roga vis-à-vis CKD. An Ayurvedic treatment protocol has been designed and standardized in OPD of J. B. Roy State Ayurvedic Medical College and Hospital for the management of CKD.
