

KIDNEY STONES: AYURVEDIC REMEDIES FOR PREVENTION AND TREATMENT

Kidney stone is one of the most common diseases of the urinary system. It has peculiar tendency of recurrence even after surgery. Kidney stones are a result of more minerals or salts in urine. Various factors like low fluid intake, high dietary intake of animal protein, sedentary life style, nutritional deficiency (vitamin A), geography, metabolic disorders (like gout), etc. may be responsible for the formation of kidney stones. It occurs in approximately 12% of the world population and its re-occurrence rate in males is 70-81% and 47-60% in female.² Symptoms of kidney stones include difficulty, pain and burning sensation in passing urine, acute pain in lower abdominal region, and sometimes vomiting sensation, fever and hematuria (blood in urine). The signs and symptoms of kidney stones are similar to *Ashmari* described in Ayurveda. Following measures should be followed for prevention and management of kidney stones:

- Adequate fluid intake throughout the day like lukewarm water, coconut water, butter milk etc. Limit tea and coffee intake.
- Salt intake should be limited along with packaged and bakery food items
- Limited consumption of animal-based protein diet like eggs, fish, chicken, red meat, paneer etc.
- Vegetables like *trapus (kheera)*, *ervaruka (kakdi)*, *kushmanda (kaddu)*, *shigru (sahijan)*, *patola (parval)* should be consumed. Limit intake of green leafy vegetables like spinach.
- *Kulatha* (Horse gram) is beneficial for kidney stones. It can be consumed as soup etc. *Yava* (Barley) is another important cereal for kidney stone patients.
- Ayurvedic herbs like *Gokshura*, *Punarnava*, *Varuna*, *Pashanabheda*, *Shigru* and formulations like *Trinapanchamoola kwatha*, *Varunadi kwatha*, *Chandraprabha vati*, *Gokshuradi guggulu*, *Sweta parpati*, *Hajrulyahud bhasma* etc. are advised for the management of kidney stones.

***Note:** These medicines must be taken under the supervision of Ayurvedic physician only.

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