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Vrikk Vyadhi Chikitsa: An Ayurvedic Case Study on Complete Management of Chronic Kidney Disease

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Abstract

Chronic Kidney Disease (CKD), referred to as *Vrikkaroga* in *Ayurveda*, is a progressive disorder caused by an imbalance in *Tridoshas* (*Vata*, *Pitta*, and *Kapha*), leading to dysfunction in *Mutravaha Srotas* (urinary system channels). According to *Ayurveda*, *Agni Dushti* (digestive impairment) results in the accumulation of *Ama* (toxins), which obstructs the microchannels responsible for renal filtration, causing renal degeneration. This case study presents a 65-year-old female CKD patient treated at Jeena Sikho Lifecare Limited Hospital, Andheri, Maharashtra through an *Ayurvedic* approach. *Ayurvedic* management included *Shamana* (palliative care), *Shodhana* (*Panchakarma* therapies), *Rasayana* (rejuvenation therapy) and dietary modifications. The treatment aimed to balance *Kapha* (reducing blockages and toxin accumulation), *Pitta* (minimizing oxidative stress and inflammation), and *Vata* (preventing renal degeneration). Through *Nidana Parivarjana* (elimination of causative factors) and *Rasayana* therapy, the patient experienced symptomatic relief and improved renal function. This case highlights the broad potential of *Ayurveda* in CKD management, emphasizing the importance of root-cause elimination, detoxification, and lifestyle modifications. Further clinical studies are needed to establish *Ayurvedic* protocols for CKD on a larger scale.

Keywords: CKD, Type II Diabetes Mellitus, Hypertension, *Vrikk Vyadhi*, *Panchakarma*.

Introduction

Vrikk Vyadhi (Chronic Kidney Disease or CKD) is a medical condition characterized by the gradual loss of kidney function over time. The kidneys play a crucial role in filtering waste products and excess fluids from the blood, maintaining electrolyte balance, and producing hormones that regulate blood pressure and red blood cell production. When the kidneys are damaged, they cannot perform these essential functions effectively, leading to the accumulation of waste products in the body and various complications [1].

CKD is often referred to as a "silent disease" because it progresses slowly and may not present noticeable symptoms until the later stages. Common causes of CKD include diabetes, high blood pressure, glomerulonephritis, and polycystic kidney disease. Early detection and management are crucial to slow the progression of the disease and prevent complications such as cardiovascular disease, anaemia, and bone disorders [1, 2].

Modern advancements in the treatment of Chronic Kidney Disease (CKD) have significantly enhanced patient outcomes and quality of life. Innovations such as Sodium-Glucose Cotransporter-2 (SGLT-2) inhibitors and Glucagon-like Peptide-1 (GLP-1) receptor agonists, originally developed for diabetes, have demonstrated kidney-protective effects. Additionally, non-steroidal mineralocorticoid receptor antagonists like finerenone and endothelin receptor antagonists offer new therapeutic avenues [3]. The advent of personalized medicine, leveraging genetic and molecular insights, allows for tailored treatment approaches. Renal cell therapy research and improved diagnostic tools further contribute to the early detection and effective management of CKD. These modern treatments are revolutionizing CKD care, offering hope for better management and prognosis [1, 2]. *Ayurveda*, an ancient science of Indian medicine, offers a holistic approach to managing Chronic Kidney Disease (CKD) by focusing on restoring balance and improving

kidney health. *Ayurvedic* treatment for CKD involves the use of *ayurvedic* medicines such as *Punarnava*, *Gokshur* and *Varuna*, which have diuretic, anti-inflammatory, and detoxifying properties. Additionally, dietary modifications, detox therapies, and lifestyle changes are recommended to support kidney function and reduce inflammation. *Ayurveda* aims to address the root cause of kidney dysfunction and promote overall well-being [1, 3, 5].

Case Report

A 65-year-old female patient with history of Chronic Kidney Disease (CKD) visited Jeena Sikho Lifecare Limited Hospital, Andheri, Maharashtra on 09th of January, 2025. The patient was also diagnosed with Type II Diabetes Mellitus and Hypertension. Symptoms presented by the patient are as follows –

- Pedal Oedema on both legs (4+)
- General weakness
- Insomnia
- Back Stiffness
- Claudication (Difficulty in climbing stairs)
- Body itchininess with blackish marks over back and front of chest
- Bloating
- Bowel – not satisfactory
- Abdomen distended

during the first day of visit is detailed in table 1. The vitals taken during the IPD treatment is shown in table 2. Laboratory investigations observed during the treatment is shown in table 3. The patient was admitted for 10 days and was discharged on 18th of January, 2025. The patient was re-admitted again on 23rd of January, 2025 and was discharged after 5 days. The vitals and *Ashtasthana Pareeksha* during the time of discharge is mentioned in table 4.

Table 1: Initial Vitals and *Ashtasthana Pareeksha*

Parameter	Values
Blood Pressure	130/90 mm Hg
Pulse Rate	72/min
Weight	65 Kg
Height	4'11"
<i>Nadi</i>	<i>Vataj Pittaj</i>
<i>Mala</i>	<i>Saam</i>
<i>Mutra</i>	<i>Avikrita</i>
<i>Jiwha</i>	<i>Saam</i>
<i>Shabda</i>	<i>Spashta</i>
<i>Sparsha</i>	<i>Samsheetoshna</i>
<i>Akriti</i>	<i>Madhyam</i>
<i>Drika</i>	<i>Avikrita</i>

The vital signs along with *Ashtasthana pareeksha* report

Table 2: Vitals taken during IPD treatment

Date	Time	Weight (Kg)	Temperature (°F)	Blood Pressure (mm Hg)	Pulse (per min)	Respiration (per min)
09-01-2025	10:30 AM	65.1 Kg	98.1 °F	130/90 mm Hg	72/min	18/min
	5:00 PM	65.1 Kg	98 °F	130/80 mm Hg	80/min	20/min
	9:30 PM	65.1 Kg	98 °F	130/70 mm Hg	80/min	20/min
10-01-2025	6:00 AM	64 Kg	98 °F	130/80 mm Hg	82/min	20/min
	10:10 AM	64 Kg	98 °F	130/90 mm Hg	80/min	18/min
	2:40 PM	66 Kg	98 °F	140/80 mm Hg	84/min	18/min
11-01-2025	9:30 PM	66 Kg	98 °F	130/80 mm Hg	83/min	18/min
	6:00 AM	65.9 Kg	98 °F	140/80 mm Hg	71/min	18/min
	10:20 AM	65.9 Kg	98 °F	160/90 mm Hg	72/min	18/min
12-01-2025	4:20 PM	66.5 Kg	98.4 °F	150/90 mm Hg	74/min	18/min
	9:00 PM	66.5 Kg	98 °F	130/70 mm Hg	80/min	18/min
	6:00 AM	65 Kg	98 °F	120/80 mm Hg	98/min	18/min
13-01-2025	9:40 AM	66.3 Kg	98 °F	130/90 mm Hg	90/min	18/min
	6:10 PM	66.3 Kg	98 °F	160/100 mm Hg	78/min	18/min
	9:10 PM	66.3 Kg	98 °F	160/90 mm Hg	74/min	18/min
14-01-2025	6:00 AM	65.8 Kg	98 °F	150/90 mm Hg	88/min	18/min
	9:20 AM	65.8 Kg	98.4 °F	140/90 mm Hg	80/min	18/min
	3:20 PM	65.8 Kg	98 °F	130/80 mm Hg	84/min	18/min
15-01-2025	9:30 PM	65.8 Kg	98 °F	130/80 mm Hg	76/min	18/min
	6:00 AM	65.8 Kg	98 °F	120/80 mm Hg	75/min	18/min
	9:00 AM	65.8 Kg	98 °F	130/80 mm Hg	84/min	18/min
16-01-2025	2:40 PM	65.8 Kg	98.4 °F	140/80 mm Hg	80/min	18/min
	10:00 PM	65.8 Kg	98 °F	140/90 mm Hg	76/min	18/min
	6:00 AM	65.4 Kg	98 °F	120/80 mm Hg	77/min	18/min
17-01-2025	10:00 AM	65.4 Kg	98.4 °F	120/80 mm Hg	74/min	18/min
	2:30 PM	65.4 Kg	98 °F	120/80 mm Hg	80/min	18/min
	9:00 PM	65.4 Kg	98 °F	130/80 mm Hg	86/min	18/min

16-01-2025	6:00 AM	65.2 Kg	98 °F	120/80 mm Hg	92/min	18/min
	11:10 AM	65.2 Kg	98.4 °F	130/80 mm Hg	90/min	18/min
	1:20 PM	65.2 Kg	98.4 °F	130/70 mm Hg	84/min	18/min
	9:00 PM	65.2 Kg	98 °F	140/90 mm Hg	83/min	18/min
17-01-2025	6:00 AM	65 Kg	98 °F	120/80 mm Hg	97/min	18/min
	10:00 AM	65 Kg	98 °F	100/60 mm Hg	84/min	18/min
	2:30 PM	65 Kg	98.4 °F	110/70 mm Hg	92/min	18/min
	9:30 PM	65 Kg	98 °F	120/80 mm Hg	84/min	18/min
18-01-2025	6:00 AM	65 Kg	98 °F	120/80 mm Hg	80/min	18/min
	9:40 PM	65 Kg	98.4 °F	120/80 mm Hg	82/min	18/min

Table 3: Laboratory investigations during IPD treatment

Tests	Values	
	14-01-2025	18-01-2025
Serum		
Blood Urea	173.2 mg/dl	164.7 mg/dl
Blood Urea Nitrogen	80.9 mg/dl	77.0 mg/dl
Serum Creatinine	5.10 mg/dl	4.63 mg/dl
Serum Phosphorus	6.12 mg/dl	7.59 mg/dl
Serum Uric acid	8.96 mg/dl	7.82 mg/dl
Urine		
Urine Colour	Pale Yellow	Pale Yellow
Urine Appearance	Slightly Hazy	Slightly Hazy
Epithelial cells	12-14/hpf	8-10/hpf
Pus cells	30-40/hpf	20-25/hpf

Table 4: Vitals and Asthasthana Pareeksha on the day of discharge.

Parameter	Values
Blood Pressure	130/80 mm Hg
Pulse Rate	80/min
Weight	65 Kg
Height	4'11"
Nadi	Vataj Pittaj
Mala	Saam
Mutra	Avikrita
Jiwha	Ishtapitta
Shabda	Spashta
Sparsha	Sheetoshna
Akriti	Madhyama
Drika	Samanya

During the treatment period, the patient received a combination of Ayurvedic treatments which covered a tailored therapeutic diet, lifestyle recommendations and Panchakarma treatments like Sarwang Abhyang with Dhanwantari oil, Vrikkadhara with Punarnava, and Gokshur Kwatha, Matra Basti with Punarnava oil and Gokshura oil each at alternate

days, Shirodhara with Brahmi oil, Lepam with a combination of Punarnava – Dashamoola – Gokshur – Eranda over both legs. Ayurvedic medications taken during the course of treatment is shown in table 5. Daily medication schedule is tabulated in table 6.

Table 5: Ayurvedic medications taken during the course of treatment

Medicine	Ingredients	Therapeutic Effects
Dr. Shuddhi Powder	Triphala – Amalaki (<i>Emblica officinalis</i>), Bibhitaki (<i>Terminalia bellirica</i>), Haritaki (<i>Terminalia chebula</i>); Trikatu – Black Pepper (<i>Piper nigrum</i>), Long Pepper (<i>Piper longum</i>), Ginger (<i>Zingiber officinale</i>); Nagarmotha (<i>Cyperus rotundus</i>), Vaividang (<i>Embelia ribes</i>), Choti Elaichi (<i>Elettaria cardamomum</i>), Tejapata (<i>Cinnamomum tamala</i>), Long (<i>Syzygium aromaticum</i>) [Clove], Nisoth (<i>Operculina turpethum</i>), Dhaniya (<i>Coriandrum sativum</i>), Peepal (<i>Ficus religiosa</i>), Jeera (<i>Cuminum cyminum</i>), Nagkesar (<i>Mesua ferrea</i>), Anardana (<i>Punica granatum</i>) [Pomegranate Seeds], Dalchini	Supports kidney function and reduces inflammation, helping with renal symptoms.

	(<i>Cinnamomum verum</i>) [Cinnamon], Hing (<i>Ferula assa-foetida</i>), Kachnar (<i>Bauhinia variegata</i>), Pushkarmool (<i>Inula racemosa</i>), Sanay (<i>Cassia angustifolia</i>) [Senna].	
Dr. Immune tablet	Kesar (<i>Crocus sativus</i>), Shudh Kuchla (<i>Strychnos nux-vomica</i>), Ashwagandha Ext. (<i>Withania somnifera</i>), Shatawari Ext. (<i>Asparagus racemosus</i>), Pipali (<i>Piper longum</i>), Tulsi (<i>Ocimum sanctum</i>), Laung (<i>Syzygium aromaticum</i>), Choti Elaichi (<i>Elettaria cardamomum</i>), Sonth (<i>Zingiber officinale</i>), Haldi (<i>Curcuma longa</i>), Loh Bhasma (<i>Ferrum</i>), Swaran Makshik Bhasma (<i>Chalcopyrite</i>), Mukta Shukti Bhasma (<i>Pinctada margaritifera</i>)	Helps to flush out toxins from the body, Improves digestion, Helps in balancing the hormones, Boost immunity and Improves the blood flow
GFR Powder	Bhoomi Amla (<i>Phyllanthus niruri</i>), Badi Harad (<i>Terminalia chebula</i>), Bahera (<i>Terminalia bellirica</i>), Kasni (<i>Cichorium intybus</i>), Makoy (<i>Zea mays</i>), Punarnava (<i>Boerhavia diffusa</i>), Gokshura (<i>Tribulus terrestris</i>).	Helps in increasing Glomerular filtration rate
Dr. CKD Tablet	Pashanbhed (<i>Bergenia ciliata</i>), Varun (<i>Crataeva nurvala</i>), Punarnava (<i>Boerhavia diffusa</i>), Gokhru (<i>Tribulus terrestris</i>), Apamarg (<i>Achyranthes aspera</i>), Haldi (<i>Curcuma longa</i>), Charila (<i>Embelia ribes</i>), Kulthi (<i>Dolichos biflorus</i>), Harad (<i>Terminalia chebula</i>), Bhumiawla (<i>Pyrrosia piloselloides</i>), Giloy (<i>Tinospora cordifolia</i>), Shitalchini (<i>Vernonia cinerea</i>), Anantmool (<i>Hemidesmus indicus</i>), Khas (<i>Vetiveria zizanioides</i>), Yab Kshar (Alkaline substance, botanical origin unclear), Muli Kshar (<i>Raphanus sativus</i>), Kalmi Shora (Sodium bicarbonate), Sajji Kshar (Traditional alkaline substance, botanical origin unclear), Shilajit (<i>Asphaltum</i>), Hajral Yahud (Silicon dioxide), Shwet Parpati (Mercury-based preparation in Ayurvedic medicine).	Used for treating kidney disease, urinary tract infections (UTI), burning micturition, and supporting liver health.
Gokshura	Gokshura (<i>Tribulus terrestris Fr.</i>) extracts	Enhances kidney function and maintains a proper hormone balance
Chander Vati Tablet	Kapoor Kachri (<i>Hedychium spicatum</i>), Vacha (<i>Acorus calamus</i>), Motha (<i>Cyperus rotundus</i>), Kalmegh (<i>Andrographis paniculata</i>), Giloy (<i>Tinospora cordifolia</i>), Devdaru (<i>Cedrus deodara</i>), Desi Haldi (<i>Curcuma longa</i>), Atees (<i>Aconitum heterophyllum</i>), Daru Haldi (<i>Berberis aristata</i>), Pipla Mool (<i>Piper longum root</i>), Chitraka (<i>Plumbago zeylanica</i>), Dhaniya (<i>Coriandrum sativum</i>), Harad (<i>Terminalia chebula</i>), Bahera (<i>Terminalia bellirica</i>), Amla (<i>Phyllanthus emblica</i>), Chavya (<i>Piper chaba</i>), Vayavidang (<i>Embelia ribes</i>), Pippal (<i>Piper longum</i>), Kalimirch (<i>Piper nigrum</i>), Sonth (<i>Zingiber officinale dried ginger</i>), Gaj Pipal (<i>Scindapsus officinalis</i>), Swarn Makshik Bhasma (Gold iron pyrite ash - Ayurvedic preparation), Sujji Kshar (Potassium carbonate - traditional alkali preparation), Senda Namak (Rock salt), Kala Namak (Black salt), Choti Elaichi (<i>Elettaria cardamomum - small cardamom</i>), Dalchini (<i>Cinnamomum verum</i>), Tejpatra (<i>Cinnamomum tamala</i>), Danti (<i>Baliospermum montanum</i>), Nishothra (<i>Operculina turpethum</i>), Banslochan (<i>Bamboo silica</i>), Loh Bhasm (Iron ash - Ayurvedic preparation), Shilajit (<i>Asphaltum punjabinum</i>), Guggal (<i>Commiphora wightii</i>).	Alleviates urinary tract symptoms and promotes healthy urine flow.
Yakrit Shoth Har Vati	Punarnava (<i>Boerhavia diffusa</i>), Kalimirch (<i>Piper nigrum</i>), Pippali (<i>Piper longum</i>), Vayavidanga (<i>Embelia ribes</i>), Devdaru (<i>Cedrus deodara</i>), Kutha Haldi (<i>Picrorhiza kurroa</i>), Chitrake (<i>Plumbago zeylanica</i>), Harad Bahera (<i>Terminalia chebula</i> , <i>Terminalia bellirica</i>), Amla (<i>Embelia officinalis</i>), Danti (<i>Baliospermum montanum</i>), Chavya (<i>Piper chaba</i>), Indra Jon (<i>Taraxacum officinale</i>), Pipla Mool (<i>Piper longum</i>), Motha Kalajira (<i>Nigella sativa</i>), Kayphal (<i>Myrica esculenta</i>), Kutki (<i>Picrorhiza kurroa</i>), Nisoth (<i>Operculina turpethum</i>), Sonth (<i>Zingiber officinale</i>), Kakd Singhi (<i>Cucumis sativus</i>), Ajwain (<i>Trachyspermum ammi</i>), Mandur Bhasma (<i>Ferrum</i>).	Reduce inflammation in the liver and indirectly support kidney function by lowering the toxin load on the body.
Dr. Madhumeh Tablet	Gudmar (<i>Gymnema sylvestre</i>), Methi (<i>Trigonella foenum-graecum</i>), Giloy (<i>Tinospora cordifolia</i>), Neem (<i>Azadirachta indica</i>), Haritaki (<i>Terminalia chebula</i>), Karela (<i>Momordica charantia</i>), Chirayita (<i>Swertia chirayita</i>), Jamun (<i>Syzygium cumini</i>), Vijaysar (<i>Pterocarpus marsupium</i>), Daruhaldi (<i>Berberis aristata</i>), Karanj (<i>Pongamia pinnata</i>)	Helps in lowering blood sugar levels
Charma Rog Har Vati	Amla (<i>Embelia officinalis</i>), Haritaki (<i>Terminalia chebula</i>), Behera (<i>Terminalia bellerica</i>), Giloy (<i>Tinospora cordifolia</i>), Guggal (<i>Commiphora wightii</i>), Sonth (<i>Zingiber officinale</i>), Mircha (<i>Piper nigrum</i>), Pippal (<i>Piper longum</i>), Nishoth (<i>Ipomoea turpethum</i>), Danti (<i>Baliospermum montanum</i>).	Used for healing wounds, act as a blood purifier, treat abscesses, provide anti-inflammatory effects, and alleviate joint pain, gout, and high uric acid levels.
CKD Syrup	Kasani (<i>Cichorium intybus</i>), Gokhru (<i>Tribulus terrestris</i>), Shatavari (<i>Asparagus racemosus</i>), Giloy (<i>Tinospora cordifolia</i>), Sorbitol, and Shudh Shilajit (<i>Asphaltum punjabianum</i>).	Provides relief from pain and discomfort associated with kidney issues.
Blood Purifier Syrup	Khadiraristha, Mahamanjisthadi kwath, Devdarvyadi, Takraristha	Helps in Natural Detoxification and Provides antioxidants to body
Jalodar Har Vati	Pippali (<i>Piper longum</i>), Haridra (<i>Curcuma longa</i>), Baheda (<i>Terminalia bellirica</i>), Tamra Bhasma (<i>Bhasma prepared from copper</i>), Amla (<i>Phyllanthus emblica</i>), Bhavna Dravya-Thuhar Dudh (<i>Euphorbia nerifolia</i>), Gum Acacia (<i>Acacia arabica</i>).	Help to maintain gut wellness by improving smoother digestion and also to cleanse and protect the liver naturally.
Ciro cure capsule	Kutki (<i>Picrorhiza kurroa</i>), Nisoth (<i>Operculina turpethum</i>), Kampilak (<i>Sphaeranthus indicus</i>), Patol (<i>Trichosanthes dioica</i>), Makoy (<i>Solanum nigrum</i>), Ajwain (<i>Trachyspermum ammi</i>), Punarnava (<i>Boerhavia diffusa</i>), Sounf (<i>Foeniculum vulgare</i>), Pudina (<i>Mentha piperita</i>), Gokshuru (<i>Tribulus terrestris</i>), Draksha (<i>Vitis vinifera</i>), Arjuna (<i>Terminalia arjuna</i>), Aloe Vera (<i>Aloe barbadensis miller</i>), Rohitak (<i>Tecomella undulata</i>), Panchkol	Improves Liver Function and detoxification

	(<i>Zingiber officinale</i> , <i>Piper longum</i> , <i>Cuminum cyminum</i> , <i>Coriandrum sativum</i> , <i>Terminalia chebula</i>), Jalodari Ras, Yakrdari Loha, Shankh Bhasma.	
Amal Pitt Har Powder	Shunti (<i>Zingiber officinale</i>), Maricha (<i>Piper nigrum</i>), Pippali (<i>Piper longum</i>), Amalki (<i>Phyllanthus emblica</i>), Bibhitaki (<i>Terminalia bellirica</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>).	Improves Digestive Health, Helps in Maintaining Balance and Improves a Sense of Wellness
Rakt Shodhak Vati	Mahamanjsthadi Kwatha Ghan, Neem (<i>Azadirachta indica</i>), Gorakhmudi (<i>Sphaeranthus indicus</i>), Kalmegha (<i>Andrographis paniculata</i>), Bhumiama (<i>Phyllanthus niruri</i>), Anantmoola (<i>Hemidesmus indicus</i>), Khadirkashta (<i>Acacia catechu</i>), Pitapada (<i>Fumaria vaillantii</i>), powders of Gandhak Rasayan, Kaishor Guggulu, Shudh Sonagaru, Muktaskhukati Bhasma, Kutaki (<i>Picrorhiza kurroa</i>), Trikatu.	Liver health supplement that may gently maintain your liver's natural cleansing functions.

Table 6: Daily medication schedule

Date	Medicines	Dosage
09-01-2025	Dr. Shuddhi Powder	Half Teaspoon HS (<i>Nishikala with Koshna Jala</i>)
	Dr. Immune tablet	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	GFR Powder	Half Teaspoon BD (<i>Adhobhakta with Koshna Jala</i>)
	CKD Tablet	1 TAB TDS (<i>Adhobhakta with Koshna Jala</i>)
	Gokshura	2 TAB TDS (<i>Adhobhakta with Koshna Jala</i>)
	Chander Vati Tablet	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	Yakrit Shoth Har Vati	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	Dr. Madhumeh Tablets	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	Charma Rog Har Vati	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	CKD Syrup	10 ml BD (<i>Adhobhakta with Samamatra Koshna Jala</i>)
	Blood Purifier Syrup	10 ml BD (<i>Adhobhakta with Samamatra Koshna Jala</i>)
10-01-2025	Dr. Shuddhi Powder	Half Teaspoon HS (<i>Nishikala with Koshna Jala</i>)
	Dr. Immune tablet	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	GFR Powder	Half Teaspoon BD (<i>Adhobhakta with Koshna Jala</i>)
	CKD Tablet	1 TAB TDS (<i>Adhobhakta with Koshna Jala</i>)
	Gokshura	2 TAB TDS (<i>Adhobhakta with Koshna Jala</i>)
	Chander Vati Tablet	2 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	Yakrit Shoth Har Vati	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	Dr. Madhumeh Tablets	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	Charma Rog Har Vati	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	CKD Syrup	10 ml BD (<i>Adhobhakta with Samamatra Koshna Jala</i>)
	Blood Purifier Syrup	10 ml BD (<i>Adhobhakta with Samamatra Koshna Jala</i>)
	Jalodar Har Vati	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	11-01-2025	Dr. Shuddhi Powder
Dr. Immune tablet		1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
GFR Powder		Half Teaspoon BD (<i>Adhobhakta with Koshna Jala</i>)
CKD Tablet		1 TAB TDS (<i>Adhobhakta with Koshna Jala</i>)
Gokshura		2 TAB TDS (<i>Adhobhakta with Koshna Jala</i>)
Chander Vati Tablet		2 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
Yakrit Shoth Har Vati		1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
Dr. Madhumeh Tablets		1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
Charma Rog Har Vati		1 TAB OD (<i>Adhobhakta with Koshna Jala</i>)
CKD Syrup		10 ml BD (<i>Adhobhakta with Samamatra Koshna Jala</i>)
Blood Purifier Syrup		15 ml BD (<i>Adhobhakta with Samamatra Koshna Jala</i>)
Jalodar Har Vati		1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
Ciro cure capsule		1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
12-01-2025	Dr. Shuddhi Powder	Half Teaspoon HS (<i>Nishikala with Koshna Jala</i>)
	Dr. Immune tablet	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	GFR Powder	Half Teaspoon BD (<i>Adhobhakta with Koshna Jala</i>)
	CKD Tablet	1 TAB TDS (<i>Adhobhakta with Koshna Jala</i>)
	Gokshura	2 TAB TDS (<i>Adhobhakta with Koshna Jala</i>)
	Chander Vati Tablet	2 TAB BD (<i>Adhobhakta with Koshna Jala</i>)

	Yakrit Shoth Har Vati	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
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	Amal Pitt Har Powder	Half Teaspoon HS (<i>Nishikala with Koshna Jala</i>)
	Rakt Shodhak	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
14-01-2025	Dr. Immune tablet	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	GFR Powder	Half Teaspoon BD (<i>Adhobhakta with Koshna Jala</i>)
	CKD Tablet	1 TAB TDS (<i>Adhobhakta with Koshna Jala</i>)
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15-01-2025	Dr. Immune tablet	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	GFR Powder	Half Teaspoon BD (<i>Adhobhakta with Koshna Jala</i>)
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	Rakt Shodhak	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
16-01-2025	Dr. Immune tablet	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	GFR Powder	Half Teaspoon BD (<i>Adhobhakta with Koshna Jala</i>)
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17-01-2025	Dr. Immune tablet	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
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	Rakt Shodhak	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
18-01-2025	Dr. Immune tablet	1 TAB BD (<i>Adhobhakta with Koshna Jala</i>)
	GFR Powder	Half Teaspoon BD (<i>Adhobhakta with Koshna Jala</i>)
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Treatment Plan

1. Diet

A therapeutic diet, particularly through the implementation of

renal diet is a vital therapeutic strategy in decelerating CKD progression. A perfectly tailored Ayurvedic & DIP diet was administered [6].

Category	Sub-Category	Details
Pathya-Apathya	Pathya (Dos)	Fresh and homemade food
		Green vegetables
		Millet diet
	Apathya (Don'ts)	wheat, milk and milk products, hot and alcoholic beverages, packed and refined food,
		salt and sugar
		eating after 8 pm
Hydration		To ensure adequate water intake take slow sips at uniform time intervals
		Drink 1 litre of alkaline water for 3-4 times a day
		At proper intervals drink herbal tea, living water, turmeric water
		Boil 2 litres of water and make it upto 1 litre
Millet ingest		Foxtail (<i>Setaria italica</i>)

		Barnyard (<i>Echinochloa esculenta</i>)
		Little (<i>Panicum sumatrense</i>)
		Kodo (<i>Paspalum scrobiculatum</i>)
		Browntop (<i>Urochloa ramosa</i>)
		Cook millets in a steel cookware using only mustard oil.
Special notes		Intermittent fasting a day is recommended
		A slow walk after dinner is recommended.
		Practice <i>Vajrasana</i> after seait

Time	Meal	Food Items
Early Morning (5:45 AM)	<i>Detox</i>	2 crushed garlic cloves, curry leaves
Breakfast (9:00 AM)	<i>Fruits</i>	Seasonal fruits (<i>Pomegranate, Cucumber, Tomato, Guava</i>) – Weight × 10 Kg
Morning Snacks (11:00 AM)	<i>Energy Boost</i>	5 types of sprouts, red juice, 4-5 soaked almonds
Lunch (12:30 PM - 2:00 PM)	<i>Main Meal</i>	Plate 1: Salad (Weight × 5 Kg) Plate 2: Millet recipes with proper hydration
Evening Snacks	<i>Light Refreshment</i>	Green juice (100-150 ml)
Dinner (6:00 PM)	<i>Light Meal</i>	Salad, fermented millets, chutney (made from five leaves, onion, tomato, garlic, and green chili)

2. Lifestyle Recommendations

Activity	Practice	Details
Meditation	Stress Relief	Practice meditation daily to reduce stress and enhance mindfulness.
Yoga (40 min)	<i>Sukshma Pranayama</i>	Perform these <i>yoga</i> exercises for flexibility, relaxation, and mental clarity.
Sleep	Quality Rest	Ensure 6-8 hours of uninterrupted, deep sleep for optimal health.
Daily Routine	Balance & Organization	Follow a structured routine to maintain discipline and productivity.

3. Panchakarma Therapies

1. Sarwang Abhyanga with Dhanwantari Sneha	
Procedure ^[14]	The patient lies down comfortably on a massage table, usually in a prone position for the back and legs massage, then in a supine position for the front and head massage
	The therapist begins with a gentle but firm massage using Dhanwantari Sneha, starting from the head, neck, and shoulders, then moving to the arms, legs, and feet.
Physiology and Mode of action ^[14]	The warm oil penetrates deep into muscle fibers, lubricating joints and reducing inflammation.
	The massage stimulates vasodilation, increasing oxygen and nutrient supply to the tissues.
	Dhanwantari Sneha has a calming effect on the heart, reducing stress-induced hypertension.

2. Vrikkadhara with Punarnava and Gokshur Kwath	
Procedure	Ensure the patient lies down comfortably on prone position on a massage table
	Place a rolled towel or soft support under the abdomen for comfort.
	Position the patient's lower back below a <i>dhara</i> pot or container filled with warm <i>Punarnava</i> and <i>Gokshur kwath</i>
	Pour the warm <i>Punarnava</i> and <i>Gokshur kwath</i> gently and continuously over the patient's lower back specifically targeting both the kidneys
	The oil should be poured from a height of about four finger lengths above the back.
Physiology and Mode of action	The warm liquid dilates blood vessels, improving circulation to the renal cortex thus helps in the removal of toxins and metabolic waste from the kidneys.
	<i>Punarnava & Gokshura</i> stimulate nephrons and glomerular filtration, reduces fluid retention (oedema) thus promotes urine production.
	Regulates sodium & potassium levels, preventing dehydration and electrolyte imbalances.

3. Matra Basti with Punarnava Oil and Gokshur Oil (75 ml)	
Each Oil used alternatively on each day	
Procedure ^[14]	The patient should lie in the left lateral position (<i>Vamaparsva shayana</i>) with the right knee bent toward the chest.
	Fill the <i>Basti</i> syringe or catheter with the warm <i>Punarnava</i> or <i>Gokshur</i> oil
	Gently insert the catheter about 2-4 inches into the rectum, ensuring no discomfort.
	Slowly and gently push the oil into the rectum.
	The patient should breathe deeply and stay relaxed during administration.

Physiology and Mode of Action ^[14]	<i>Basti</i> directly acts on <i>Apana Vata</i> , helping to regulate its functions, thereby improving nerve conduction, lubrication, and mobility.
	When introduced via <i>Basti</i> , the oil penetrates deep into the <i>Pakvashaya</i> (colon) and systemic circulation, reaching the <i>Dhatu</i> (tissues) to pacify aggravated <i>Vata</i> .
	The colon has high lipid absorption capacity, allowing the oil to enter the systemic circulation through the mucosa.
	The lipophilic nature of the medicated oil facilitates the rapid absorption of active compounds like saponins and alkaloids through the rectal mucosa, enhancing their systemic bioavailability and therapeutic effects on the renal, urinary, and gastrointestinal systems.
	The diuretic properties of <i>Punarnava</i> and <i>Gokshur</i> help in increasing urine output, which aids in the removal of <i>Ama</i> and waste products from the body

4. Shirodhara with Brahmi oil	
Procedure ^[17]	Ensure the patient lies down comfortably on their back on a massage table
	Position the patient's head over a pot or container filled with warm <i>Brahmi</i> oil
	Place a boundary on the patient's forehead to prevent the oil from entering their eyes and ears.
	Pour the warm <i>Brahmi</i> oil gently and continuously over the patient's forehead, specifically targeting the <i>Ajna chakra</i> or the "third eye" area (between the eyebrows)
	The oil should be poured from a height of about four finger lengths above the forehead.
Physiology and Mode of action ^[17]	<i>Brahmi</i> oil, poured continuously over the forehead, stimulates the <i>Ajna chakra</i> , inducing a deep sense of calm and relaxation.
	<i>Shirodhara</i> helps in lowering cortisol levels (stress hormone), resulting in reduced anxiety and stress
	The warm <i>Brahmi</i> oil improves blood circulation to the scalp and head, enhancing oxygen and nutrient supply to brain tissues.

5. Punarnava-Dashamoola- Gokshura-Eranda Lepam	
Procedure	A combination of <i>Punarnava</i> herbs, <i>Dashamool</i> herbs, <i>Gokshura</i> herbs and <i>Eranda</i> powders are blended together to make a <i>ayurvedic</i> paste
	The paste is applied over the affected area; in this case, both legs.
	Gently massage the paste into the skin or simply apply it as a layer over the area and leave it on the skin for about 20-30 minutes
Physiology & Mode of Action	<i>Punarnava</i> is a potent anti-inflammatory and diuretic, helping reduce localized swelling and fluid retention.
	<i>Dashamoola</i> (a blend of ten roots) has deep tissue penetration, reducing pain and stiffness.
	<i>Gokshura</i> strengthens connective tissues and prevents degenerative joint diseases.
	<i>Eranda</i> has a strong <i>Vata</i> -balancing effect, lubricating joints and easing muscle contractions.

4. Medicinal Interventions

The medicinal interventions included in this case were Dr. Shuddhi Powder, Dr. Immune tablet, GFR Powder, CKD Tablet, *Gokshura*, Chander Vati Tablet, Yakrit Shoth Har Vati, Dr. Madhumeh, Charma Rog Har Vati, CKD Syrup, Blood Purifier Syrup, Jalodar Har, Ciro cure capsule, Amal Pitt Har Powder, Rakt Shodhak.

Observation & Result

After 10 days of treatment the patient has shown significant improvement in symptoms. This proves that the combination

of treatments used in this case is very effective in CKD patients. The patient got relief from symptoms like pedal oedema on both legs, general weakness, insomnia, back stiffness, claudication (difficulty in climbing stairs), body itchiness with blackish marks over back and front of chest, bloating, distended abdomen and bowel problems. The pain score before and after the therapy is shown in table 7. The symptoms experienced by the patient gradually diminished during the treatment period. A comparison between symptoms on the day of admission and discharge are shown in table 8.

Table 7: Comparison showing pain score before and after the therapy

Before			After		
Date	Time	Pain Score	Date	Time	Pain Score
09-01-2025	12:10 PM	2/10	09-01-2025	6:10 PM	1/10
10-01-2025	11:00 PM	2/10	10-01-2025	2:50 PM	1/10
11-01-2025	9:30 AM	1/10	11-01-2025	2:45 PM	0/10
12-01-2025	9:20 AM	2/10	12-01-2025	4:45 PM	0/10
13-01-2025	10:30 AM	1/10	13-01-2025	6:50 PM	0/10
14-01-2025	10:00 AM	1/10	14-01-2025	5:40 PM	0/10
15-01-2025	11:00 AM	0/10	15-01-2025	3:40 PM	0/10
16-01-2025	10:00 PM	1/10	16-01-2025	2:15 PM	0/10
17-01-2025	11:00 PM	0/10	17-01-2025	5:30 PM	0/10
18-01-2025	9:50 AM	0/10	18-01-2025	3:50 PM	0/10

Table 8: Comparison between symptoms on admission day versus discharge day

Symptoms on admission	Symptoms on discharge
Pedal Oedema (4+)	Improved (1+)
General weakness	Relieved
Insomnia (3)	Improved (7)
Back Stiffness	Relieved
Claudication	Improved
Body itchiness (5)	Relieved (0)
Bloating	Relieved
Bowel problems	Improved
Distended abdomen	Relieved

Discussion

In this case study, a 65 years old female patient with history of CKD with Type II Diabetes Mellitus and hypertension was admitted for 10 days at Jeena Sikho Lifecare Ltd Hospital to undergo a combination of *ayurvedic* treatments. The patient presented symptoms like pedal oedema on both legs, general weakness, insomnia, back stiffness, claudication (difficulty in climbing stairs), body itchiness with blackish marks over back and front of chest, bloating, distended abdomen and bowel problems. The extensive treatment included maintaining a perfectly tailored diet, making serious lifestyle recommendations and *Panchakarma* therapies. During the IPD treatment, regular vitals, *Asthasthana Pareeksha* and daily pain score of the patient was taken without fail. *Samprapti* of this case is shown in figure 1.

Panchakarma therapies like *Sarwang abhyangam* with *Dhanwantari* oil, *Vrikkadhara* with *Punarnava*, *Gokshura* oil, *Matra Basti* with *Punarnava* and *Gokshura* oil at alternate days, *Shirodhara* with *Brahmi* oil and *Punarnava – Dashamoola – Gokshura – Eranda Lepam* were administered on the patient.

- In *Sarwang Abhyangam*, the patient lies down comfortably on a massage table, usually in a prone position for the back and legs massage, then in a supine position for the front and head massage. The therapist begins with a gentle but firm massage using *Dhanwantari Sneha*, starting from the head, neck, and shoulders, then moving to the arms, torso, legs, and feet. The warm oil penetrates deep into muscle fibers, lubricating joints and reducing inflammation.
- In *Vrikkadhara* with *Punarnava*, *Gokshura* oil, the patient lies down comfortably on prone position on a massage table. The therapist pours the warm *Punarnava* and *Gokshur kwath* gently and continuously over the patient's lower back specifically targeting both the kidneys. *Punarnava* & *Gokshura* stimulate nephrons and glomerular filtration, reduces fluid retention (oedema) thus promotes urine production.
- In *Matra Basti* with *Punarnava* and *Gokshura* oil, the patient was positioned in the left lateral recumbent posture and the prepared *Punarnava* and *Gokshur* - infused tail was gently introduced into the rectum via a sterile *Basti* tube, under controlled pressure. The procedure was performed slowly to ensure maximum absorption and effectiveness. The diuretic properties of *Punarnava* and *Gokshur* help in increasing urine output,

which aids in the removal of toxins and waste products from the body.

- In *Shirodhara* with *Brahmi* oil, the therapist gently pours warm *Brahmi*-infused oil over the forehead in a continuous stream. This process aims to promote relaxation, reduce stress, and enhance mental clarity.
- In *Punarnava – Dashamoola – Gokshura – Eranda Lepam*, a combination of *Punarnava* ayurvedic medicines, *Dashamool* ayurvedic medicines, *Gokshura* ayurvedic medicines and *Eranda* powders are blended together to make a *ayurvedic* paste and is applied over the affected area; in this case, both legs and is gently massaged. The combination has a strong *Vata*-balancing effect, lubricating joints and easing muscle contractions.

During IPD treatment, the patient was given medications like Dr. Shuddhi Powder, Dr. Immune tablet, GFR Powder, CKD Tablet, *Gokshura*, Chander Vati Tablet, Yakrit Shoth Har Vati, Dr. Madhumeh, Charma Rog Har Vati, CKD Syrup, Blood Purifier Syrup, Jalodar Har, Pain Nil, Ciro care capsule, Amal Pitt Har Powder, Rakt Shodhak.

- Dr. Shuddhi Powder, CKD Tablet, *Gokshura* and CKD Syrup are used to support kidney function and reduces inflammation, helping with renal symptoms.
- Dr. Immune tablet is used to boost immunity and overall health
- GFR Powder is used to increase glomerular filtration rate
- Chander Vati Tablet alleviates urinary tract symptoms and promotes healthy urine flow.
- Yakrit Shoth Har Vati, Livi ciro cure capsule and Rakt Shodhak reduce inflammation in the liver and indirectly support kidney function by lowering the toxin load on the body.
- Dr. Madhumeh helps in lowering blood sugar levels
- Charma Rog Har Vati and Blood Purifier Syrup are used to heal wounds, act as a blood purifier, treat abscesses, provide anti-inflammatory effects, and alleviate joint pain, gout, and high uric acid levels.
- Jalodar Har and Amal Pitt Har Powder are used to maintain gut wellness by improving smoother digestion and also to cleanse and protect the liver naturally.
- Pain Nil minimizes discomfort, improves mobility and helps in relaxation

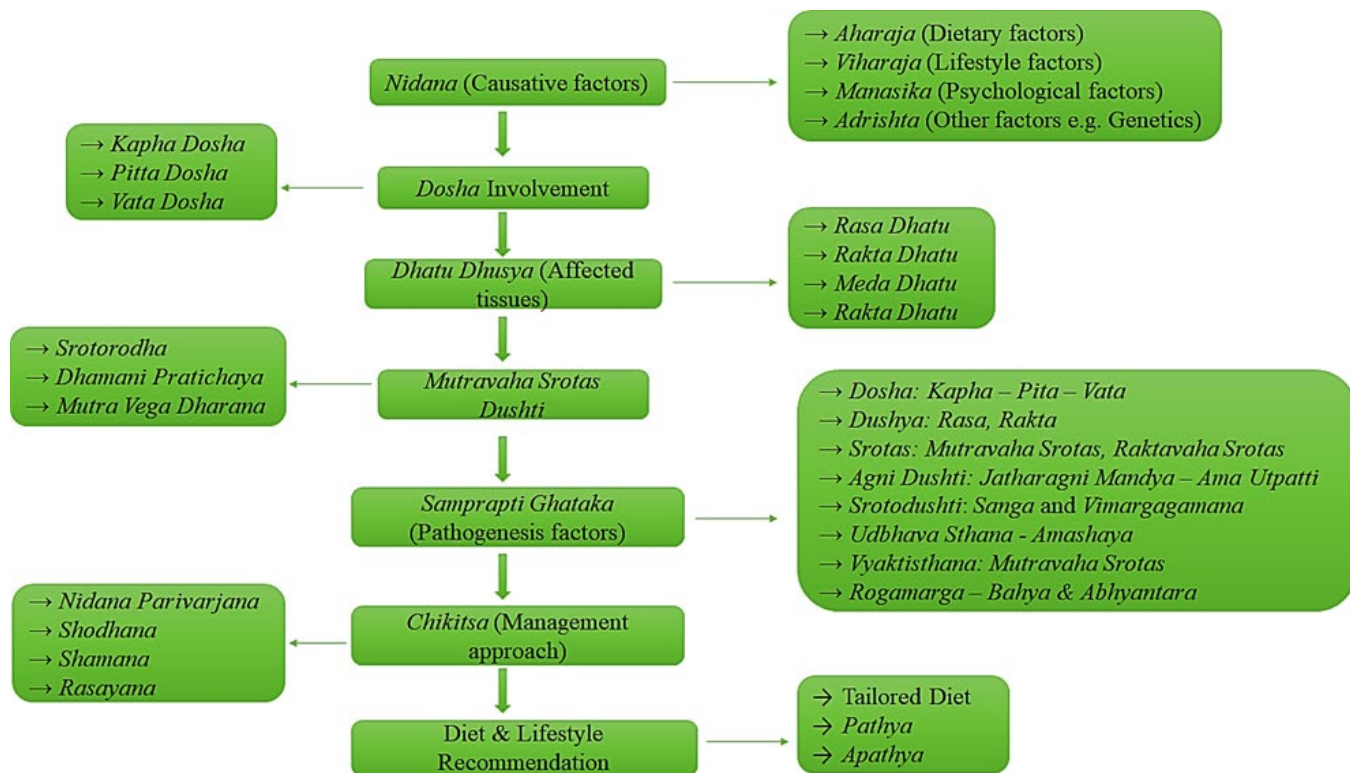


Fig 1: Samprapti of the case study [17]

Future Research Aspects

A promising future research aspect of *Ayurvedic* treatment for chronic kidney disease (CKD) could focus on understanding the molecular mechanisms behind the efficacy of *Ayurvedic* medicines and formulations in kidney health. While traditional *Ayurvedic* practices have used ayurvedic medicines such as *Punarnava*, *Gokshur*, *Bhringaraj*, and *Ashwagandha* for kidney support, there is limited scientific data on how these substances interact with the body's biochemical pathways in CKD [7, 8].

Future studies could include:

- i). **Pharmacokinetic and pharmacodynamic investigations:** This would involve studying the absorption, distribution, metabolism, and excretion of *Ayurvedic* medicines used in CKD treatment. Understanding how these ayurvedic medicines are processed by the body could help optimize their use in modern clinical settings [8, 9].
- ii). **Clinical trials:** Well-structured randomized controlled trials (RCTs) to assess the safety and efficacy of *Ayurvedic* treatments in CKD patients, particularly in stages 3-5, would help provide solid evidence of their benefits compared to conventional treatments [3, 10].
- iii). **Biomarker discovery and validation:** Research could focus on identifying biomarkers that could indicate the effectiveness of *Ayurvedic* treatments, allowing for better monitoring of disease progression and therapeutic response in CKD patients [3, 11].
- iv). **Combination therapies:** Investigating the potential synergistic effects of *Ayurvedic* treatments combined with modern pharmaceutical interventions could pave the way for more holistic, integrated treatment approaches for CKD management [12].
- v). **Gut microbiome studies:** *Ayurveda* emphasizes digestion and metabolic balance. Future research could explore how *Ayurvedic* treatments influence the gut microbiome and how this might contribute to kidney health, as an imbalance in the microbiome is increasingly

linked to CKD progression [13, 14].

These studies could help integrate traditional *Ayurvedic* practices with contemporary medicine, providing a more comprehensive approach to CKD treatment.

Conclusion

Living with Chronic Kidney Disease (CKD) presents unique challenges, but with careful management and support, a fulfilling and healthy life is entirely possible. It's essential to maintain regular monitoring of blood glucose levels and kidney function, follow a kidney-friendly diet, and adhere to prescribed medications and treatments [15, 16].

Incorporating lifestyle changes such as regular exercise, stress management techniques, and maintaining a healthy weight can significantly improve overall well-being. Additionally, exploring complementary *Panchakarma* therapies can provide holistic support and enhance the quality of life. *Ayurvedic* medicines like *Triphala*, *Punarnava*, *Gokshur* and *Varuna* plays a vital role in the *Panchakarma* treatment [17].

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