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Pilot study: To see the effect of Berberis 200 and Berberis mother tincture in the indicated cases of renal stone

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Abstract

Kidney stones are hard deposits of minerals and acid salts that stick together in concentrated urine. They can be painful when passing through the urinary tract, but usually don't cause permanent damage. Management of symptomatic kidney stones has evolved from open surgical lithotomy to minimally invasive endourological treatments leading to a reduction in patient morbidity, improved stone-free rates and better quality of life. Prevention of recurrence requires behavioural and nutritional interventions, as well as pharmacological treatments that are specific for the type of stone. There is a great need for recurrence prevention that requires a better understanding of the mechanisms involved in stone formation to facilitate the development of more-effective drugs.

Keywords: Kidney stones, acid salts, minerals, urinary tract

Introduction

A recent review of epidemiological data from seven countries revealed incidence rates for kidney stones of 114-720 per 100,000 individuals and prevalence rates of 1.7-14.8%, and in nearly all countries, the rates seem to be rising.

Stones that develop in the urinary tract (known as nephrolithiasis or urolithiasis) form when the urine becomes excessively supersaturated with respect to a mineral, leading to crystal formation, growth, aggregation and retention within the kidneys ^[1].

Stones that develop in the urinary tract (known as nephrolithiasis or urolithiasis) form when the urine becomes excessively supersaturated with respect to a mineral, leading to crystal formation, growth, aggregation and retention within the kidneys ^[2].

The majority of stones consist of calcium, usually as calcium oxalate, but they can contain uric acid, and struvite (magnesium, ammonium, and phosphate).

The kidneys are the vital organs of our body that filter waste products from the body. Sometimes there is deposition of mineral made up of calcium, uric acid and amino acid cysteine causes kidney stones.

Several factors increases the risk for developing kidney stones, including inadequate fluid intake and dehydration, reduced urinary volume etc. Anything that blocks or reduces the flow of urine also increases the risk.

Renal stone disease is common, with a worldwide prevalence of between 2 and 20% ^[3-5].

Material and Methods

A clinical trial was conducted on therapeutically indicated 30 patients who needed berberis. In the trial two groups were made containing 15 patient each.

Group A: In this 15 patients were given berberis 200.

Group B: In this 15 patients were given Berberis mother tincture.

Criteria of inclusion of patient

1. Patient between age group 15-40 yrs of age.
2. Patient in which Berberis medicine is indicated on the basis of appearance and sign and symptoms.
3. Patient who are not suffering from any systemic disorder.

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Exclusion criteria of patient

1. Patients who are suffering from systemic diseases such as blood pressure, thyroid disorder, diabetes etc will be excluded from the study.
2. Patients who fail to maintain follow up.

Project site: Proposed study has been conducted in the OPD of Ramnanda clinic

Duration of study: 3 months

Observation**Table 1:** Showing age group A

15-20yrs	21-25yrs	26-30yrs	31-35yrs	36-40yrs
1	2	5	4	3

Table 2: Showing age group B

15-20yrs	21-25yrs	26-30yrs	31-35yrs	36-40yrs
1	2	6	5	3

Table 3: Showing sex of patient in group A and B

Sex of patient	Group A	Group B
Male	7	9
Female	8	6

Table 4: Showing observation after administration of medicine in both the groups

Complaints	Group A	Group B
Severe pain in your back	Pain reduced in 9 patient	Pain reduced in 12 patient
Blood in your urine	Was present in 6 patients, after medicine it was seen in 3 pateints.	Was present in 4 patients, after medicine it was seen in 1 pateints.
Fever and chills	It was seen in 13 patients, after medicine it was cured in all patients.	It was seen in 11 patients, after medicine it was cured in all patients.
Vomiting	It was seen in 10 patients, after medicine it was cured in all patients.	It was seen in 14 patients, after medicine it was 7 patients.

Result	Group A	Group B
Cured	6	8
Improvement	4	5
No improvement	5	2

Result

This clinical trial proved that in the indicated cases of berberis in renal stone, mother tincture of berberis showed good result.

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