

## AYURVEDIC MANAGEMENT OF NEPHROTIC SYNDROME CAUSED BY MINIMAL CHANGE DISEASE: A CASE REPORT

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## ABSTRACT

Nephrotic syndrome, characterized by proteinuria, hypoalbuminemia, edema, and hyperlipidemia, presents a significant challenge in renal disorders. This case report describes the successful Ayurvedic management of a patient diagnosed with nephrotic syndrome caused by minimal change disease. The personalized treatment approach involved herbal formulations, dietary modifications, and lifestyle adjustments aimed at restoring balance, improving kidney function, and promoting overall well-being. The patient exhibited remarkable improvements in proteinuria levels, serum albumin levels, lipid profile, and resolution of edema. This case demonstrates the potential effectiveness of Ayurvedic interventions in managing nephrotic syndrome and highlights the importance of an integrative approach to renal disorder management.

**Key words:** Ayurveda, nephrotic syndrome, minimal change disease, personalized treatment, herbal formulations, proteinuria, hypoalbuminemia, hyperlipidemia, case report

## INTRODUCTION

Nephrotic syndrome is a complex renal disorder characterized by significant proteinuria, hypoalbuminemia, edema, and hyperlipidemia. While conventional medical management is commonly employed,

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Ayurveda, a traditional system of medicine from India, offers a holistic approach that addresses underlying imbalances and supports kidney function. This case report aims to illustrate the successful Ayurvedic management of nephrotic syndrome caused by minimal change disease in a patient, emphasizing the importance of personalized treatment approaches and an integrative care approach.

#### **Case Presentation:**

A 40-year-old male patient presented with significant edema, foamy urine, and fatigue. Laboratory investigations revealed marked proteinuria, hypoalbuminemia, and hyperlipidemia. Following a comprehensive diagnostic evaluation, a diagnosis of nephrotic syndrome caused by minimal change disease was established after ruling out other potential causes. The patient expressed interest in exploring Ayurvedic treatment alongside conventional care.

#### **Before Treatment Reports:**

Prior to starting Ayurvedic treatment, the patient's laboratory reports indicated a proteinuria level of 4+, serum albumin level of 2.2 g/dL, elevated lipid profile, and significant edema. The patient experienced fatigue and discomfort due to the condition.

#### **Treatment and Management:**

The patient underwent a thorough Ayurvedic assessment, which involved examination of the doshas (Vata, Pitta, Kapha) and evaluation of the patient's constitution (Prakriti) to identify underlying imbalances. A personalized treatment plan was formulated, incorporating specific herbal formulations known for their nephroprotective and anti-inflammatory properties.

The herbal formulations selected for the patient included:

1. Punarnavadi Guggulu: This formulation is known for its diuretic properties, helping to reduce edema and support kidney function. Dosage: 2 tablets twice daily after meals.
2. Chandraprabha Vati: This formulation helps to balance the doshas, improve metabolism, and support urinary system health. Dosage: 2 tablets twice daily after meals.
3. Gokshuradi Guggulu: This formulation promotes kidney function, reduces inflammation, and supports the urinary system. Dosage: 2 tablets twice daily after meals.

Additionally, the patient was advised to follow a low-sodium, protein-rich diet to support renal function. Stress management techniques, such as yoga and

meditation, were recommended, along with lifestyle adjustments to promote overall well-being.

#### **After Treatment Reports:**

Following the Ayurvedic treatment for a period of six months, the patient exhibited significant improvements. The proteinuria level reduced from 4+ to 1+, and the serum albumin level increased from 2.2 g/dL to 4.0 g/dL. The lipid profile normalized, and the edema resolved completely. The patient reported increased energy levels and an overall sense of well-being.

## **DISCUSSION**

The observed improvements in proteinuria levels, serum albumin levels, lipid profile, and resolution of edema demonstrate the potential effectiveness of Ayurvedic interventions in managing nephrotic syndrome caused by minimal change disease. The personalized treatment approach, incorporating herbal formulations, dietary modifications, and lifestyle adjustments, played a crucial role in restoring renal function and improving overall well-being. The Ayurvedic interventions aimed to balance doshas, eliminate Ama (toxic accumulation), and support kidney function. This case highlights the importance of integrating Ayurvedic principles into conventional management for better outcomes in renal disorders.

## **CONCLUSION**

This case report illustrates the successful Ayurvedic management of nephrotic syndrome caused by minimal change disease. The personalized treatment approach, incorporating herbal formulations, dietary modifications, and lifestyle adjustments, led to significant improvements in renal function, proteinuria, serum albumin levels, lipid profile, and edema. These findings suggest the potential efficacy of Ayurvedic interventions as an adjunct to the conventional management of nephrotic syndrome. Further research and collaboration between healthcare systems are warranted to explore the full potential of Ayurveda in managing complex renal disorders.

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