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## Renal Failure

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### ABSTRACT

Renal failure, also known as kidney failure, is a condition in which the kidneys lose their ability to function properly. This can lead to a build-up of waste products in the body, which can be dangerous and potentially life-threatening.

Acute kidney failure is most common in people who are already hospitalized, particularly in critically ill people who need intensive care.

Acute kidney failure can be fatal and requires intensive treatment. However, acute kidney failure may be reversible. If you're otherwise in good health, you may recover normal or nearly normal kidney function.

### 1. INTRODUCTION

In Ayurveda, renal failure is referred to as Mutrakrichhra, which literally means painful urination.

According to Ayurveda, the kidneys are an important part of the mutravaha srotas, which is the body's urinary system. The urinary system is responsible for removing waste products and excess fluids from the body. When the kidneys are not functioning properly, it can lead to a disturbance in the mutravaha srotas and cause various symptoms such as painful urination, decreased urine output, and swelling in the body.

Ayurveda recognizes three doshas - Vata, Pitta, and Kapha - that are responsible for maintaining the balance and harmony in the body. Imbalance in any of these doshas can cause various health problems, including renal failure. For example, when the Pitta dosha becomes imbalanced, it can lead to inflammation and damage to the kidneys.

In Ayurveda, the treatment of renal failure involves balancing the doshas and addressing the underlying cause of the problem. This can be achieved through a combination of diet, lifestyle changes, and herbal remedies.

### DISCUSSION

Diet plays an important role in the management of renal failure. Ayurveda recommends avoiding foods that are heavy, oily, and spicy, as these can aggravate the Pitta dosha and cause further damage to the kidneys. Instead, a light, easily digestible diet that includes fruits, vegetables, and whole grains is recommended. It is also important to avoid foods that are high in sodium and potassium, as these can put additional strain on the kidneys.

Lifestyle changes such as regular exercise, stress reduction, and adequate sleep can also help to improve the health of the kidneys. Ayurvedic therapies such as Abhyanga (oil massage) and Shirodhara (oil poured over the forehead) can help to reduce stress and promote relaxation, which can have a positive impact on kidney health.

In addition to dietary and lifestyle changes, Ayurveda also recommends the use of herbal remedies to support kidney function. Some of the commonly used herbs for the treatment of renal failure include punarnava, gokshura, and shilajit. These herbs have been shown to have diuretic and anti-inflammatory properties, which can help to reduce swelling and inflammation in the body.

### CONCLUSION

In conclusion, renal failure is a serious condition that requires careful management and treatment. Ayurveda offers a holistic approach to the treatment of renal failure, which includes dietary and lifestyle changes, as well as the use of herbal remedies. By addressing the underlying causes of the problem and

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promoting balance and harmony in the body. Ayurveda can help to improve kidney function and prevent further damage to the kidneys. It is important to work with a qualified Ayurvedic practitioner to develop a personalized treatment plan that is tailored to your individual needs and health concerns.

#### **REFERENCES**

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