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Ayurvedic Management of Hydroureteronephrotic shrunk Kidney with compromised Glomerular filtration rate after Shock wave Lithotripsy (SWL): A Case Report

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Abstract:

Obstructive nephropathy is a condition in which the kidney's functional and structural abnormalities hinder urine flow. The kidney regains function after the obstruction is effectively removed, but structural abnormalities may be irreversible, leading to chronic kidney disease (CKD). This paper recounts the case of a 27-year-old female patient having CKD with a history of nephrolithiasis, whose stone was removed surgically two years ago by short-wave lithotripsy (SWL). She pursued allopathic medicine for a year but failed to notice any improvement and she complained of increased urination frequency (15 times in 24 hours), weight loss, and widespread weakness linked with lack of appetite for two months, so she switched to Ayurvedic treatment. Based on the clinical presentation, the patient was diagnosed as case of *Mutravahasrotasdusti* and treatment was initiated using the *Mutrakriccha Chikitsa* concept. *Trinpanchmula Ksheerpaka* is combined with *Gokshurak Rasayana* and *Musta churna* was administered for two months.. She experienced great relief from her ailments within two weeks. The patient was cured completely after two months of treatment. Her USG reveals normal cortico-medullary differentiation, and both kidneys return to normal size and e-GFR (124 ml/min/1.72 m² even one month after terminating medication, the GFR remained within the normal range of 124ml/min/1.72m². She had normal urine, a healthy appetite, and a strong body.

Keywords: Hydronephrosis, *Gokshurak Rasayana*(*Tribulus terrestris*), *Musta churna*(*Cyprus scariosus*), *Trinpanchmula Ksheerpaka*

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