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Effects of therapeutic purgation procedure on renal function and serum electrolytes level

Alagiyawanna A M A N N, Dissanayake K G C

Graduate Studies Division, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Yakkala.

Abstract

Therapeutic purgation is one among the *Panchakarma* therapies, which eliminates excessive vitiated *Dosha* mostly the *Pitta Dosha* from the body through the anal route. Under normal circumstances, if a patient suffers from diarrhea, there is certainly the loss of electrolytes from the body resulting in weakness, development of cramps due to dehydration and sometimes low blood pressure and renal failure. However, if purgation is induced through *Virechana* therapy and if features of proper *Virechana* occur, no such symptoms will occur. After purgation, if there is an electrolyte imbalance or deformity in renal function, it needs to be evaluated and the levels are to be compared before and after *Virechana* therapy. The present study was designed to determine the effect of therapeutic purgation procedure on renal function and serum electrolytes level. All the patients were selected from the IPD of Gampaha Wickramarachchi Ayurveda Hospital, Yakkala. Simple random sampling method was used to select the patients. 16 patients were selected according to the selection criteria. Before starting the treatment procedure Renal function test report and Serum electrolytes level report were taken from testing a blood sample of each patient. *Deepana pachana* drugs were given for 03 days and then the internal oleation started. Internal oleation continued for 05 days. Sudation was given in the evening of last day of internal oleation and morning and evening of the following day. *Pitta uthkleshaka* diet was given as the dinner. The following morning purgative drugs were given. After 02 days of proper purgation therapy required tests were done. A follow up was done after one month. Research group resulted significant change in blood urea, serum creatinine levels and serum electrolytes levels. Thus, the purgation therapy has a significant effect on renal function and serum electrolytes levels.

Keywords: Therapeutic purgation, Serum electrolytes

Corresponding E-mail: drchithramala@gmail.com