



# Prevention in Renal Disease

**6th Annual Conference**

**September 28-29, 2007**

**Marriott Toronto  
Downtown Eaton Centre**

Endorsed by



Organized by The Divisions of Nephrology

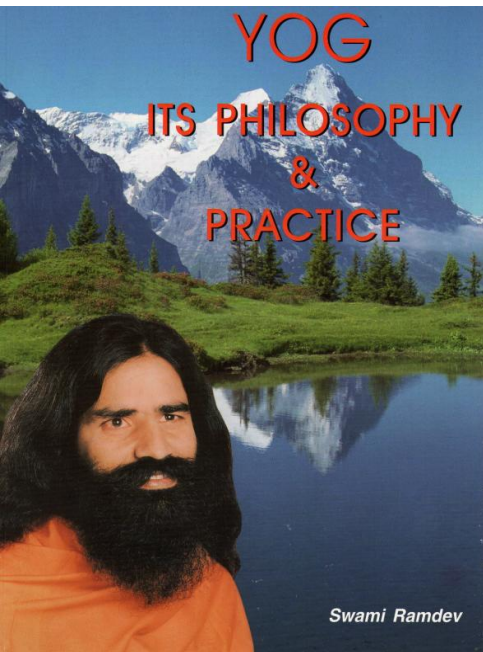
University Health Network,  
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Sunnybrook Health Sciences Centre  
Toronto

# **The Role of Yog, Pranayam and Ayurveda in the Prevention and Treatment of Chronic Kidney Disease (CKD)**

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**Patanjali Yog Peeth, Haridwar, India  
and Manchester UK.**

# YOG(A)



- **Yog is an ancient Vedic philosophy >5000 years old**
- **The word *Yog* or *Yoga* comes from the Sanskrit word “Yuj” meaning to yoke, join or unite. It is the union of all aspects of an individual: body, mind and soul.**
- **It is a whole body philosophy, involving breath work (pranayam), exercises (asanas-postures) and meditation**

# PRANAYAM

- The word *Pranayam* consists of
- 1. Prana: energy or vital air (vital energy). It is like Qi (Ch'i). It is believed to be part of every living thing that exists, as a kind of “life force” or “spiritual energy”
- 2. Ayam : stretch, extension, regulation, prolongation, control.
- *Pranayam* is ancient science related to the control of Prana
- Breathing is one of many exercises for *Pranayam*
- Breath is the fly-wheel of the body machine (O<sub>2</sub> and Prana)

# Ayurveda

**āyus** meaning "life"  
**veda**, system of "knowledge".  
**AYURVEDA** = "knowledge of life".  
 According to Charaka,  
 "life" itself is defined as the  
 "combination of the body,  
 sense organs, mind and soul,  
 the factor responsible for  
 preventing decay and death,  
 which sustains the body over time"

**Yog Pranayam and Ayurveda**  
 Have been practised in India for  
 thousands of years, and been used as a  
 therapeutic intervention in Indian  
 medicine to treat a wide range of  
 conditions.

## TRIDOSHA -- BASIC CONCEPT OF AYURVEDA

Ayurveda takes cognizance of individual's constitution based on "Tridosha". The concept is basic to the Indian Medical Science of Ayurveda. It helps the physicians and the common man. A person's Prakriti (constitution) may be classified as :

1. Vata, 2. Pitta, 3. Kapha, 4. Vata-Pitta, 5. Pitta-Kapha, 6. Vata-Kapha.

	Dosha	Location	Normal Function	Ailments
<p>THE FIVE FORMS OF VATA</p>	<b>VATA</b> Prana Udana	Heart Throat	Breathing Swallowing food speech and voice	Bronchitis, asthma Diseases of ENT and eyes
	<b>Samana</b>	Stomach	Action of digestive enzymes	Indigestion, diarrhoea
	<b>Apana</b>	Small Intestine	Elimination of stool, urine, etc.	Diseases of bladder anus, testicles and diabetes
	<b>Vyana</b>	Colon & Organs of Pelvis	Helping circulating channels like blood vessels	Impairment of circulation
<p>THE FIVE FORMS OF PITTA</p>	<b>PITTA</b> Pachaka	Stomach & small Intestines	Digestion	Indigestion
	<b>Ranjaka</b>	Liver, Spleen	Blood formation	Anaemia, jaundice, etc.
	<b>Sadhaka</b>	Heart/Brain	Stimulation of higher mental functions	Psycho-somatic disturbances
	<b>Alohaka</b> <b>Bhrajaka</b>	Eyes Skin	Vision Complexion and lustre of the skin	Impairment of vision Leucoderma and other skin diseases
<p>THE FIVE FORMS OF KAPHA</p>	<b>KAPHA</b> Kledaka	Stomach	Moistens food	Impairment of Digestion
	<b>Avalam- baka</b>	Heart	Helps blood circulation	Laziness, lethargy
	<b>Bodhaka</b> <b>Tarpaka</b>	Tongue Brain	Sense of taste Nourishment of sense organs	Impairment of taste Loss of memory and senses
	<b>Shleshaka</b>	Joints	Lubrication of joints	Pain in joint and malfunctioning of joints.

# **The Role of Yog, Pranayam and Ayurveda in the Prevention and Treatment of Chronic Kidney Disease (CKD)**

- **A preliminary experience of the use of yog, pranayam and ayurvedic preparations in the prevention and amelioration of established CKD in our institution in Hardwar, India**
- **Patients: 40 patients (mean age 43 years; 15 f, 25 m) with established stage III - V CKD for at least 3-6 months**
- **25 improved; 15 did not**
- **The primary cause of CKD: unknown in 10, diabetes in 5, hypertension in 19, GN in 5 and obstructive nephropathy in the remaining 1.**
- **Denominator from which this sample derived**

# **The Role of Yog, Pranayam and Ayurveda in the Prevention and Treatment of Chronic Kidney Disease (CKD)**

- **Regime: pranayam (1 hour daily) and a variety of ayurvedic (herbal) preparations**
- **Patients seen during 2004-6 by Ayurvedic practitioners**
- **Duration of therapy: 1-3 months**
- **Statistics: parametric and non-parametric (SPSS)**

# PRANAYAM

➤ There are seven kinds of Pranayam that are commonly practiced

⊕ **Bhastrika**

⊕ **Kapalbhati**

⊕ **Bahya**

⊕ **Anulom Vilom**

⊕ **Bhramri**

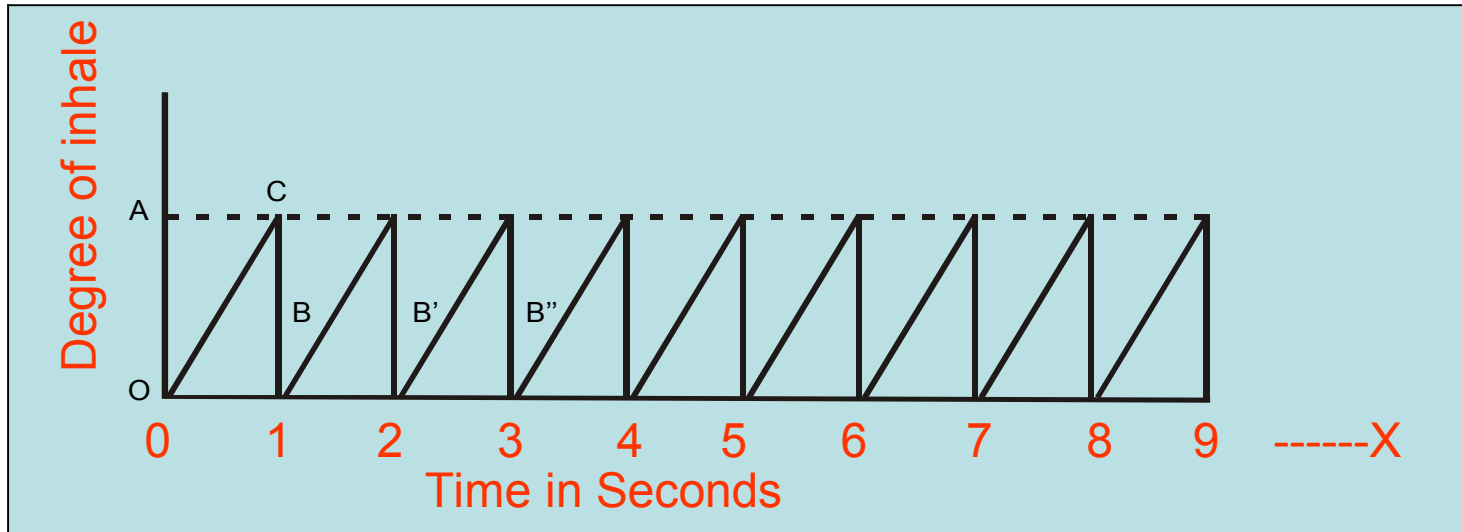
⊕ **Udgith - Omkar Japa**

⊕ **Pranav**

**Breathing**

**Meditation**

# Kapalbhati



- Normal inhalation
- Forced rapid exhalation
- Abdomen – inward movement
- Each cycle - 1 second

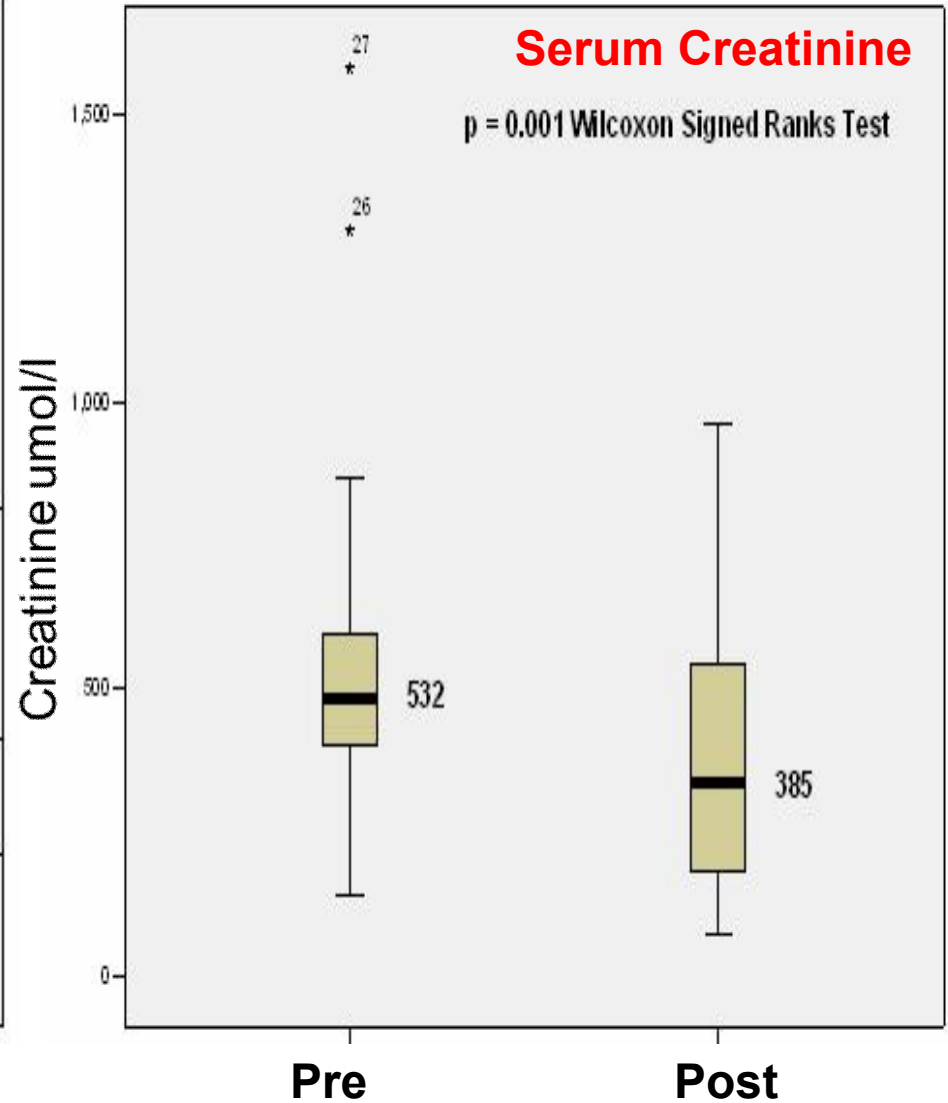
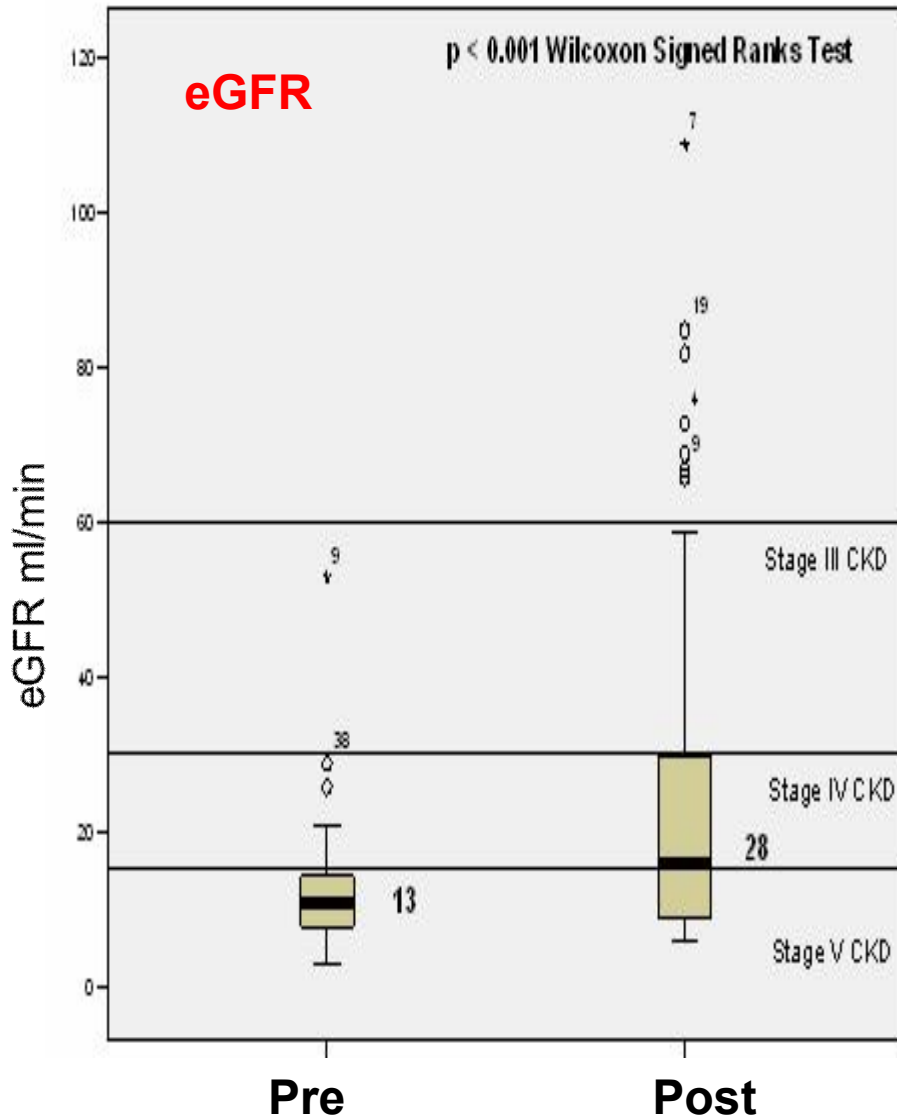
# Ayurvedic Preparations

- **Ayurvedic Intervention given to CRF Patients (inexpensive):**
  1. Vrikdoshhar Kwath 5Gm
    - Make decoction and take twice in a day before meal
  2. Vasant Kusumakar Ras 16mg.  
Amrita Sat 165mg.  
Punarnavadi Mandoor 165mg.  
Hazrulyahood Bhasma 165mg.
    - Take with above decoction twice in a day before meal
  3. ChandraPrabha Vati 500mg.  
Gokshuradi Guggul 500mg.  
Vrikdoshhar Vati 250mg.
    - Take with above decoction twice in a day before meal

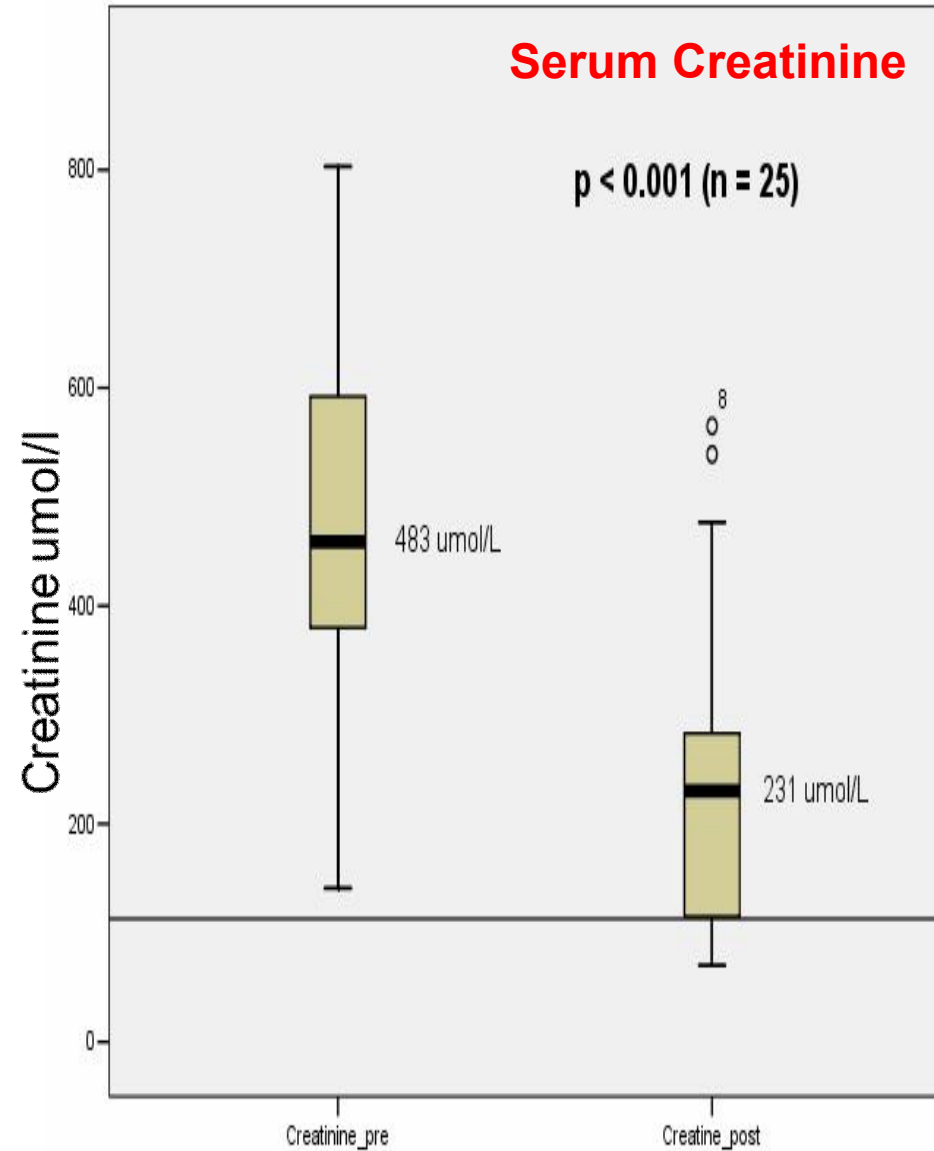
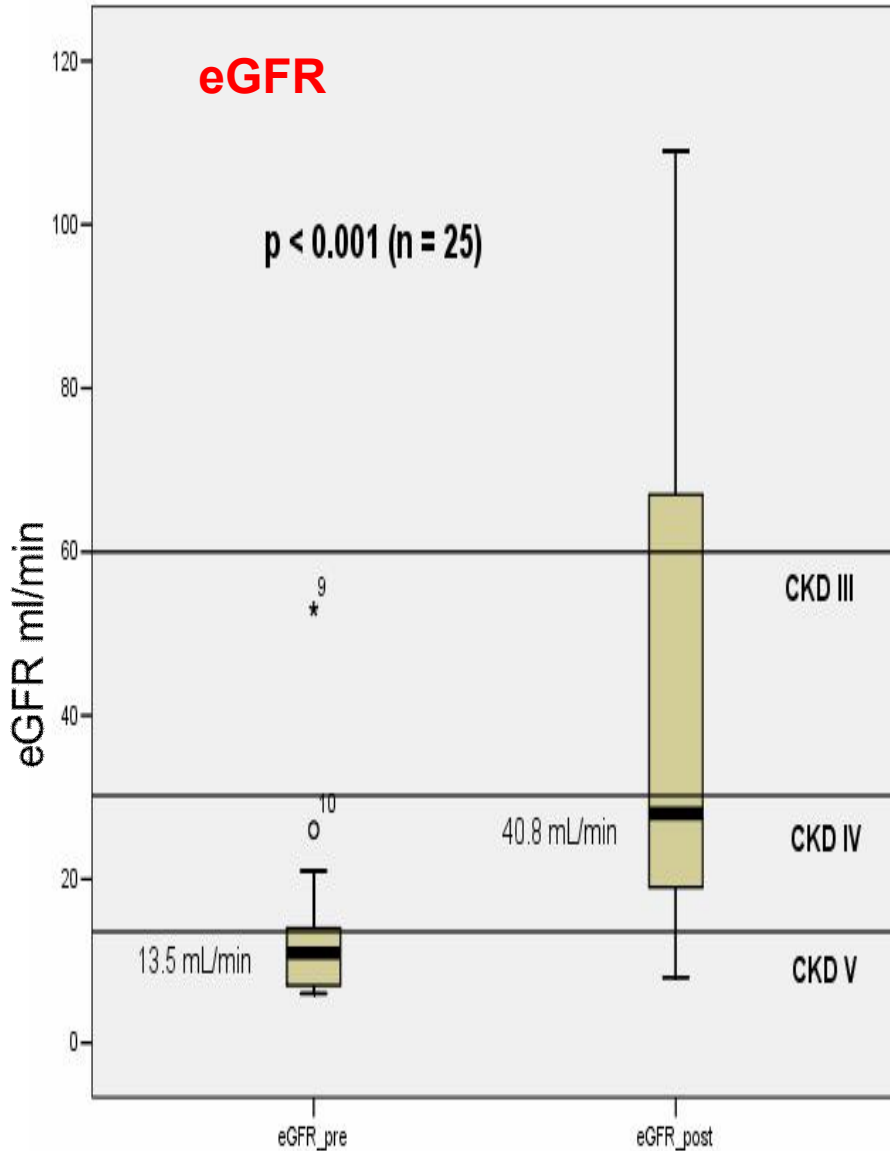
## **Ayurvedic Formulary of India**

- **According to ancient text these herbs are Mutral (Diuretic) and effective in different Vrikka Vikaras (Renal Disorders), with rejuvenating effect on Kidney.**

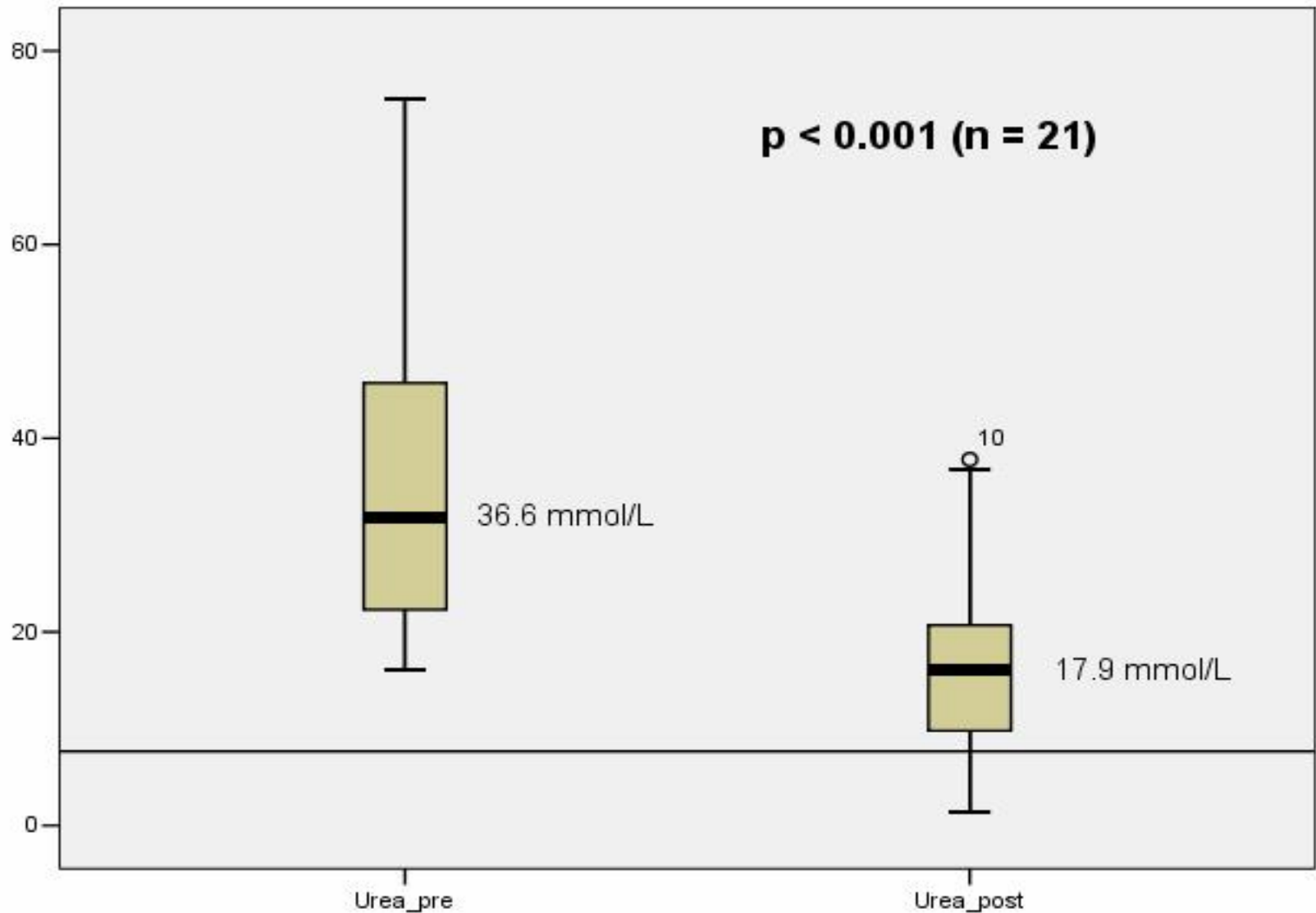
# Results – eGFR and Serum Creatinine Before and After Pranayam and Ayurvedic Preparations Total group n = 40



# Results – eGFR and Serum Creatinine Before and After Pranayam and Ayurvedic Preparations Improved group n=25



# Results – Serum Urea Before and After Pranayam and Ayurvedic Preparations



# The non improved Group n=15

- **eGFR declined from 13 (8-29) to 10 (6-25) ml/min ( $p < 0.01$ )**
- **At least 4 went on to dialysis**
- **Remainder ?**

# The Role of Yog, Pranayam and Ayurveda in the Prevention and Treatment of Chronic Kidney Disease (CKD)

- **BP lowered (limited data only)**  
**188/102 to 133/92 (means)**
- **Other medication: Conventional therapy was continued unaltered and managed by their own allopathic physicians**

# Conclusions

- **The results are very impressive**
- **Anecdotal, short-term experience**
- **What is causing the effect – Pranayam, Herbal Therapy, BP Lowering**
- **Denominator? Several did not attend for FU; distance from home, expense**
- **Requires discipline**
- **Further studies into this interesting area are justified (being planned)**
- **The results show the potential for the use of complementary therapy and approach in treating CKD in an integrated programme for care.**